



SUKRITI
SOCIAL FOUNDATION



Years
Report

From Can I?..... to.....I can.....



Message from
SUDHAJI



I am happy that Samudhaaya Foundation has been able to support the good work done by Sukriti Social Foundation and has been able to touch lives of persons with mobility impairment.

My very best wishes that Sukriti Social Foundation does many more projects reaching far and wide and broadening its umbrella of support.

Best regards,
Padmabhushan awardee,
Sangita Kalanidhi Sudha Ragunathan

Founder's Message...

From Can I?.... to.... I Can....

It gives us great pleasure to present our 10 years' activity report to you.

Sukriti Social Foundation was registered as a Charitable Trust under the Indian Trust Act on March 1, 2006. There was no formal inauguration or the customary release of brochure. We launched our website and circulated the link to all our friends and well-wishers. And our work started.

Now we have completed 10 years.

Looking back, we feel a sense of fulfillment. In these 10 years, we have made more than 100 children walk, run, and play like all other children; another 600 children will start walking in about 2-3 years' time; we have supported more than 200 persons with quality mobility aids so they can live with more independence; assisted more than 100 persons with livelihood support; provided skill training to more than 180 people; sensitized general public on disability issues; advocated for the construction of 2 ramps at public places; and showcased the abilities of disabled artists.

The numbers are not high as we focused more on quality. For instance, when we give a quality caliper or a quality sewing machine, the user will not have any problem for the next 5-10 years and his or her quality of life would be better. If we provide a cheaper option, then they have to come back to us with the same problem within a short period of time. We have looked at long term solutions to the problems and are satisfied with the outcome, even if it meant reaching out to a fewer number of people.

Two of our programs have given us immense satisfaction. One is the prevention of disability initiative at the Government Children's Hospital, Egmore, Chennai and the other is the distribution of sewing machines enabling people to earn a livelihood from their home. Both these programs have had the kind of impact that we wanted to create.

Whenever a disabled person ventures out, a question, a doubt keeps nagging their mind - Can I?

A little bit of faith, focus, conviction and commitment will change Can I? to I can. That has been our learning during these 10 years.

But for the support of all of you, 'Can I' would not have become 'I Can'. We thank all our donors, well-wishers, advisors, networking partners, and our volunteers for being with us during these 10 years.

We want to do a lot more. We are sure that all of you will continue to be with us in our mission.

Thanking you all for helping us grow in service,

With warm regards

Sowmya Sankar

Founder Trustee

01.03.2016



Summary of our 10 Years' Activities.....

PROGRAMS

Prevention of disability

- Assisted 600 children with birth defects like club foot, hip displacement etc with corrective orthopedic appliances at the Institute of Child Health, Egmore, Government of Tamilnadu. Through this early intervention program, 100 children have started walking.
- Reached 1800, including 500 children, to create awareness on road safety and help prevent disability
- Screened 1322 persons through eye camps
- Performed 130 cataract surgeries
- Distributed 170 spectacles

Distribution of orthopedic appliances

- Distributed 220 mobility aids like calipers, crutches, retrofitted scooters, tricycles, walkers and wheel chairs to adult Persons with Disabilities all over Tamilnadu
- Distributed 1200 MCR chappals to leprosy affected persons in various leprosy colonies all over Tamilnadu

Training

- 91 Persons with Disability trained in bicycle assembly and servicing
- 30 disabled women on personality development
- 20 volunteers trained in wheel chair handling
- Conducted workshop for 45 disabled artists on skill improvement
- Conducted workshop for 25 special educators on card making

Employment / Self-Employment

- 2 persons trained in bicycle assembly and servicing placed with TI Cycles of India
- 12 cycle shops, run by Persons with Disability, set up in remote villages of Tamilnadu
- 85 home-based tailoring shops set up all over Tamilnadu for women with disability
- 1 ice cream shop and 1 grinding shop set up in the outskirts of Chennai for leprosy affected persons

Barrier free environment

- 80 student architects of Anna University School of Architecture trained on barrier-free environment in a program titled "All slopes are not ramps"
- Advocated with Tamilnadu Forest Department and ramp at Vedanthangal bird sanctuary was constructed
- Pressurised Tamilnadu Tourist Department through media and ramp at Valluvar Kottam was constructed

Others

- Constructed a toilet for a pregnant disabled woman in village in Tamilnadu
- Published table calendar featuring creative work of disabled artists



2006



At Sukriti, we have a four-pronged strategy to address the disability issue- prevention, rehabilitation, training, empowerment and advocacy.

We believe that work on disability should begin with prevention. As a prevention initiative, we conduct eye camps and road safety awareness programs. When prevention does not happen, then we have to rehabilitate a person. As a rehabilitation initiative, we give quality mobility aids like calipers, crutches, wheelchairs, walkers etc.

Every year we observe the International Day of Persons with Disability in the month of December where we honour a disabled high achiever. Mr. **Vijaykumar**, advocate was our guest of honour on this occasion. A workshop on improving the skills of young artists was conducted with the renowned artist Mr. **Shyam** as the resource person.



Are you aware?
That we should use the term persons with disabilities, putting the 'person' first and 'disability' next. Terms like blind, deaf, dumb, mute and mentally retarded are to be avoided. Instead, terms like visually impaired, hearing / speech impaired, and person with intellectual disabilities is to be used.



Persons with disabilities are a marginalized section of the society. Sukriti believes that by breaking social, economic, emotional and physical barriers, a person with disability can live a life of dignity and self respect. As an advocacy initiative, we conducted a workshop on barrier-free environment for student architects of Anna University titled-**all Slopes Are Not Ramps**.

Dr. Aishwarya Rao was our guest of honour on the International Day of Persons with Disabilities.



Are you aware?

That while speaking to a person with disability, we should speak to them directly, looking straight at them, and avoid speaking to their caregivers or helpers or escorts.



2008



Wheelchair handling, though not a difficult task, requires a little bit of training like cycling. If a wheel chair is not handled properly, it causes a lot of discomfort to the wheel chair user. We conducted a training program on wheel chair handling for NSS volunteers and home nursing students.

Padmashree Dr. **Gayathri Shankaran**, a renowned Carnatic vocalist was our guest of honour on the International Day of Persons with Disabilities.



Are you aware?

That we should not keep staring at persons with disabilities or be amused by the way they talk or move around, as no individual is perfect.

2009

For a person with disability to live a life of dignity, he/she has to earn a livelihood. In 2009, in partnership with TI Cycles of India, we started a training program on cycle assembly and servicing. Post training, they are either absorbed in the dealer network of TI Cycles or we provide them with tool kits for them to set up their own cycle shops. We also conducted a workshop at Andhra Mahila Sabha on beaded jewelry making with Dr. **Indira Govindan** of Dharma Karma Arts USA as the resource person.

Mr. **Kapilan Rao**, Statutory Compliance Officer, Tata Reality was our guest of honour on the International Day of Persons with Disabilities.



Are you aware?

That we should not assume what a person with disability can or cannot do. Instead, you should ask them directly.



2010



In 2010, for the first time, we touched rural Tamilnadu. We conducted a cycle training program at Amar Seva Sangam, Ayikudy, Tirunelveli District.

Mr.Chidambaranathan, Founder of TN Federation for Disabled Persons was the guest of honour on the International Day of Persons with Disabilities.



Are you aware?
You should include persons with disabilities in your workforce as the attrition rate amongst persons with disabilities is very low.



Four wheel chair users from Mumbai travelled 28 states and covered 19000 kms in 84 days to have a hands-on experience on the state of accessibility of tourist spots in India. In Chennai, Sukriti received two members of the Beyond Barriers team as special guests - Ms. Neenu Kewlani and Ms. Sunita Sancheti - for the International Day of Persons with Disabilities. The team later visited the famous Valluvar Kottam and the inaccessibility of the place was covered in The Hindu dated 6.12.2011. Following this report, a ramp was constructed at Valluvar Kottam.

We also got listed with Give India during this year.



2011

Are you aware?

One should look at the abilities and not the disability while interacting with persons with disability.



2012



A fund raising program was organised by our long time well wisher, Mr. V.Sriraman. We are very grateful to Mr. C.C.Parthipan, Chairman, Caplin Point for his very generous contribution to Sukriti in this program.

Mr. Manohar Devadoss, a renowned artist was our guest of honour on the International day of Persons with Disabilities.



Are you aware?

That we should include persons with disabilities and their families in our family gatherings, celebrations, work place outings and should not assume that he or she or their families are incapable of participating.



2013

Even the most beautiful thing can look ugly if you look through a magnifying glass. How many times we see people looking at the disabilities with a magnifying glass in their hand-be it in a job interview or school / college admission. In order to show case the abilities of persons with Disabilities, for the first time, we brought out a post card calendar with paintings of disabled artists.

Ms. **Madhavi Latha**, a Paralympics swimming champion was our guest of honour on the International Day of Persons with Disabilities.



Are you aware?

That one should not sit on the third wheel of the retrofitted scooter. It is this wheel that balances the two-wheeler and any displacement of the balance can be fatal for the user.

2014

Are you aware?

That we should avoid parking scooters / cars very close to the ramps, thereby obstructing the way to the ramp.



We started a new initiative at the Government Children's Hospital, Egmore, Chennai where we give corrective shoes for children born with limb deformities. We camp every Monday and Wednesday along with our orthotist at the Department of Orthopedics. Measurements are taken and children are given corrective appliances within two days. Though we are pained to see the children go through all the trauma of wearing the shoes, we have immense satisfaction when we see the children start walking. Padma Bhushan Awardee Sangita Kalanidhi Sudha Raghunathan donated ₹ 6.50 lacs for this initiative.

Mr. Sridhar, Founder of Maithri Educational and Charitable Trust, a supporter of Sukriti from inception was our guest of honour on the International Day of Persons with Disabilities.



2015



Children born with birth defects need immediate attention. If neglected, it could lead to lifelong disability. If the child grows up with these defects and deformities, a child can never walk, run or play and may not even get an opportunity to go to school. Therefore, assistive devices are essential for the child with birth defects to make him or her a normal person. As the need is continuous and urgent, we focused totally on this initiative during this year.



Are you aware?

That it's a misconception that people with disabilities always need help.

ABOUT US

SUKRITI SOCIAL FOUNDATION IS A REGISTERED TRUST
ESTABLISHED ON MARCH 1, 2006.
(REGISTRATION NUMBER: 286 OF 2006).

OUR VISION

A society where there is equal opportunity for the disabled and where they can live with dignity and self esteem.

PEOPLE AT SUKRITI



Founder Trustee - SOWMYA SIMHAN

Sowmya Simhan, a management professional with specialization in Finance, works for Chettinad Cement Corporation Limited as Manager (Purchase). She has over two decades of involvement in social work. Physically challenged, she founded Sukriti Social Foundation in 2006. Furthermore, since 1999, Sowmya has been a trustee in Maithri Educational and Charitable Trust, an organization working for the education of the underprivileged. She is a Past President of Lions Club of Chennai Silver Pearls. She is a recipient of the Ascendas Award for Excellence in 2010, Par Excellent President Award from Lions District 324 A1 and Outstanding Women Award from Inner Wheel Club in 2014. Her hobbies include philately, gardening, music, coloring book for adults to name a few.



Founder Trustee - RAJALAKSHMI RAMAKRISHNAN

She is a graduate in Sanskrit and an exponent of the Veena, she is a voracious reader with a deep interest in Indian philosophy. A philanthropist and Past President of the Lions Club of Silver Pearls, Rajalakshmi Ramakrishnan is associated with many voluntary organisations working in the areas of care for the aged and disabled. She is a recipient of Chevron Award from Lions Clubs International. Her hobbies are handicrafts, drawing and painting.



Trustee - S. GUNASINGH

Mr. Gunasingh, a former State-level hockey player, works with Chettinad Cement Corporation Limited. He has been involved with Sukriti Social Foundation since its inception. He provides invaluable support – right from taking interest in ongoing activities to suggesting new activities to mobilising support for Sukriti's activities. His hobbies include sports, gardening and reading.



Trustee - S. SWAMINATHAN (SWAMI)

Swami is a rural management graduate from IRMA and a copywriter with over 10 years of experience in the advertising and marketing communication industry. Swami works with ALC India Ltd. (Access Livelihoods Consulting), a Hyderabad-based company working on livelihoods of the economically marginalized communities. His hobbies include reading, Parkour and music.



Advisor - NEENU KEWLANI

A well-known disability activist based in Mumbai, Neenu is a differently-abled, multi-dimensional corporate professional with experience in the areas of administration, HR and marketing. She is the first winner of Miss Wheelchair India title.

Case Study.....

Kokila was a participant at our International Day of Persons with disabilities in 2010. Seeing the help that we were extending to others, she hesitantly asked if we could get her a retrofitted scooter. We were taken aback as it was a very expensive proposition. We said we will try but we knew that if we could extend this help she would utilize it fully to improve her life.

Kokila is a graduate in Tamil Literature but was working as a hostel warden in Chennai on a salary of ₹ 3000/- of which she had to pay ₹ 1500/- to the hostel for her boarding expenses. Her family was staying in a place about 20 kms from Chennai. She could not look for better job as she had difficulty commuting due to her orthopedic disability caused by polio.

We were able to find a donor for her. But the scooter was given on the condition that she will have to pay an



amount of ₹ 300/- month for 3 years to which she agreed. After getting the scooter in 2011, she went back to her to stay with her family and found a job as office administrator in a nearby private school on a salary of ₹ 8000/- pm.. Her salary was enhanced to ₹ 10000/- in 2014. She paid all her dues in time. With a job that was paying her well and staying with her family made a lot of difference to Kokila – financial, physical and emotional. Above all she started hoping for still better things to happen.

Today she is married and has a child too.



Baby Ganesh

Baby Ganesh was born with a limb deformity. His father went from pillar to post trying to get the right treatment for his child. At the Institute for Child Health, he was operated upon. Then referred to us for corrective shoes which he had to wear for twenty four hours. After six months, his limbs became normal and now he has to wear the corrective shoes only during night. He is now able to walk like other children and goes to school also.

Case Study.....

We first met Saravanan when he accompanied his son, who had a mild intellectual disability for our training program in cycle servicing and assembling at Aarani in 2011. Saravanan was weaver and had his own loom. His daughter was doing her graduation and his wife was visually impaired.



Saravanan

One day we got a distress call from Saravan. He was admitted to the Government Royapettah Hospital where his right limb had been amputated. He had fallen down when he was making arrangements for this village temple festival. He was totally shocked and shattered. We counseled him that with a good quality prosthetic limb he can rebuild his life. We helped him in buying the prosthetic limb too.

Today he is continuing with his weaving earning a decent livelihood and sustains his family. We also helped him during his daughters' marriage and he has a grandson now.

Baby Santosh was born with a limb deformity. Being the first child, Santosh's mother was worried that her husband's family may not accept her and the child back into the family. We gave him a foot abduction orthosis. But like all



Baby Santosh

children he would not wear them at all as it is very painful for the child and his mother had to struggle with him. He was showing good improvement but the shoes got washed off during the Chennai floods in December this year. It took a month for them to recover from the floods and his limbs once again got deformed. He was again given a new corrective shoes and slowly he started showing improvement. Today he is trying to stand up.

Case Study.....

Rakshath's mother was told during pregnancy that her child had a limb deformity. Rakshath's father earned his livelihood by ironing clothes. Baby was born with club foot.

Everybody in the hospital were saddened by seeing his legs. He was immediately referred to the Institute for Child Health where he

underwent a corrective surgery within a week of his birth. Following the surgery we gave him a foot abduction orthosis which he had to wear for 24 hours a day. Within 6 months his



Rakshath

limbs became normal and he now has to wear these only in the night till

the age of five.

Children outgrow in size very fast and require frequent replacement. So far we have changed his shoes four times and we will continue to do so till the time he can completely do away with them.

Today Rakshath walks, plays and runs like all

other children of his age.

Rakshath's mother says " His limbs are very normal now and it's amazing to see him walk".

We first met Thanikachalam when he attended our training program in cycle servicing and assembling in 2009. He was a man full of energy but with no opportunity. He had learnt many skills but none of it gave him a job. He was rejected everywhere. Seeing his enthusiasm to learn in the training program, he was selected by TI Cycle for further one week training at their factory. He got absorbed in the dealer network of TI Cycles on a salary of ₹ 6000/- per month.

Today he continues to work with TI Cycles at their Velechery outlet on a salary of ₹ 13000/- per month. He got married a few months back. He says that he is contented and happy.

Thanikachalam is a polio survivor with a paralysed left hand and comes from an economically weaker family.



Thanikachalam

Join hands with Sukriti to ensure a lasting change in the life of a person with disability
Yes, I wish to join hands with Sukriti Social Foundation. Please accept my contribution of

- ₹ 500/- for a Micro Cellular Rubber footwear for a leprosy patient
- ₹ 2500/- for a corrective shoe for a child with limb deformity
- ₹ 5000/- for a caliper or wheel chair for an adult with disability
- ₹ 8000- for a sewing machine or a setting up a micro enterprise for a person with disability
- Others ₹.....

The receipt to my donation will be made in the name of

Name.....

Address.....

.....

.....

E-mail..... Phone / Mobile No.....

Cheque / DD NO dt. Bank Name.....

Write Cheque / DD in the name of Sukriti Social Foundation and mail to
Sukriti Social Foundation, New No 183/10 (146/10), Breeze Apartments,
Poonamallee High Road, Kilpauk, Chennai - 600 010.

Bank details for making wire transfer to Sukriti Social Foundation

Bank Name	Bank of Maharashtra
Branch name	Anna Salai, Chennai-600006
Account Number	20017963656
Name of Account (Cheque to be made in the name of)	Sukriti Social Foundation
Type of account	SAVINGS
SWIFT Code/ Remittance Instructions	MAHBINBBMTR
IFSC CODE	MAHB0000400
PAN NO	AAGTS2370H

After making the wire transfer please send a mail to sukritifoundation@gmail.com

You can also shop at <https://www.etsy.com/shop/DharmaKarmaArts>

All proceeds from sale in Dharma Karma Arts is donated to Sukriti.

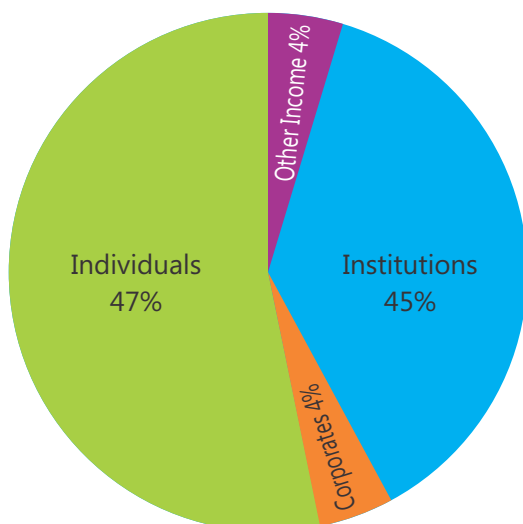
All donations to Sukriti Social Foundation exempt under Section 80 G of
IT Act as per DIT (E) No2 (871) / 06-07 / 2.7.2008 valid permanently.

Snapshot of our Financials

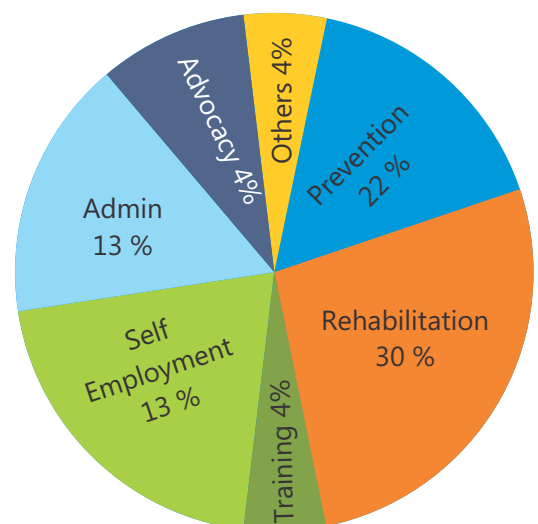
YEAR ENDED	INCOME	EXPENDITURE
2007	80878	85557
2008	204261	160083
2009	233178	200932
2010	303005	343107
2011	298536	238636
2012	478791	326104
2013	1171392	873736
2014	1336014	650754
2015	1332369	1197318

Detailed statement of accounts available in our website.

How the money was received



How the money was spent



Human Resource

Human resource is a very critical asset for a voluntary organization. During the last ten years we have invested 8% of our total income on human resource. But the returns have been less than satisfactory. Like they say working for the poor does not mean doing poor work. So we are now totally volunteer driven engaging people who have a passion for the work and commitment towards the cause.

Press Clippings

Thozhi



Dinamalar



Eenadu



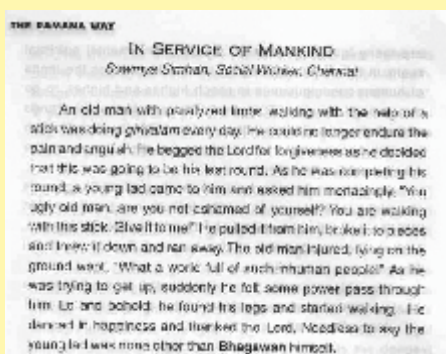
Andhra Jothi



Conversations



Sri Ramana



The Hindu



The Hindu



The Hindu



The Hindu



Corporate and Institutional Donors

ABB Ltd	M N Orthopedic Hospital
Access Atlantic Entertainment India Ltd	Mafoi Foundation
Action on Disability and Development	Maithri Educational and Charitable Trust
Aid Et Action	Mayura's Industrial Services
Alliance Freight P Ltd	Niranjan Creations
AT Khorakiwala and Co	Pharma Rule
Bank of Maharashtra	Pithavadian and Partners
Blooming Dale's Association	Rotary Club of Chennai Presidency
Caplin Point Laboratories Ltd	Rotary Club of Madras Sakthi
Chennai Cycle City	Samudhaya Foundation
Citi Bank	Scope Ingredients P Ltd
Dharma Karma Arts	Scope International
Expients House	Sri Park Logistics Pvt. Ltd
Give India	Sri Vaishnavi Graphics P Ltd
Indian Oil Corporation Ltd	Srinivasan Services Trust
Inner Wheel Club of Chennai Cosmos	Standard Chartered Bank
Janani Pharmacueticals P Ltd	Tharini Foams
JP Mission Charitable Trust	TI Cycles of India Ltd
Kaplesh Kantilal Savera Trust	Vasantham Trust

Networking Partners.....

Ability Foundation
 ADD India
 Amar Seva Sangam
 Andhra Mahila Sabha
 Anubhouthi
 Arrive Safe Society
 ASSCOD
 CIOSA
 Cheshire Home
 Citizens Development Centre
 Ekam Foundation
 Ezhuchi SHG
 Freedom Trust
 GLRA
 Guild Of service
 ICSA Centre
 Indian Red Cross Society
 IndianNGOS.Com
 IRCDS
 Kalanjiam Trust

Karmayog

Life Help Centre
 Lioness Club of Nandambakkam
 Lions Club of Chennai Silver Pearls
 Little Flower School For The Hearing Impaired
 Sri Arunodayam
 Tamilnadu Federation for the Differently abled
 Uthra Helping Organisation
 Vasantham Federation
 Worth Trust

Volunteers.....

Ace Academy
 I Volunteers
 Madras School of Social Work-NSS Unit
 Mar Gregorious College-NSS Unit
 MOP Vaishnava College
 Ms Chanda Dobriyal

Ms Mansi Majithia
 Ms Prema
 Ms Saumya Ramakrishnan
 New College-NSS Unit
 Qaide Millat College-NSS Unit
 Mr.J.Usman
 Ms.Raghavi
 Ms. Harika

Web Support....

Server Craft Internet Services
 Open Drops

Mobility Aids Suppliers..

Mohana Orthotics and Prosthetics
 Darya Cycle Works
 Peekay Surgicals

Bankers

Bank of Maharashtra,
 603, Anna Salai, Chennai - 6

Auditors

Sanjeev Shah and Associates,
 New No. 80, (75), Adarsh Apartments, Vepery High Road, Chennai - 7



All the pictures featured here are by artists with disability. If you would like to buy any of these paintings, please get in touch with us for the details.

CALENDAR 2013 AND 2014



With best wishes from

*Deepak
and
Deepthi*

