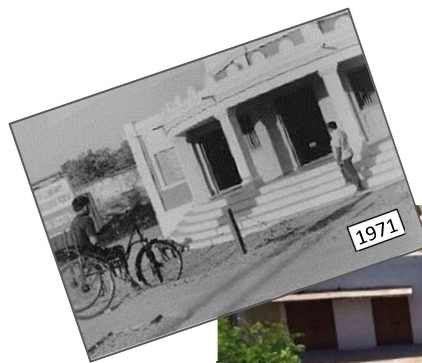




Friends Society
(established 1969)

ANNUAL REPORT: 2018-19

(June 1, 2018 to 31 May 2019)



50

GOLDEN JUBILEE

Friends Society has been continuously providing services to various needy sectors in Vadodara City for the past 50 years. It was established on 15th August 1969.

Petit Library, Opp. Parsi Agiyari; Fatehganj, Vadodara 390002, India
Phone: 0265-2750629; Email: office@fsvadodara.org; Website: www.fsvadodara.org

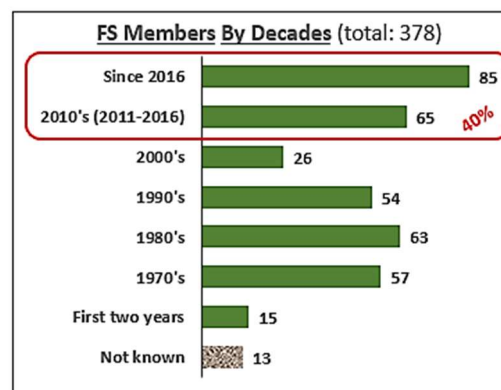
Registered Under Society Registration Act 1860 - Reg. No. Guj/351/Vadodara
Bombay Public Trust Act 1950 - Reg. No. Vadodara F-109

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By late 2018, we had started asking FS members to provide their contact information by completing a Google form. As of 19th July 2019, 378 members have completed the form. Following is a summary of their information.

Since 2016	85	22%
2010's (2011-2016)	65	17%
2000's	26	7%
1990's	54	14%
1980's	63	17%
1970's	57	15%
First two years	15	4%
Not known	13	0%



Top seven countries		
COUNTRY	Count	
India	309	82%
Vadodara	216	57%
USA	30	8%
Canada	7	2%
UAE	6	2%
Singapore	3	
Australia	5	
UK	4	

IMPACT OF FRIENDS SOCIETY

For 50 years, Friends Society has been making **significant difference in lives of hundreds of people every year** – in lives of those who attend our activities (beneficiaries) as well as volunteers who conduct the activities. Following is a summary of the scope of our work and the impact we had.

DURING THIS YEAR (2018-19):

SCOPE of our work (service activities and other activities)

- FS activities continued **year-round** – even during Diwali vacation (celebrated Diwali with institutionalized children who do not have home to go to) and during the summer vacation (two summer camps, Youth Club, Sunday School, Cheer Up)
- We provided services to **937 beneficiaries** (375 children, individual assistance to 120 adults with disabilities, 39 women from low income communities). In addition, we helped 300 to 400 patients at the SSG Hospital by collecting **299 units** of blood.
- **1,700 events /activities** were held, with combined **activity hours of 19,228** (equivalent of **2,400** 8-hour days, or **6.7 years** of 8-hour days)
- We operated the Petit library for **150** days and the reading room for **300** days during the year. Around 90 people from the surrounding communities used the reading room and the library.
- **190** Volunteers spent around **17,600 hours** (equivalent of **2,200** 8-hour days, or **6 years** of 8-hour days) for the service activities and other activities at FS

IMPACT of our work

Children with disabilities or from low income communities: (Cheer Up, Sunday School, Youth Club, Shaurya, Balwadi)

- Increased self-confidence and hope for the future
- Brought joy and happiness to them through music, dance, arts and crafts, games, and sports
- Helped them develop skills – physical skills (such as eye-hand coordination) and personal skills (social skills, patience, public speaking, teamwork, etc.)
- Celebrated major occasions (Independence Day, Republic Day, Navratri, Christmas, Rakshabandhan, etc.) and helped children feel a part of mainstream society, particularly those who are orphans
- Helped enhance their education through supplemental education activities for math and reading
- Increased their knowledge of various health topics
- Improved their well-being through physiotherapy, music therapy, and art therapy when needed



His smile says it all!

Women from low income neighborhoods: (Sewing & embroidery classes, Mehndi classes, Beauty parlor classes)

- Provided variety of vocational skills to be able to supplement their family incomes, or increase chances of getting employed with the help of skills acquired and the certificates from FS
- Increase in their self-confidence and self-image
- Increase in their knowledge of health related and various topics that impact women
- Opportunity to meet other women and develop friendships and engage in fun activities such as going on picnics and trips

Patients at the SSG Hospital: (Blood donation camps)

- Make available blood for medical treatment to the patients at the government general hospital (SSG)
- Educate people on the value of blood donation and debunk any misinformation they may have

- Guidance to those who are not able to donate blood due to health conditions (such as low hemoglobin)

Individual assistance to children and adults with disabilities:

- Beneficiaries were able to get education and obtain degrees, received medical assessments and treatment, and get jobs through the work of the FS field worker
- The school children who volunteer as writers for exams for visually disabled / impaired students got exposed to the special needs sector of society, this motivated several to help even more, and to join FS when they grow up

School children: (PFL - Program for Future Leaders)

Instilled in school children values of teamwork, leadership qualities, and responsibility towards society, while having fun.

Reading Room and Library for local residents:

Local area residents got a safe and quiet place to read newspapers and magazines, and opportunity for young and old alike to borrow books from the library on large variety of subjects and in different languages



Student Volunteers: (Participation in governance at FS and planning; PUY – Program for University Youth; self-development)

- Opportunities to experiment, learn from mistakes, and develop skills helpful throughout their lives. Volunteering at FS is life altering and career enhancing experience. The FS motto is “Self-development Through Service;” volunteers have said, “I have gained far more from Friends Society than what I had given”
- Opportunities to spend their spare time in constructive activities, develop a sense of social responsibility, better understand the situation of those who are less fortunate
- Opportunities for them to socialize and make new friends and have fun



Success stories: (Few stories of how beneficiaries were helped and impacted by FS)

FS makes long-term impact on beneficiaries - A few examples:

- Several child beneficiaries have returned to FS, once they grew up, as volunteers to help others
- Several past Cheer Up beneficiaries held a reunion and they wanted to thank FS for their progress and confidence, so they invited a volunteer from the old days and presented her with a shawl as a token of their gratitude
- A past FS volunteer met a beneficiary during a visit to Vadodara after being away for 10 to 15 years. That young man opened his wallet and took out a piece of paper, unfolded it, and said, “This is the note you had given to me many years ago. I carry it with me everywhere, it gives me strength”



Life altering experiences: One example:

Fahad has physical and mental limitations. Through FS' help, he got a surgery and is now able to walk, and is learning singing and dancing; he was attending a special school, FS helped him get admission in a 'regular' school helping him integrate into the mainstream of society; due to disability of hands, he had difficulty writing, so, FS arranged for writers to write exams for them

Helping people get jobs:

Four individuals with visual limitations got jobs through direct efforts of FS, and two additional through indirect efforts. Six people with physical limitations also got jobs in various companies. Among them, Mittal, Hinal and Devdutt shown here



INDIVIDUAL ACTIVITIES – DETAILS & PHOTOS

ACTIVITIES FOR CHILDREN AND ADULTS WITH DISABILITIES

CHEER UP

The first activity of FS, and continuous for 50 years, involves visits by volunteers to institutionalized children with various disabilities (physical, mental or visual) to spend quality time with them providing positive environment in which they realize happiness and develop self-confidence. Children are 10 to 15 years old. Typically, 6 to 12 volunteers visit them every week on Saturday evenings. This is an increase from visits every two weeks in the past. Each visit is around two hours.

Typical activities include:

Entertainment / fun activities: antakshri, storytelling, singing songs, dance, garba, clay work, passing the parcel, tactile painting, Zumba.

Awareness / educational session: team building games, interactive sessions on language barrier, education and career opportunities, chess competition, identifying objects, public speaking,

Sports: kabbadi matches, musical chair, three-legged races, cricket, 'dabba fod,' football, basketball and bowling. When proper setting or equipment are missing (such as for bowling or basketball), volunteers improvise and still all have fun

Occasional events: Navratri, Uttaran, Rakshabandhan, Janmashtami, Diwali, Christmas, preparation and participation in FS' annual event SHAURYA, picnic, and so on.

During the year: 33 two-hour visits were made for cheer up activity: 13 at Sankul (Pensionpura) with average attendance of 12 per visit) and 20 visits at HMDC, Karelibaug with average attendance of 40.

Note: Since Dec 2018 , the institution visited is "HMDC" (Home for Mentally Disabled Children) in Karelibaug. Since 1969, three institutions in Pensionpura were visited, however they are now under new management and have no need for FS services, therefore, this switch was made.



SUNDAY SCHOOL

Sunday School is conducted every Sunday 9:00 AM to 12:00 PM at the FS campus since 1983. Objectives are to facilitate supplementary education, medical rehabilitation, mobility improvement, and social integration of non-institutionalized children with disabilities who live across Vadodara. They are in the age range of 10 to 25 years. A charitable organization provides free lunch for them. Children are brought to the campus and returned home by auto rickshaws hired by FS. Attendance at each event is around 25 to 30.

Typical activities include:

Entertainment / fun activities: music, singing songs, dance, paper folding; colouring; clay modelling; mono acting; artwork, games, etc. and games such as musical chair, antakshri, passing the parcel, etc.; storytelling.

Awareness / educational session: team building games, public speaking, help with subjects such as math, reading, writing, etc.

Sports: cricket, musical chair, 'dabba fod,' football, running ball throw, fast walking, etc.

Rehabilitation focused activities: physiotherapy by interns from College of Physiotherapy (Sumandeep), music and art therapy by FS staff, and other special developmental activities by FS' special education teacher.

Occasional events: Navratri, Uttaran, Rakshabandhan, Janmashtami, Diwali, Christmas, preparation and participation in FS' annual event SHAURYA, picnic, and so on.

During the year: conducted this activity on 48 Sundays – this was the first year the Sunday School was conducted during the vacation period.



SUNDAY CLUB

Sunday Club meets every 6 weeks or so at the FS Campus (Petit library) on Sunday afternoons for 2 to 3 hours. Members are adults with some form of disability, mostly physical limitations. Most were past beneficiaries of FS as children.

Networking / information sharing: Around 18 to 25 members attend each meeting to share information on government policy for 'divyang,' new medical treatment, better mobility or other equipment, and so on.

For example, recent availability of battery-operated tricycles has been great help to those who must use wheelchairs but cannot afford more expensive motorized tricycle; use of battery-operated tricycle helps them avoid having to manually push the wheelchairs which is very tiring and takes its toll on muscles. FS tries to get donations from companies for such tricycles.

Jobs: FS also helps several members find jobs or get special training and equipment (such as sewing machines) that will help them get jobs. For example, 27 adults with various physical limitations were interviewed at Gromax Agri Equipment and three of them were offered jobs.

Entertainment - songs on karoake track, antaksari, games, picnics, etc.

During the year, the group had met nine times.



SHAURYA ("A Feat of Courage")

This is an annual event where children with disabilities (physical, visual, or hearing disabilities or those who are mentally challenged) from various schools in Vadodara are brought together for a day of sports events and having fun. Children for whom FS provides Cheer Up and other services also participated. This activity was started in 1992 and is held every year since then.

FS volunteers visit around 25 schools and arrange for children with disabilities to participate. More than 700 children register. From that, about 50% to 60% (around 350) typically participate. Their ages range from 10 to 20 years.

Around 75 to 80 volunteers prepare for a few months for this large event and to raise funds, then they coordinate all activities during the day, and even clean-up the grounds at the end. Photos: few volunteers planning for the event; volunteers had created this mascot.

Sports competitions include Dabba Fod, 50M Race, Shotput, Ball Throw, 100M Race, Sack



Race, Goal the Ball, Lemon & Spoon, Identify the Object, Archery, Foot Ball Race, Carrom, Langdi Race, Football, Tricycle Race.



ACTIVITIES FOR SCHOOL CHILDREN

PROGRAMME FOR FUTURE LEADERS (PFL)

Enable high school students to develop into socially responsible, effective, and efficient leaders of tomorrow.

During the year, one PFL event was held. 115 students of Maharana Pratap School visited the Airforce Station to attend the “Indian Air Force Day” celebration and enjoyed the air shows. The group was divided in two days; 15 teachers had also joined the students; 18 FS volunteers had coordinated this event and attended the air show.

Note: The PFL program was started in 1971, however, it had become dormant over many years. This event was a restart of the program.



PROGRAMME FOR UNIVERSITY YOUTH (PUY)

This program is intended to increase knowledge and awareness of young volunteers on variety of topics of interest to them. Volunteers come up with the ideas for sessions and coordinate speakers and communications. This program was started in 1970.

During the year, seven sessions were held in the Petit Library, each attended by an average of 18 students. Topics for talks included: "Are science and religion complementing each other," "Yoga – an Introduction," "Akash Yodha" (by Wing Commander of IAF, "Peace and humanity," and "How to manage Youth Club activity and how to make it more proficient." In addition, a session was conducted on resume writing and mock interviews attended by 16 volunteers.



ACTIVITIES FOR PATIENTS

BLOOD DONATION

This program is aimed at collecting blood that can be used by the needy patients at the Sayajirao General Hospital (SSG) and also to increase awareness about the value of donating blood, providing guidance to those who cannot donate blood due to some reason (such as low hemoglobin), and to help dispel myths about blood donation that people may have. This program was started in 1969, the year the FS was established.

During the year: seven blood donation camps were organized, 4 at various MSU faculties, 2 in community organizations and one in an industry. Total 299 units of blood were collected from among 493 people who attended the camps. A few days before each camp, volunteers would canvass the people hold talks to educate people and encourage them to attend. During a camp, lasting from 3 to 6 hours, volunteers coordinate with blood bank staff and the organization that is hosting the camp, organize the room, register people, and provide guidance to those who could not donate blood.



ACTIVITIES FOR FATEHGANJ COMMUNITY

BALWADI (“Ankur Balwadi”)

Balwadi was started in 1982 to provide opportunities to low-income families to get their pre-school children on the right path from early age. The children are 3 to 5 years old. The program was designed with the help of early childhood education specialists from the M.S. University. Balwadi has developed a reputation of being one of the best Balwadis in the area.

During the year, Balwadi operated five days a week for 3 hours each day for about 40 weeks. Typical enrollment was 45 children. Two teachers and a helper run it. Children get lunch every day before leaving.



YOUTH CLUB

Youth Club is held six days a week for two-hours at the FS campus (Petit library). It provides friendly atmosphere for pre-delinquent children from surrounding low-income communities. The atmosphere is conducive to learning and fostering discipline and self-control to reduce delinquent behaviours. The beneficiaries are children in the age range of 7 to 15 years.

During the year, more than 250 sessions were conducted; each session was attended by average of 20 children and 4 to 5 volunteers.

Typical activities include:

Entertainment / fun activities: antakshri, storytelling, singing songs, dance, garba, clay work, passing the parcel, tactile painting, Zumba.

Awareness / educational sessions: team building games, interactive sessions on language barrier, education and career opportunities, chess competition, identifying objects, public speaking,

Sports: kabbadi matches, musical chair, three-legged races, cricket, 'dabba fod,' football, basketball and bowling. When proper setting or equipment are missing (such as for bowling or basketball), volunteers improvise and still all have fun

Occasional events: Navratri, Uttaran, Rakshabandhan, Janmashtami, Diwali, Christmas, preparation and participation in FS' annual event SHAURYA, picnic, and so on.





PUBLIC READING ROOM AND LIBRARY

For almost 50 years, FS has been operating the reading room and library for the local area residents.

They come to read newspapers and magazines six days a week, 3 hours every morning.

The library has 6,000 books in three languages and on large variety of subjects. It is open for two hours, three days a week and several of the 70 library members visit to exchange books.

One part-time staff member and 2 to 3 volunteers help with library transactions and cataloging / organizing books.



SEWING AND EMBROIDERY CLASSES

VOCATIONAL TRAINING CLASSES

These classes are designed to provide skills to women from lower socio-economic communities – the skills and certificates which can help them increase their earning potential to supplement family incomes. In addition, various activities are aimed at their educational and social development. The beneficiaries are 16 to 45 year old women. And, classes are held two hours a day for five days. Sewing and embroidery classes are yearlong and vocational training classes (mehndi and beauty parlour) are one-month. Typically, each sewing class includes around 20 students and vocational training classes have around 5 to 6 students.

Additional activities include educational sessions on various topics important to women and trips and picnics. Students also participate in entertainment programs when major celebrations are held at FS – such as Republic Day event.



SAHIYARI MELA (Collaborative Fair / Arts & Crafts Exhibition)

This event is held once a year at the FS campus. It typically lasts two days and showcases items made by beneficiaries of Sewing & Embroidery classes. Items are displayed and offered for sale. Typically, they include ankodi work, chaniya choli with fabric painting or embroidery, ladies' dresses, clothes for children, shoulder bag, mobile phone cover, decorative pieces for hanging, bookmarks, paintings, jewelry, and so on. Public's interest in the items they had made provides these students encouragement and self-confidence.

The Mela is organized mostly by the FS teachers and students. FS volunteers help in variety of activities such as decorations, placing posters, packaging items for sale and placing price tags on them. They also help 'man' the display tables and facilitate sale of items.



Exhibitions of these items are also held 2 to 3 times in a year at various offices. The items are offered for sale.



ASSISTANCE TO INDIVIDUALS

Individualized assistance, help that is not a part of group activities, was provided to more than 120 adults and children with various disabilities. Key among them are:

- ✓ One full time field worker (Chirag Choksi - photo) visits homes, hospitals and clinics, schools, other NGOs, etc. – in all making almost 180 visits in a year. He coordinates medical assessments and treatment and related financial assistance, school



admissions, tuition assistance, and so on. Around 50 individuals – both children and adults – with different types of disabilities are helped by him.

Examples of medical assistance: Two members of Sunday Club have been helped by FS for a few years in meeting expenses and coordinating visits for medical treatments: Dinesh requires Diabetic treatment and Sunil requires dialysis for kidney problems.

- ✓ Few members (mostly Ami Patel and Meena Patel) have found writers for writing exam papers for around 70 college students and others with visual disabilities and those who take competitive exams for the possibility of getting jobs. This year, 16 college students were provided with 512 writers (16 students x 8 subjects x 4 exams per year); writers usually are high school students or others as required by the exam authorities.

Competitive exams assistance was provided to more than 50 individuals with visual challenges. As their exam centers can be outside Vadodara, so we have helped identify writers in other cities such as Ahmedabad, Bhavnagar, Rajkot, etc.

We had arranged for transportation, lodging, and escorts for five visually challenged students to send them to Delhi for giving interviews for jobs in Kendriya Vidyalyaya.

All exams are around 3½ hours long, so the writers spend significant amount of time providing this help. Ami and some of her friends have been doing this activity for almost 30 years.

OTHER ACTIVITIES

CELEBRATIONS

Following occasions were celebrated at FS by different groups: Christmas, Diwali, Eid, Independence Day, Janmashtami, Navratri (Garba), Rakshabandhan, Republic Day, Uttran (kite flying), etc.



SUMMER CAMPS (2) Summer camps are held every year in the first week of May for 15 days, 3 hours / day and five days/ week. They are for school children to keep them occupied with music, dance, drama, pottery, art, etc. Summer camps are very popular with kids, and parents who get a respite. Volunteers learn how to manage children and conduct activities on a shoestring budget. We charge nominal fee which covers the cost of stationery, paint etc. Camps include a cultural show for the parents on the 14th day and a picnic is held on the last day. More than 50 children attended the camp.

Volunteers visit homes in the local community to let parents know about the camp and recruit children to attend.



A second summer camp was organized this year in Karelibaug for children from the local community, at the request of GACL – the company that is a sponsor of the HMDC where FS conducts Cheer Up activities. This camp was seven days long attended by 42 children and 8 volunteers. The camp was held at the HMDC facility and the residents of HMDC (beneficiaries of the Cheer Up activity) also participated with other children who were from the local area.

YOUTH MEET A first youth gathering at FS – around 45 students and young volunteers gathered for around three hours to discuss their views and ideas. The only three senior members present were Meena Patel, Jaikishan Gianchandani and Niranjana Dave. The purpose was to gain better understanding of the young volunteers, their thinking and expectations to help plan for the coming years – as future of FS belongs to them.



FRIENDS DAY

Friends Day, an annual tradition in the beginning years of FS was not held for many years. This year, the event was revived. A new tradition during this Friends Day was to hold a fashion show by the volunteers. It was very well done. A past tradition was continued by everyone singing at the end “Kabhi Alvida na kahena ...” Professor Anil Navale was the chief guest.



EC CAMP

As usual, an EC camp was held in Bharuch for two days. There were several educational and orientation sessions as well as fun sessions. It was a good bonding experience for the EC members and few other invited volunteers.



GENERAL BODY MEETING

A General Body meeting was held in October 2018 and was attended by around 30 members. The 2017-18 EC members presented reports.



NEW AROUND FS

50th Golden Jubilee Reunion - Planning A team has been formed to plan for the reunion. This celebration is tied to Shaurya. So, Saturday (December 28, 2019) will be preparations for Shaurya; Sunday (December 29, 2019) – Shaurya event, evening - with informal dinner for volunteers; Monday (December 30, 2019) – reunion celebration including dinner

Manorama Dubey resigned from her position at FS after over 37 years association with FS. Dubeyben had become an integral part of FS, almost has become a fixture at FS. Due to her insistence, a farewell party that was being considered was not held.

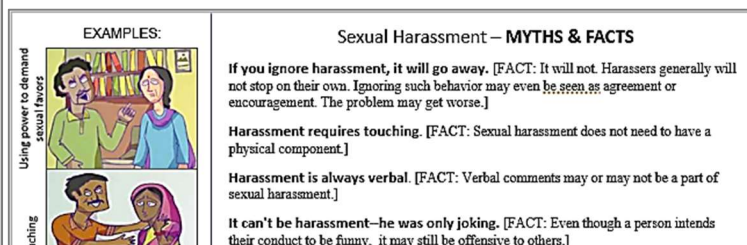
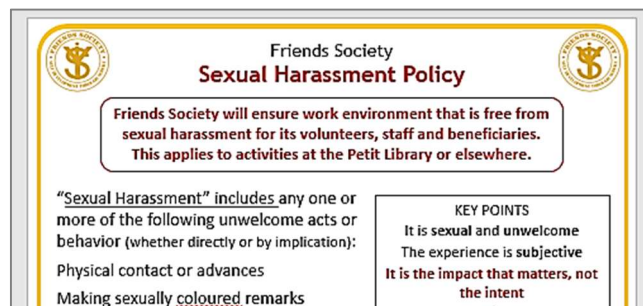
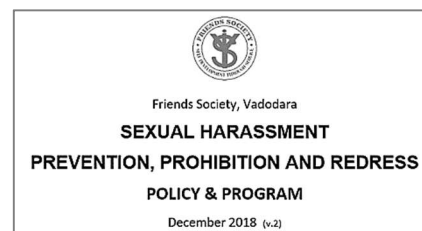


Change in FS Chairperson Gowriben Rajendran, the second Chairperson (first one was Amina Tyabi), resigned in January 2019 – after being the Chairperson for almost 30 years. A search committee was set up which selected Jaikishan Gianchandani as a new Chairperson.

Governance document in mid-2018, six needs were identified to make FS stronger for the future and increase its chances of surviving and flourishing in the next many years to come. Based on these needs, a strategy was developed for strengthening FS for the future and a detailed document, 40+ pages, outlining what we should be doing at FS and how. This document was discussed extensively by trustees (see [photo](#) – Oct '18 meeting), and many changes were made over 18 months. The document provides a roadmap and guidance for FS for organizing its operation.



Sexual Harassment Policy New policy on harassment was developed and ICC (Internal Complaints Committee) as required by regulations was established. Two posters were developed for posting on bulletin boards and for using them as a handout for new members.



New Position at FS – “Office Coordinator” The main change included in the Governance document was to create a new position of an Office Coordinator who will manage all administrative functions and supervise FS staff. Inadequacies that FS had over the years in managing the “back-room” functions (documentation, accountability, compliance with regulations, etc.) have created significant difficulties for FS. This new position is therefore critical and intended to strengthen such administrative and office functions. The search committee has selected **Krishna Rohadia** for this position.



GACL appreciates FS (Gujarat Alkalies Chemical Limited, Vadodara) is a corporate sponsor of HMDC (Home for Mentally Challenged children, located in Karelbaug) where we are conducting Cheer Up activities since January 2019. Our work caught the attention of senior officials of GACL and they asked us to hold a summer camp for children from nearby low-income communities) and we conducted a second summer camp this year.

Sumandeep Vidyapeeth, Piparia, Waghodia, Vadodara - (a private, deemed university) The Sunday School beneficiaries receive physiotherapy from two students from Sumandeep every Sunday. Talking to these students and meeting with their teacher ultimately led to a much larger meeting at the Vidyapeeth with the Vice Chancellor and 6 to 7 senior staff at this Vidyapeeth. Our member, Sagun Desai, who was on the faculty there, had played a key role in getting together this senior group. The meeting had focused on getting to know each organization. It was very positive meeting with strong interest from Sumandeep in partnering with FS for various possible activities. These opportunities are being explored further.

Discussions with graduate students at University of British Columbia in Vancouver, Canada - Shashidharan Enarth, Director of a policy planning program (graduate level) at the University of British Columbia is also a past member of FS. He arranged for a case study discussion / analysis with the graduate students in one of his classes. Niranjana Dave was visiting him and participated in this discussion. Topic was related to the unlikely success (over 50 years) and factors that affect long-term survival of FS. It was interesting discussion and the students had provided a few suggestions for FS to consider.



Gathering of all trustees, EC members and FS staff In October 2018, first ever gathering (dinner) was held to bring together trustees, EC members, and FS staff, so that all can get to know each other little more. Few past members also attended.



Campus beautification Grounds of the FS campus at Petit Library is getting more and more beautiful with lots of greenery and flowers. Several volunteers are actively helping in making this happen.



Publications Following new publications were issued at FS during the year (in addition to the documents already mentioned: Governance document (see page 15) and Sexual Harassment policy / posters (see page 16) above.

FRIENDS SOCIETY AT A GLANCE

WHO WE ARE

Friends Society (FS) is a voluntary organization for college students to provide need-based community services. Students volunteer their time to plan, organize, and conduct service activities, realizing self-development as they do so. Over the years, FS has made a huge impact in the lives of hundreds of beneficiaries and students alike. Established in 1969, FS will celebrate 50th anniversary in 2019. Our motto: "Self-development through service."

ACTIVITIES FOR DISABLED CHILDREN AND ADULTS

Cheer Up - Institutionalized children (age: 10 to 15 years) with physical, mental or visual challenges are visited by FS volunteers on alternate Saturdays. The volunteers conduct educational, recreational, and sports activities. Also, festivals are celebrated and trips are organized. Around 20 to 50 children participate regularly.

Sunday School - Non-institutionalized children (age: 10 to 25 years) with physical or mental challenges, who live across the City, are brought to the FS campus every Sunday. Volunteers and therapists facilitate supplementary education, medical rehabilitation, and art therapy, thereby improving their mobility, social skills and confidence. Special occasions are celebrated, and trips are organized. Around 30 children participate every Sunday.

Sunday Club - As many as 35 to 40 adults with some form of limitation, who largely comprise of former beneficiaries, meet once a month at the FS campus and discuss topics of mutual interest and share information about job opportunities, etc. Medical rehabilitation and other assistance is also made available to those who can't afford it.

GUNG (An echo of music) - This is a music programme by visually impaired former FS beneficiaries and by students of the Faculty of Performing Arts, MS University. This program, held every two years, provides a platform to budding artists to showcase their talents and opens avenues for career progress.

FS volunteers and mentors at an Executive Committee training camp

"Self-Development Through Service"
(Friends Society Motto)

Benefits for volunteers

Friends Society volunteers enjoy freedom to innovate and take responsibility; they learn from doing and even from making mistakes. They are coached and guided by senior members (mentors). And while doing all this, they have fun amidst warmth and caring.

Conducting activities helps volunteers:

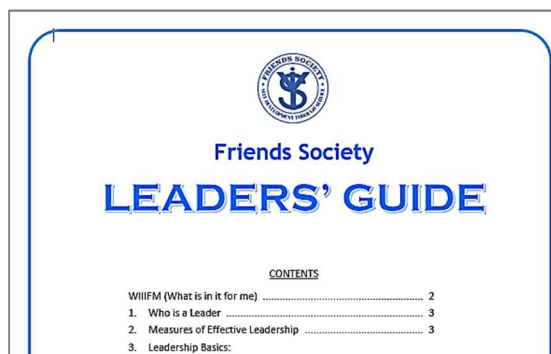
- ✓ Learn how to plan, develop a budget, fund raising, communicating verbally and in writing, figuring out ways to get things done (being resourceful)
- ✓ Learn valuable leadership skills – how to work

Brochure for donors and public to make them aware of FS activities (2 pages)

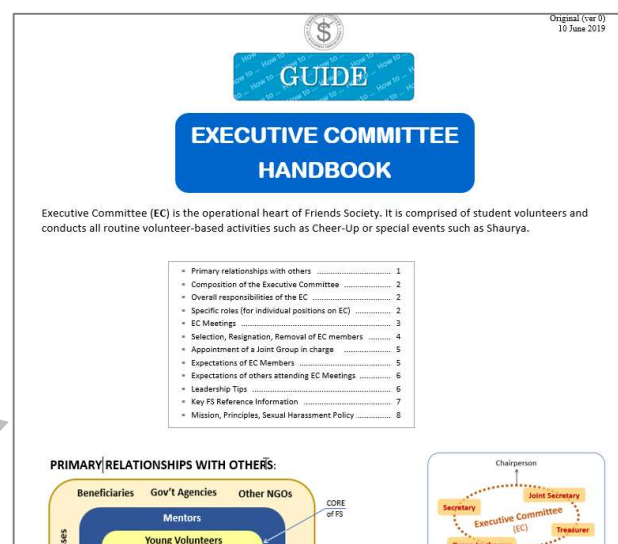
Brochure to give to potential volunteers to convince them to join FS (2 pages)



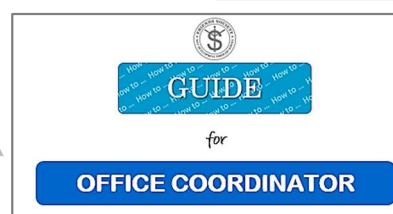
A slide show for use in meeting to introduce FS operations to audience (27 slides)



Leaders' Guide - Booklet (12)



Key portions related to the EC and specific roles from the Governance document were used to create this EC Handbook (8 pages) and individual roles guides – two examples are shown here – each four pages. More guides will be developed.



"When I look back, I realize how lucky we were to have had such a wonderful foundation to do something useful for society. And the activities designed by the founding members like Sagun Desai and encouraged and continued by Gowri Rajendran, the Chairperson, during my time were so noble and uplifting not only to the beneficiaries but also the volunteers. In fact, I would argue that the volunteers were the bigger beneficiaries. Of course, then, I did not have this appreciation and possibly squandered the opportunity to get more of it. But, nonetheless still feel proud of having been associated with something special."

(Excerpt from Shailesh Venkatesh letter to Gowriben Rajendran – Jan 2019)