



**“SAMIKSHA FOUNDATION – CARING FOR CHILDREN WITH CANCER TRUST”**

A CREATIVE LEARNING INITIATIVE FOR CHILDREN UNDERGOING CANCER TREATMENT

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(since 2009)

**10th YEAR ANNUAL REPORT**

Report of our support activities and observations at the Kapur–SBM Pediatric Oncology Ward, Kidwai Memorial Institute of Oncology, Bangalore, India recorded during the period of June 2018 to May 2019.

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*“Samiksha Foundation” is a Pediatric Oncology Support Group, a Civil Society Organization, operating at Bangalore, India.*

**Disclaimer**

This report is maintained on behalf of the “Samiksha Foundation - Caring for Children with Cancer” to enhance public access to information relevant to the work of the trust. Our goal is to keep this information factual and accurate. If errors are brought to our attention, we will try to correct them. However, the trust does not accept liability whatsoever with regard to the material on this report.

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## TRANSITION IN CARE



Care involves a lifetime commitment, requiring a change in work, social and domestic patterns, income and domestic responsibilities and expanding decision making capabilities.

Care is not static.

An important step in future care for childhood cancer is transition guidelines for both medical and non -medical support to shift physically , mentally and emotionally from disease to disease-free- state, from treatment to post treatment phase, from child-care to adult -selfcare, from trauma of disease discovery to acceptance , to plan for the future to re-embrace life, employment, love, family and society.

As such comprehensive non -medical support is also a tool to improve the quality of care continuously, enhancing comfort and value to patients and their families for survivorship, positive outcomes and experiences especially in children with distress and life-threatening diseases.

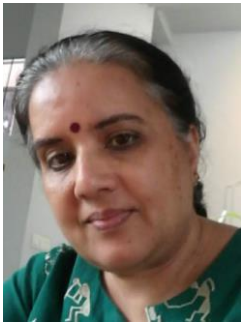
Samiksha 's 3C (Caring for Children with Cancer) model is an investment in comprehensive care, enhancing happiness , encouragement and confidence to be equals, and joyful experiences by providing supportive education and learning in a friendly and caring environment living the adage "Education Empowers and Happiness Heals."

**The dream of Samiksha required moving out of comfort zones, focusing on significance rather than goals, embracing constraints, small steps to providing opportunities and celebrating little victories a journey of happiness and faith , courage, learning, and enthusiasm.**

Vijaya Nanjundeswaran

Trustee

## 10TH YEAR CELEBRATION – FOUNDER’S NOTES



### *Education for Children with cancer and Long-term non-infectious illnesses*

The 3 Cs Concept of Samiksha Foundation, (Continuous Care with Commitment) conceived and pursued over 10 years at one of the largest State Cancer centres in the country, has been proven steadfast and necessary, reiterated when the WHO announced the Global Initiative for Childhood Cancer in Sept 2018 with an aim to help countries reach at least 60% survival rate by 2030.

As we have heard before from the Doctors at Kidwai Cancer Institute, the survival rate of a child with cancer can reach 85% if detected early and given quality, timely medical care. This calls for thought on Transition Guidelines and Methods to empower the child for a better quality of life during and post cancer. It is this belief at Samiksha for positive and smooth transitions of children and their caregivers confronted with the challenges of cancer diagnosis and treatment that propels our engagement to providing essential Non-Medical and allied care, mainly that of facilitating Integrated Educational Support to the child during treatment. We have positively impacted over 5000 little lives since inception, by enabling them to bridge the Gap in their education during illness, enabling them to go back to School, over 60 have written their 10th exams. They return to mainstream life and School with Pride, Hope and Dignity- perhaps far more confident and empowered after leaving the rich experience at the Samiksha Learning Centre.

The SIOP (US) (The International Society of Pediatric Oncology) on the psychosocial issues in Pediatric Oncology in 1993 [4] suggested a mandatory well-defined and planned hospital/school program. There are clear instructions about the Management of the children with cancer treatment requiring a Multidisciplinary approach. To achieve this, we set in motion a personalized education program for every child here, and additional resources if the child requires extra help. Volunteers, Teachers from every field in education, including Scientists, Architects, Art, Experts of Yoga, Creative crafts, Sport, Humanities, are engaged in this endeavor with them. The Circulating Library in the Ward is, in my mind, an essential service for all here.

This intervention, if we may call it, starts during the period of diagnosis, continues during the period of treatment, and is extended after the completion of treatment if required. Only co-operation among the family, care team, and educators, in addition to a well-structured program, can help in achieving this goal and preventing serious negative outcomes.

To that extent we at Samiksha have been hugely successful. Thanks to this wonderful and dedicated team, who all believe that fighting any serious illness is often more than just the medical treatment, the physical, mental and psychological and social support that the patient gets from his family, medical and social circle. This is especially true for pediatric cancer where the patient is young, the disease is scary, the symptoms often painful and the treatment itself long drawn and draining. It is **here** that the subsidiary care organizations such as Samiksha have a very important role to play.

10 years ago, Dr. Manjari and I set up a Module of Care or a Therapeutic Alliance, as defined by the ICCPO guidelines, (International Children’s Cancer Patients Organization) what we call the “Triangle

of Care” wherein the Team at Samiksha occupies the core of the Triangle, the Doctors and medical staff, Caregivers and Children form the 3 vertices of this Triangle. This Concept developed and has proven to be our most powerful tool to date for Pediatric Oncology Care in (Non-Medical) ancillary support. Volunteers and Core Team at Samiksha are oriented to this Concept of Care with clarity and commitment. This closed “Triangle of Care” is a strong bond that boosts the child’s confidence as powerfully as good medical treatment and nutrition boosts a sick child’s health towards recovery.

As part of our Happiness Research initiative, the Role of Yoga, Creative Visualizations and Art therapy are also being studied and evaluated by our very competent Yoga teachers, guided and helped by Swanini Yogaratna. The work and studies are being systematically documented too. In addition, we find that all this helps these children to deal with the challenges of cancer by:

- Helping them understand and deal with physical limitations during their illness
- Emotional issues like fear of abandonment or phobias
- Improve cognitive abilities

Art therapy can help children relieve stress, increase awareness of self, and develop healthy and effective coping skills, improve self-esteem.

The reintegration of the child with cancer into school is an essential part of the total treatment program. It is with this Goal that the Samiksha Scholarships Program was launched in March 2018, where the young cancer survivor, post discharge, and clearly interested in pursuing higher studies, are given financial aid in the form of scholarships paid directly into their personal accounts for school or college purposes. To date 55 scholarships of Rs.20,000/- each have been awarded and another 25 are expected to be added to this list in this year.

As an observation, we also understand the hurdles and challenges that we face in this work in India – Learnings in the last 10 years.

These Barriers to Education of a sick child, as identified to continuity in education; and retrieved from the article on ‘Education of children and adolescents with medical needs at hospital and home’, Hope Survey 2008, retrieved from <https://www.hospitalteachers.eu/>; and I list out:

- There are no regulations for education at home or unclear policies of responsibility for the education of the absent student
- Clear stipulations relating to length of time that a child needs to be out of school before any educational intervention can start, causes unnecessary delays and anxieties
- Consent forms (parents/medical team/school) cause delay in the education process.
- There is No communication between mainstream school and the hospital school
- Hospitals do not always offer a proper learning environment as there is no legislations prescribing this.
- no specialized education training for hospital teachers

Samiksha’s education initiative has shown that the need for such programs is imperative with all childcare hospitals treating long term illnesses. The children respond well to the programs and are happier with their hospital stay with it. Further surveys are needed to test the immune-response of

such children, but it is a general given fact that their psycho-social well-being affects their response to treatment.

Our Happiness Research to study the impact of these Ancillary Non- Medical support services toward increasing the Happiness Quotient of the Children and their Caregivers is noteworthy and of international level. We are happy to have more volunteers come forward and help us with this Happiness Research. Please contact me or Dr.Manjari for this.

I am proud to also note that we have earned a good recognition in this work albeit done quietly, and many a hospital have called us to discuss a possible synergy at their pediatric departments.

In April this year, we have started work for the new Samiksha Learning Center at Narayana Health City at Mazumdar Shaw Cancer Center, and have a happy team working there too! Two other hospitals are in active discussion with us currently.

It is my prayer today that All hospitals have an auxiliary space for children’s education and other activities, a children’s library and therapeutic exercise and activity sessions. These spaces need to be near enough for easy access from the pediatric wards and yet separated to have access to outside volunteers. The content of teaching may need to encompass more than formal curriculum to include special needs arising from the illness and its treatment.

Ideally, all pediatric cancer hospitals should have a multidisciplinary team (physicians, psycho-oncologist, nurses, social worker, teachers, recreation specialists). A further need is for professional training of teachers and volunteers to deal with these special needs. As of now there are no formal play and art, music and dance therapist education in India.

In 10 years, we at Samiksha Foundation have been able to set up and successfully run the Samiksha Learning Center at Kidwai Cancer Institute, much along the lines of these observations and references of study by International Pediatric Oncology Societies. And Yes, we wouldn’t have been able to do any of this without the steadfast support of the Doctors and Social Workers at Kidwai Cancer Institute. I personally extend my sincere gratitude All the Past and Present Directors at Kidwai since Dr. Ashok Shenoy, to Dr. L. Appaji, Current Director Dr. C. Ramachandra, Dr. Janet Parmeshwar (Retd. Head of Social Work Department at KMIO), Oncologist Doctors Dr. Avinash, Dr. Arun Kumar, Dr. Padma Maneya and Dr. Nuthankumar for their unstinting support and Love all through these years.

It is our endeavour to take a multidisciplinary approach to Learning and Education at our Learning Centers and study the child’s success of not only coping with her cancer condition and also reintegrate into Mainstream Life with Pride, Confidence and Dignity, for we know that “Dignity is Priceless!”

At Samiksha, we firmly believe that “Knowledge Empowers and Happiness Heals and hence our Motto that constantly inspires and grounds us:

“The Pursuit of Knowledge is Key to their Pursuit of Happiness!”

With sincere thanks,  
Sandhya Sharad



## KIDWAI CERTIFICATE OF ACKNOWLEDGEMENT



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**KIDWAI MEMORIAL INSTITUTE OF ONCOLOGY**

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No.PER/CAB-II/D-4/59/18

15<sup>th</sup> March 2018

### TO WHOMSOEVER IT MAY CONCERN


This is to acknowledge that the members of "Samiksha Foundation-Caring for Children with cancer" have been associated with Kidwai Cancer Institute- Pediatric Oncology wards, since June 18th, 2009.

They have been conducting educational, spiritual and recreational programs at the Kapur-SBM Ward of Kidwai Memorial Institute of Oncology for the in-patient children, non- medical support for their parents and caregivers in the ward. They are here 4 days a week - Tuesdays, Thursdays, Fridays and Saturdays per consent from the KCI authorities.

Their program includes tutoring for school age children, art, craft, storytelling and yoga amongst other activities. They continue to arrange to celebrate Children's birthdays once a month at the ward and make other occasions and national events special for all the children at KCI.

They have also contributed to the infrastructure development of the play areas and the laundry drying facility at the Kapur - SBM ward surroundings in October 2010 and 2013 and 2015, with their own contributions and sponsors. The Teachers and volunteers appointed by them continue to enthusiastically provide non-medical support to children with cancer at Kidwai Cancer Institute, Bangalore.

We thank them for their support and wish to see a continued enthusiasm in their work. We wish them the best for their mission with Non-Medical support for Pediatric Oncology.

  
DIRECTOR  
(DR. LINGA GOWDA)  
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DIRETOR

Registered under Karnataka Societies Registration Act 1960, Regn. No. S475/79-80 Donations to this Institute are exempt from income Tax u/s 80G of IT Act, 1961 and under Sec. 35 (i) & (ii) of IT Act, 1961  
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## Dr MANJARI BHATNAGAR- DIRECTOR'S MESSAGE



It gives me immense pleasure to share with you that Samiksha Foundation Caring with children with Cancer Trust completes 10 fruitful years at Kidwai Cancer Institute, Bangalore and has also started a new facility in April this year at Mazumdar Shah Cancer Center, Narayana Hospitals Bangalore.

"I cannot teach anybody anything, I can only make them think", these profound words were by Socrates. We follow the holistic learning program at Samiksha Learning Center which incorporates inquisitiveness, analytical thinking, by imparting education, yoga/meditation, creative visualization program and creative activities. The program is totally need-based and chalked out for each child, hence this focuses on bringing out the unique individuality in each child. This also helps caregivers who stay with the children in the hospital for their entire treatment as they also participate in our programs.

It's been an eventful journey of trials and triumph. "Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude " says Denis Waitley, a renowned motivational speaker, writer and consultant. These words are totally in sync with the work we are doing and our intent, which is to increase the 'happiness quotient' of the children and caregivers through our programs. We have been constantly monitoring as to how, the children are feeling, after going through an activity, spiritual or creative or the education program, and documenting which subject and activity they enjoy the most.

We have amazing results from our research work and we can say that our programs help in increasing their level of happiness of both the children and caregivers. This, in turn, is also benefitting the Samiksha team and keeps us happy, boosting our morals just by seeing the children happy.

We realized that the children want to be appreciated and be respected and this they achieve during their stay while going through our curriculum in the hospital, making them confident and stronger day by day to face the challenges of the world.

The program which we conduct for the children with cancer is a shared commitment between dedicated teachers, motivated volunteers, enthusiastic donors and the "never say die " attitude of the Samiksha team.

We want to reach out to more children and make a difference in their lives as well, for which we would need your support either by way of volunteering, donating generously in kind or by way of funds and by spreading awareness about our foundation.

Our special thanks to the director KMIO Dr.C. Ramachandra, Dr Ramesh, Dr Padma the head of Dept pediatric ward, Dr.L. Appaji, Dr Aruna, Past Director Dr.Lingegowda and all the nurses and staff of the Kapur-SBM ward of KMIO and also the Director and Clinical Lead Pediatric Hematology, Oncology Narayana Health Network Hospitals - SRCC NH Children's Hospital, Mumbai, India Dr Sunil Bhat, his staff, Mr. Jaishankar, Rhea and Lokesh of the MSCC, NH.



## ACTIVITY AND PROGRAM DETAILS

Samiksha functions at the Kapur-SBM Pediatric Ward at KMIO. The entrance to the ward has been converted to teaching cum activity space.



### Academics:

Continuing the class academic and school curriculum in learning is integral in SLC with planned schedules four days a week, (Tuesday, Thursday, Friday and Saturday), between 10.30am and 4.30 pm. Relevant textbooks, notebooks, worksheets, art and craft material is provided to each child in a specially designed Samiksha school bag and kit on the first day they come to the program, to encourage and provide an appropriate environment. The supply is constantly replenished as required by the child, at the cost of the Foundation.



Children on maintenance (out patients) are also encouraged to participate. Siblings of children and many caregivers, mostly mothers also come in to learn and read here. The children's involvement, attendance, progress and requirements are recorded and maintained.

## Special tutoring for 6th, 7th, 8th, 9th and 10th grade children:

To help them come up to speed with their school work and curriculum and prepare them for the examinations should they wish to appear.

The foundation has appointed Teachers and Librarians and Volunteers from International Schools, Corporates and Colleges assist in the teaching.



### IMPACT

**This year 8 students wrote their 10<sup>th</sup> exams during stay and after discharge. Out of the 8, 4 children received more than 65% and 2 children got above 55% marks. Of the 3 children who appeared for the 2nd PUC, 1 scored 54% and another 94% marks.**

## Circulating Library:

To encourage communication, independent reading and speaking skills, the Foundation has set up a library with multilingual books which are issued to children and caregivers on a regular basis, to read in their time. For those children unable to read by themselves, volunteers read to them at their bedside. Children also take back their favorite book when they get discharged.

## Storytelling: (average attendance 30 children and caregivers per Session)

Thematic storytelling, with visuals and hands on activity like puppets, origami and creative writing craft to encourage creative speech, recall is scheduled on all Tuesdays.

Ambika Chandrashekar, an experienced and trained story teller conducts these sessions filled with fun and color.

The program is also supported by Pratham Books and independent storytellers like Lavanya Prasad,

### IMPACT

**A significant change is seen in the way the children approach books, reading and recall**





## YOGA Program & Creative Visualization for children and mothers in the ward: (average attendance 40 per session)

Yoga and creative Visualization is a methodology wherein the slow Yoga inspired by nature woven around stories is taught in a gentle and easy flowing manner. At the end of the session the children are asked to draw and colour the visualization and impression and feeling.

These sessions are held every Thursday by the Prafulla Oorja group. Yoga CV helps them connect with themselves and aids in the process of healing.

### IMPACT

**Children and their care givers enjoy these sessions with great enthusiasm and interest and always make sure to attend. They have expressed feeling good and relaxed after the sessions**

## ART ACTIVITY



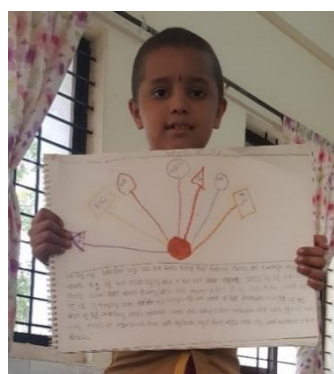
conduct these sessions that ensure attendance of children from 3 years to 16 years and their care givers.

Regular art activity sessions are scheduled on the 3rd Thursday afternoon of each month using the medium of crayons, water colours and acrylic paints. Simple common themes are planned to be completed in a fixed time, to encourage each child to express their individuality and imagination. Every artwork carries artist's name. Savita Mathur and Vijaya

### IMPACT

**Children enjoy their creations and happy to demand more paper to draw and paint more. Each Child's work is diverse. These are not -to- miss- classes**

**Creative Writing:** This activity conducted every month encourages children to write and recreate stories through role play and visualization and craft.



process.

Children learn writing through bubble diagrams, journal making, writing about pictures and are taught puppet making, origami, stickering and other crafts as part of the

### IMPACT

**Individualistic views and amazing insights into the children's ways of thinking have been realized in this program.**

## OTHER ACTIVITIES @ SAMIKSHA

### **Birthdays at the ward: (110 to 165 children cared for each month)**

Birthday Parties for children are generally held on the last Saturday of the month. Entertainment and activities planned from singing groups, magic shows, dances performances, pottery workshops, skits and songs by the children themselves. Goody bags with fun things are distributed to all children in the ward and siblings. The event is sponsored by organizations / individuals. This monthly event is now an established routine for both children and care givers. Care is taken to ensure the children are involved without getting hyperactive and that the excitement of the parties is not overwhelming or physically exerting for the children. No cake or outside food is served.



### **Fruits and Vegetables: (110 children cared for each day, on 2 days a week)**

To ensure attendance, fresh vegetables and fruits are distributed at least twice a week and fruits given every Saturday and on events, as part of the nutritional help. Naveen Jagannathan and team sponsor this program over the years.

### **Bedsheet distribution:**

Bedsheets were distributed in the Pediatric wards at KMIO in Jan 2019 by UTSAV group of JP Nagar.

### **Drawing Event**

Drawing events were organized by the CIPLA group. Doctors in the Pediatric ward also participated here enthusiastically.

### **Fund Raisers:**

- BounceBack 2018 – August 2018.
- APR Charitable Trust Marathon- December 2018

Several smaller events at colleges through the Year, and the little patrons of Samiksha from Jacaranda block, Brigade Millennium came together to organize for a fundraiser by putting up food stalls.

## Engaging New partners via CSR:

### Activity by Team Aspire and NMIMS Wish tree on 1st November 2018

A team of young women from Team Aspire as well as representatives from Wish Tree from NMIMS visited Samiksha Foundation's Learning Centre at the Kapur ward at KMIO on 1<sup>st</sup> November 2018 from 2pm to 4 pm on the occasion of Karnataka Rajyotsava. They entertained the children with music and dance and also conducted games. Teachers of Samiksha Foundation taught the children songs associated with the history of the state of Karnataka and the children participated enthusiastically singing the state anthem. Team Aspire distributed scrap books made by the volunteers to the children. Team NMIMS handed over in kind material to team Samiksha as part of the wish tree initiative.

### Activity on World Cancer Day by Team Groupon on Friday, 1st February 2019



The afternoon of 1st of February at the Samiksha Learning Centre saw the visit of a team of volunteers from Groupon. The event opened in song, extolling the virtues of coming to school and an educational poem on different vegetables, followed by stories by Ambika and the volunteers and an audio story sent by Mr. Jairaj Galagali. The stories had characters from the animal kingdom and human relations with a moral, a treat for both students and parents alike.

The students were then asked to close their eyes and recall elements from the stories and depict the most impactful scene in drawing, working in groups. The volunteers along with interns from NMIMS worked with the students, guiding them with their art work.

The entire exercise and end result was truly delightful for the volunteers as well as the students.

### World Cancer Day Volunteer feedback:

*“They send out a Powerful Message to the Public. The teachers at Samiksha are excellent. Friendly and caring environment that encourages learning and development.”*

*“The class is well organised and there are imaginative ideas used to help the children share ideas and learn. There is a nice happy vibe at the learning centre and all the staff are very helpful and supportive.”*

*“For me personally I loved the experience, could learn a lot from kids and teachers. Learnt not to complain about anything in my life.”*

*“Samiksha is doing an excellent job of engaging with children at the hospital and ensuring that the learning does not stop irrespective of the circumstances. It was a really humbling experience. I would love to be associated with more such experiences in the future and do my bit to support.”*



*“The bonding of the teachers with the children is very strong, and they are sensitive to the needs of those kids. Just one recommendation would be to enhance the learning area given the medical condition of these children, possibly need to be more sanitized.”*

*“The visit in Kidwai hospital as a part of Groupon- week was such an amazing experience. And i believe the way Samiksha foundation organizing it in an outstanding way, we can feel the positive energy delivering by each of them among the kids. Well maintained atmosphere is the key example for that. The best part i noticed is nothing but the individual attention given to the each kid, this is because of the great effort from Team Samiksha foundation. Now am taking this opportunity to congratulate each and every one part of this organisation. Keep up the good work and go ahead. Thanks for allowing us to share some time with the kids, moreover giving us a great picture of all the activities they are executing.”*

### **Activity to observe World Cancer Day by Kabbage India on Friday, 1<sup>st</sup> March 2019**

A team of employees from Kabbage India conducted a CSR activity at Samiksha Foundation's Learning Centre at the Kapur ward at Kidwai Cancer Institute on 1<sup>st</sup> March 2019 from 2pm to 4 pm.

The Activity started with a small skit on segregation of waste and its proper disposal followed by an art activity- an expression of what the attending children recalled from the skit.

A black board was also gifted to the teachers at SFLC by them.

### **Volunteer feedback: Kabbage India**

*“I don't think I've had a sense of perspective quite the way I did back there. The personal sacrifice and the struggles folks are going through is overwhelming. The foundation is doing a great job and we could see how involved the volunteers were for years (some of them close to 8 years). Every parent out there feel more comfortable talking to these bunch of volunteers for support than the doctors. We have an opportunity here to do so much more. This should be a long-lasting relationship without a doubt.”*

*“It was a fantastic experience for me at the Kidwai cancer institute. The staff over there was supportive and welcoming. We were able to make the kids happy and everybody was equally involved in the painting exercise.”*

*“Very Cute, Active and naughty Kids. Event was organized well. God Bless them! And Let them get well soon!!”*

*“It was truly amazing and would obviously need such events to take place in our day to day busy life. The amount of energy and spirit the kids had was really worth watching. Loved the kids playing and enjoying every event organized. We can come up with more events planned for little bit longer time. Looking forward for more engagement and collaboration with these kids.”*

*“The experience with the kids was really overwhelming. It is really sad to see such small kids going through tough phase. I am glad that we could spend some time with them. Thanks for the opportunity”*



## New Samiksha Learning Centre @ MSCC in Narayana Health City

The new Learning center was launched at Narayana Health – Mazumdar Shaw Cancer Centre in April 2019. Dr. Sunil Bhat, Director and Head of Pediatric Oncology at NH, has been very supportive. Psycho-Oncologist, Rhea Daruvala has been extremely enthusiastic and involved in the activities involving the children. Academic classes and art activities are being held by the teachers and the coordinators. Children at MSCC and parents and care givers have welcomed this initiative.



## 9th Year Annual Day & Open House

The Doctors, children, care givers and Samiksha’s Core team as well as volunteers and guests had a walkthrough in the Learning Centre to view display of the children’s work. All the work was much appreciated.



The newly introduced “Samiksha Student file” was introduced and was very well received as a unique concept all by the Doctors, Caregivers and students.

The children attending the Samiksha Foundation Learning Centre (SFLC) performed a couple of dances for the guests.



The Annual day celebrations also saw the 2<sup>nd</sup> series of the Samiksha Scholarships Program (SSP2), where 14 scholarships were disbursed

The Foundation completes 10 years of continuous care at KMIO on 18<sup>th</sup> June 2019

## THE SAMIKSHA SCHOLARSHIPS PROGRAM - launched on 25th March 2018

Looking at the Impact that our work has had over the past 10 years, we are constantly asked if we keep in touch with the children gone back to school. The simple answer is always ‘no’. Reason being, it clearly is beyond the scope of our daily work. However, when a student comes back to us and asks, “What course should I pursue in college? Or Mam I got 80 % marks in my 12<sup>th</sup>, thanks to the Samiksha Teachers, we think about the ways in which we can continue to help them.

The criteria of selection

- The child should have gone through cancer treatment and been part of Samiksha Learning Program.
- The child has decided and is actively pursuing higher education at school and college.

Doctors also recommended a few candidates.

The first round of Scholarships, of Rs 10000 each was distributed on 25th March 2018 to 20 students from our corpus.

The second round of scholarships were disbursed on the 23<sup>rd</sup> of June 2018 to 14 students and supported by Devjani Pillai Scholarship Fund (DPSF) through Let’s Do Some Good Foundation. The third round of Scholarships were disbursed on the 6<sup>th</sup> of January 2019 to 21 new students in addition to 15 from SSP 1 and 12 from SSP2 and was supported by 3 corporates and several individual donors.

55 scholarships were awarded in 2018 – 2019. Details of the SSP are available on our website.



Scholarship Awardees - SSP3

## SAMIKSHA TEACHERS REFLECT



### Ms. VIDYAVATHI B.S, Teacher and Librarian

Greetings to one and all. I am Vidyavathi B.S. I have been working with Samiksha Foundation for the past decade as a teacher and bookkeeper.

When the children come to Kapur ward, they realize that they have a school here and that they can come and study here, they are excited and overjoyed with the enthusiasm of learning. When the children see that we provide them with books, bags, pencils, coloring pencils, drawing books and all the necessary tools to study, they are very happy.

Deepak Kumar was studying in the first grade when he first joined the school. He was quite the Curious Gorge. He always had questions about everything. Another one of our bright students is Neha. She is very sharp and quick in her understanding and writing. She comprehends her lessons very easily and solves all her math problems in minutes and does not let us teach other students when she's learning. If we skip going to school one day, the students often ask us why we did not come the previous day and tell us that they were waiting for us. I would like to say that it is our good fortune that we get to work with such a wonderful bunch of kids and under the most supportive foundation.

We have also been teaching the children at Narayana Hrudayalaya for the past two months. The students here are reading and writing very well. A student named Mrugako on the third floor is so invested in learning that even when his mother came to take him for the glucose drip, he sat back saying that there is some time left for that. We all call him 'Mogambo'. There is this girl called Akshara, from Hubli, currently in tenth grade who loves to sing, write and read story books. Another boy called Sachin Yadav who reads storybooks very well.

On my final note, I would like to thank Samiksha Foundation for allowing and aiding us to such a rewarding job. I wish Samiksha Foundation all the success in the world, May they reach the Zenith.



### PARVATHI K B, Teacher

Greetings to all. I am Parvathi K. B. I have been working as a teacher at the Samiksha Foundation for the past 10 years. As in a school, we teach the children here through games, stories. We also teach them yoga. We also provide bags and stationery items like notebooks, drawing books etc to the children. On the last Saturday of every month, we celebrate birthdays of all the children born in that month. This gives them a lot of happiness. We have also started providing them with folders to document all the activities they are involved in throughout the week. Upon their

discharge from the hospital, they take these folders with them.

Geetha, a student from Belgaum, was associated with our learning centre when she was in 10<sup>th</sup> std. Now, she's scored 94% in her 12<sup>th</sup> standard board exams, which makes us all very happy. Since March



2018, Samiksha Foundation provides scholarships to students from 8<sup>th</sup> standard and above to encourage and support them in their higher studies. Providing quality education to all the children who go through cancer treatment has been the primary focus of the Samiksha Foundation Learning Centre, and I wish they continue to do so in the future.

For the past two months, I have also been working at the new Learning Centre started at the Mazumdar Shaw Cancer Centre at Narayana Health city, Electronics city. We engage with the children in the OPD between 10:30 am and 1:30 pm. We teach them lessons, simple meditation, tell them stories and teach them songs. The children here are very enthusiastic, particularly Mahesh and Lakshmi. The children and their parents are equally happy about our interactions with them. NH has also been one of the Samiksha Foundation’s achievements and I wish the foundation to continue to be successful.

I hope Samiksha continues to be a guiding light to all the children who come to us. That would make my service a worthwhile one.



**Mrs. AMBIKA CHANDRASHEKAR, Storyteller expert**

My name is Ambika Chandrashekar. I have been working with the Samiksha Foundation for nine years. I would like to tell that I visit Kidwai’s Kapur Ward every Tuesday. I love to teach, to narrate stories to the kids, and to engage them in craft activities. The children at Kidwai are very excited and enthusiastic to listen to the stories and to participate in the activities. They are very creative and come up with unique ideas often. It makes me very happy to see all the children so happy and willing

to learn new things.

Over these years, I have learnt a lot about the foundation, about the kids, and about myself too. I would like to thank the Samiksha Foundation for this opportunity. I would also like to thank Sandhya, the teachers who help and take care of the children, and all the volunteers. I hope the foundation grows and reaches greater heights in future.



**NAGAVALLI NARASIMHA, Education and Volunteer Coordinator**

*“Everybody can be great. Because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and your verb agree to serve.... You don’t have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.” ~ Martin Luther King, Jr.*

I have been associated with Samiksha Foundation since November 2017 and have had the privilege to coordinate the Volunteering-Internship program since then. It is truly amazing how people reach out to the Foundation wanting to give their time to the cause. People from all walks of life, different age groups, professions, having different

skills -all want to help in whatever way they can-be it teaching children, conducting / assisting during creative activity and play, helping out with the documentation of the children’s work or even data updation and fundraising for the Foundation.

Samiksha Foundation’s motto – ‘The pursuit of knowledge is key to their pursuit of happiness’ - has been always at the back of my mind ever since my association with the Foundation. To achieve this there are a lot of people who work behind the scenes as well as in front. It’s amazing to see the children’s thirst for knowledge being fulfilled by the teachers and volunteers who get a sense of fulfilment themselves, when the face of the child who they are teaching, breaks out into a smile having understood what is being taught to them. Many a times, the care giver too sits down with the volunteer when she realises that this is an opportunity for her to learn, something she missed out on, in her growing up years!

The volunteers are a constant source of inspiration and motivation for the children and their caregivers from time to time, working with passion to strengthen Samiksha 's ‘3C model’- Caring for Children with cancer. As Samiksha completes 10 years, a large part of the credit for all that has been done to increase the ‘Happiness Quotient’ of the children and their care givers goes to the Teachers, Volunteers, Interns, Resource people and other supporters in this journey...all who have worked together to help’ make a difference’.



**PUNEET KUMAR REDDY: Volunteer since 2011**

A corporate Volunteer who has been with us since 2011, took a break and then returned after higher studies continues to be much loved volunteer here. His quiet and dedicated personality is a great influence for the children.

In his words: *“I came here to be a volunteer to teach the children and spend time with them. My life is a luxurious one and I like this simplicity and love of these naughty children here inspite of suffering from cancer. They are so eager to learn. I started teaching them Chess a while ago and used to conduct competitions in the ward for chess within them as they learnt. One day a child beat me in the game and I was really surprised! That when I was so happy when I realized that my efforts had paid off. And the children enjoyed it and had learnt something. Am very happy to be of help at any time here. It’s a great cause.”*



**AAKANKSHA JAYSHEEL, Core Volunteer since 2011**

One July morning 7 years ago I'd decided to volunteer at paediatric cancer ward and thus began my long association with The Samiksha Foundation I remember the first time I walked into the Kapoor ward at KMIO. I didn't know what to expect. I walked in expecting to find sick children just languishing in their beds, for whom I could bring in some comfort. I thought it would be me helping them. But, boy was i wrong! I walked into a circus! These little ones seemed to possess boundless energy and were soon running circles around me. Their bright smiles made it quite clear that

they needed no help from me! Just love... Over the many years their laughter and enthusiasm has completely changed my opinion on what a hospital should feel like.

September being childhood cancer awareness month, I thought I'd share a few of my stories on Volunteering with the Samiksha Foundation at the Kidwai Memorial Institute of Oncology. I've been volunteering at their paediatric ward for 7 years and these kids light up my life...

As much as I love them, I wish I didn't have to meet them under these circumstances...

I envision a world without childhood cancer, where my angels can run free...Till then I hope I'm brightening their lives at least half as much as they brighten mine...

Throwback to that first day again...

Walking in on that first day, my nervousness was off the charts! I didn't know what to expect or where I'd fit in. And I was especially worried that I'd say or do the wrong unknowingly and hurt the feelings of a child. Let's just say I wasn't feeling all that confident that morning...

And then I met Girish...

Girish was the first boy I was chosen to teach...Or rather he chose me... I'd entered in the middle of Math hour and this little boy attached himself to me right away. And somewhere in the middle of linear equations, we became fast friends. He loved maths, I love maths and that's all the common ground we needed. All of 12 years old when I met him, he was a quiet but astute boy. He walked me around and showed me the ropes of everything that first week. Heck he even had lunch with me so that I wouldn't feel new and alone. Sadly, Girish didn't live to see his 13th birthday...I don't know what he chose me that day back in July, but I feel privileged to have been his Akka...even if it was for a short while...

Founded by Sandhya Sharad in 2009, Samiksha aims to provide a positive and carefree environment for children affected by cancer. It primarily focuses on building the children's confidence through learning programs like an informal school to help them stay on par with their peers. We also run various creative activities for the children as well as their parents like art, craft, dance, drama, yoga, music to name a few.

After all, A Happy Child is A Healthy Child...

I can personally attest to that. I have noticed over the course of my work here that keeping kids happy during their treatments actually makes more resilient kids. I've seen how a drop in confidence can actually cause a drop in vitals and vice versa too. The Samiksha Foundation is providing essential non-medical support to these little warriors in their fight against cancer. The word cancer itself is so daunting that a little bit of affection goes a long way!



One of my favourite activities is the monthly birthday celebration. And it's a party all right! magic shows and games and dancing and gifts of course... It's really great to see them just cut loose and have fun! I guess the way i see it , Samiksha Foundation provides these patients a space, where, for a few hours everyday, they can just be kids and get their happy childhood days back!

One of the things that always amazes me is the sheer generosity of the parents, families and children at Kidwai...Especially since most don't come from well to do backgrounds. In fact many are from below the poverty line. Many still sell everything they own, including their livelihoods just to pay for treatments...And yet, they find little ways to brighten up their kids lives and even us volunteers...

A 10 year old's mom calls me every week all the way from West Bengal just to ask how I'm doing...even though it's her son who's ill..

An 8year old's mom gets me Peda every time they come down from Dharwad.

An 11year old girl and her mother bombard us with corn and brinjal from their fields...even as they struggle to pay school fees for her...

A 9 year old girl wants to celebrate her birthday with me...so her dad somehow even manages to smuggle in a strawberry cake for the occasion...a cake they can't afford but her smile makes it all worthwhile...

Two 8 year old girls borrow money from their parents to buy me chips whilst not buying one for themselves...they are dying for a taste but won't touch one cause this was their gift to me

I could keep going on...these little instances that may not seem like much but they never fail to fill my heart with joy and grace...I'm not really sure i deserve it but I'm forever grateful to their little acts of kindness..



**GIRISH JAYARAJU**, Core Volunteer since 2010

*"I have been around the Samiksha Family for ages. This is like my own Family. God Bless them*

*I can't write my learnings and testimonial here as it is part of my life now. Coming here whenever I can, being with the children, talking to them and their families.*

*I even visit the past discharged kids when I travel. It is so much fun and there is so much I have learnt from them. Most important, when you are here, Your PRAYER changes. You automatically don't pray for yourself and start praying for others!"*



**CHITRA GOVINDRAJ, Volunteer**

I have been volunteering now for a month for Samiksha and the Coordinator has made it a smooth process. She is very approachable and open to all ideas. Encouraging and enthusiastic, it’s been a pleasure working under her guidance.

On average about 30 odd children show up for craft and it’s been a fun experience for both adult and child. Kids love the art and craft work and stay on till the end no matter how long it takes for them to finish.

Teaching on Tuesdays has been invigorating and also frustrating at times. The first because the children are eager to learn and initially the latter because if they didn’t immediately understand a concept, they would lose interest. However, as the Tuesdays went by and the kids got more familiar with me, they were more willing to listen. Some attempted to write while one or two would just walk away. Generally, their enthusiasm to be in an environment where many kids are working, rubs off on each other.



**A THOUSAND CRANES- EKTA, DEEPA, ASHA**

Learning to Fight Like a Kid - The last year has seen A Thousand Cranes grow in leaps and bounds. We are a community services group that brings together volunteers and donors, leveraging the power of network for social impact. Our partnership with Samiksha Foundation is one which we particularly cherish and one which has enabled our growth. Over the past several months, we have added several volunteers drawn from our circles of friends,

families and colleagues. These committed individuals dedicate their Thursdays, once a month, doing craft sessions with the children at the Kapur ward in Kidwai Hospital. As Samiksha Foundation expands its scope to partner Mazumdar Shaw Cancer Centre at Narayana Hrudyalaya, we have been privileged to volunteer with the children in cancer care there as well.

Our volunteers not only make time for spending time with children but also in pre-making the kits that the kids, especially the younger ones, can easily use to assemble the crafts. We have organized crafts days with our volunteer circles and with the help of Samiksha, facilitated a similar session with the employees at Dell Corporation.

With the view of raising awareness about paediatric cancer and growing support for the cause, A Thousand Cranes participated in the Times Women’s’ Drive 2019. Held annually, the competitive rally encourages women to participate in motorsports and provides them a platform to share social messages.

Our rally car had slogans like ‘fight like a kid’ and ‘fierce but little’ along with colored handprints of children in the Kapur ward of the Kidwai hospital. The messages on the car had several fellow participants to approach us wanting to know about how they can help children with cancer.

To initiate dialogue and to leave people with actionable information, we designed and distributed happiness jars. The glass jars come with colored pencils and paper to enable recording of moments of happiness. They also encourage the receiver to share their happiness with children impacted by cancer.

As we increase our ‘numbers’, we strive to ensure that we grow with heart. It gives us great pleasure when our volunteer friends bring their children to the crafts sessions. It is indeed an honour to help raise a more responsible next generation. Our youngest volunteers often show the most commitment and compassion, forming easy bonds of friendships over crayons and colored paper. From them and from our little patients, we learn lessons in courage and empathy, in how to ‘fight like a kid’. Maya Angelou said that *“The desire to reach for the stars is ambitious. The desire to reach hearts is wise.”* We find that in expanding our hearts, we are reaching for the stars.

## **INTERNS SPEAK**

### **UZMA CHASMAWALA**

I have learnt a lot from this experience and exposure given to us. It was my first time working with or seeing kids with cancer at such a young age. Some of my key takeaways are feeling of gratitude and feeling privileged, a feeling of satisfaction by contributing to the society somehow and helping people, empathy, patience, among a few. I also learnt personal responsibility and accountability of work. Seeing those kids in that state was just very difficult to see and their parents’ state as well. It was so overwhelming that some days even after going back home I used to think about them even though I didn’t really get a chance to interact with them much due to language barrier. But all in all it was a wholesome and great experience and I’d love to come back to help anytime.

### **SWARATHMIKA RAGHAVENDRA BHARADWAJ**

I have learnt so many things from these wonderful children and had a wonderful time there. They taught me values that would be hard learning on your own like - To be grateful for what i have and get, not take everything for granted... every small thing teaches you a lesson in life.

The children have appreciated the smallest thing they get and I adore them for that. I wish to be like them one day and hope they continue being the person they are. They have made me smile every day and showed me that everyday living has to be a fight and not a let-down and no matter what, at the end of everything, we always have to smile and think of the rest of the positivity around us... I am proud of the kids who have worked hard and i am grateful to Samiksha Foundation for this opportunity and let me share a new and wonderful experience!

### **PRAJNA.A**

As a cancer survivor myself, working with a foundation like the Samiksha foundation was an absolute dream come true. i always considered myself as an empath and working with the foundation has strengthened my empathy. When i was battling cancer, i had an inside out perspective but after working with Samiksha Foundation, I have been able to acquire a clear outside in perspective so working here has helped me complete my full circle. I am Majoring in Psychology and this internship

helped me understand and evaluate my theoretical knowledge to a great extent; working as a subordinate to a clinical onco-psychologist has made me mark my career goals very clearly. The internship helped me grow up and explore my own city and its Bus routes (travel to NH) which pushed me out of my comfort zones and this gave me a huge sense of achievement. Understanding the dynamics of a Government run institution as opposed to a privately-run institution was so practically and naturally presented to me in the due course of this wholesome journey of interning with Samiksha Foundation. apart from these, i was given the responsibility of translating documents from Kannada to English and digitizing them for the foundation really helped me sharpen my language. As a matter of fact, i thoroughly enjoyed doing this and everything else. I had to unlearn and relearn so many obvious aspects of life and i would like to thank Valli Narasimha for guiding me throughout this enriching journey, Rhea-psycho oncologist at MSCC, Manjari Ma'am and Prem for being a constant source of inspiration and all the fellow volunteers. This internship has been life changing.

### **ATULYA SACHAR**

Samiksha Foundation has taught me perspective. I tend to focus on me, or my problems alone and also feel alone at times dealing with them. My time at Samiksha has helped me realise that there are so many people out there battling their problems which are so much bigger than mine, and they do it with a smile on their face. It has made me more resilient, to face challenges head on and to not give up. More importantly I see hope, hope that things will get better, and always trying to look on the brighter side of things. Apart from the emotional learning, even though I was not the team lead, this was the first leadership position I was asked to hold, being a single point of contact between my college and the Foundation. There were some ups and downs, and things could have been handled better in some situations, but I hope I was able to perform my duties and live up to the expectations of work required. I hope we have made a positive impression for our college, because it has been a great learning experience for me and I hope next year we can carry forward this relationship.

### **PRIYANKA SINGH**

The internship gave me a perspective as to cherish what we have in life. By interacting with the children I learnt it is necessary to have the right positive attitude in order to face challenges and fight with various problems of life. I hope to incorporate the same attitude in my life too. The internship was a great learning experience. It covered all the aspects be it working in the office or representing the foundation at a college fest or interacting with the children in the hospital.

Some of the best things that we do in Samiksha according to Volunteers are:

- Adding positivity to the lives of the children, their caregivers and to ours as well
- Constantly trying to find newer and constructive ways of learning, and not just educating.
- Making education accessible when otherwise it may have not been.
- Giving the kids the dignity, they deserve by keeping them at par with their school mates when they get back to their normal life routine.

## Perspectives-

*“Activities in Samiksha must be undertaken through a professional lens as what is beneficial must be defined, sustainable and deliverable in modern society.” - Vijaya, Trustee, Samiksha Foundation*



*“When I first came to India I was fortunate to be able to meet Sandhya at Samiksha foundation and work alongside. As my mother is an oncologist working with children afflicted by cancer has always been close to my heart. Then, I was able to train with Swami Yogaratna on creative visualisation techniques and how to practically apply them with children afflicted by cancer.” - Sowmya-Founder, Prafull Oorja*

*“When we first started the creative visualisation program with Swami Yogaratna we were excited as it is an extremely beneficial activity for children afflicted by cancer. The important part however was to keep the practice going hence we aligned with Prafull Oorja in order to train and carry on the practices of creative visualisation and yoga. - Sandhya- Founder, Samiksha Foundation*

*“Working with Samiksha within Kidwai we have to keep growing as teachers and adapting to the various changes within the hospital. We are also thinking of undertaking a research in order to study the effects and benefits that creative visualisation and yoga have on the children.” Swaranlatha (Bindu), Prafull Oorja Trainer*

*“I only want to share an experience where in I witnessed creative visualisation induce a sense of bliss and happiness on one of the children. This helped me understand the use of this activity, specifically in the case of children afflicted with cancer as it helps alleviate their pain and despair even if only momentarily.” - Sudepta, Prafull Oorja Trainer*

*“Volunteering at Kidwai has been a special experience for me as I am able to witness the constant enthusiasm displayed by the kids which is the most wonderful and inspiring aspect of this experience.” - Savita- Art Volunteer*

*“Watching the differences in how the students perceive colours has always been intriguing. Although all of them are taught within the same structure the output is unique for every single child.” - Vijaya- Art Volunteer*



## OUR CHILDREN'S VOICES

**Jitendra B M** - My name is Jitendra. When I first came to this hospital, I found out about the School here. This made me very happy. I learnt how to read and write here. Thank you.

**Sujal P** - When I found out that I have this illness, it saddened me as I had to leave my Home, Family, friends and school; I had to come here, to the hospital and stay. After I came to the hospital, I found out about Samiksha Foundation in the Kapur Ward and I was content with the thought that I could continue my schooling that I had left in the 8th grade. Dr.Appaji sir, Vidya madam and Parvati madam engaged us all in games and teaching, this made me happy! Dear Samiksha Foundation, this is your beloved student Sujal.

**Keerthana M (Class: 10th Grade)** - I was disheartened when I was brought to this hospital but Samiksha Foundation was the ray of happiness in my life. I was very happy and content. They taught me how to read, write, color and draw. Due to this, I never realized when my treatment had ended. I love Samiksha Foundation and now I'm glad I came here.

**Devamma (Class: 9th Grade)** - My name is Devamma. It has been seven months since I have come to Kapur Ward. Here, everybody looks after me very nicely. When I came here I was very upset. Because of Samiksha Foundation, I learned to read and write easily. I used to draw and read a lot of books. Madam used to teach me Stories and Yoga. This school helped me a lot.

**Raghu K (Class: 5th Grade)** - When I came to this hospital, I was very upset. But after I came to Kapur ward and saw Samiksha School, I felt happy that I could read and write. Vidya, Parvati and Soundarya Madam used to teach me lessons, drawing and yoga. I didn't realize when the treatment ended. I am very happy that Samiksha helped me so much.

## CARETAKERS VOICES

**Dinesh Kumar on behalf of Deepak Kumar** - My name is Deepak Kumar. I am studying in second grade. I have stayed with Samiksha School for the past seven months. I was really happy and the school teachers here were really good and I love my class. I will miss the teachers and I have even learned to speak Kannada in Samiksha School.

**Vandana N** - We had come in 2014 to get our daughter treated but we had to return. With a lot of pain and sorrow we arrived here but Dr. Appaji made sure our daughter returned home healthy. Now she is in sixth grade, while she was in the hospital, Vidya and Parvati madam helped not only in her academics but also in lifting her spirits. This reinforced our belief in the good of the world and God. That god is right here and he would protect our child. Dr. Appaji is our God.



## EVENTS

### Teachers Day celebrated at Kapur Ward, KMIO on Wednesday, 5th September 2018



Doctors of the Paediatric Oncology Department, KMIO celebrated Teachers Day on 5th September 2018 at the Kapur ward at Kidwai Cancer Institute. On this occasion Dr, Avinash, highlighted the contributions of S Radhakrishnan, India's second President and a humble teacher.

Teachers of Samiksha Foundation were also felicitated by the Doctors for their diligent contribution to the education of the children undergoing treatment at the hospital.

### New Office Opening in Koramangala

Samiksha Foundation moved to a new office location in Koramangala in September 2018.



## Events Calendar

Date	Event/ Activity Description	Conducted / Sponsored by
23-Jun-18	Annual day celebrations and SSP2 and release of the Non-Medical student files at Kidwai.	SF- sponsored by LDSG through Devjani Pillai Scholarship Fund
13-Jul-18	Visit and Orientation of Bounce Back team at Kidwai.	Sandhya and Valli
15-Jul-19	Awareness and Fund raising@ Driven-Women's rally Ver 4.0	Dream Chaserz
19-Jul-18	Handover of the cheques to Trustee-Vijaya by Dream Chaserz team	Shalini Nair, Sabina Prakash
28-Jul-18	June & July birthday celebrations -games; magic show & music entertainment	Interns and volunteers; Team Indest, Kaavya of Tushar's Music group team
11-Aug-18	Bounce back 2018 at MAIS	BB 2018 team for SF
25-Aug-18	August birthday celebrations	Volunteers
30-Aug-18	Art Activity	CSR Volunteers from Bhardwaj India Pvt Ltd.
2-Sep-18	Krishna Janmashtami	Ramakrishna Ashram
5-Sep-18	Teachers day -Felicitation of Samiksha Teachers	Doctors of Paediatric Oncology dept-organised by Dr. Avinash
11-Sep-18	Art activity and distribution of art material	Informatica Business Solutions Pvt Ltd
14-Sep-18	Meeting with new Director of Kidwai-Dr C Ramachandra. Introduction of the core team	SF
15-Sep-18	Session on Space science;	Nagraj Ananth from ISRO
29-Sep-18	September birthday celebrations (9 kids)	Volunteers
2-Oct-18	Gandhi Jayanthi-Storytelling session on Gandhi; Gandhi cap making	Ambika
27-Oct-18	October Birthday celebrations (12 kids)	Akshay, Aakanksha and other interns and volunteers
1-Nov-18	Karnataka Rajyotsava celebrations - Games+ distribution of handmade diaries and other stationary	Team Aspire and NMIMS Wish tree team
10-Nov-18	Samiksha Foundation's Office Inauguration at Koramangala	
24-Nov-18	November birthday celebrations -(12 kids)	Music by CSR volunteers from INTEL and gifts sponsored by Tara Jayaram, distributed by Dr Padma
30-Nov-18	Phoscon day 1 @ Kidwai	Ganesh Vandana during formal inauguration by SFLC children
1-Dec-18	Day 2 Phoscon @ Ritz Carlton	Presentation by Sandhya on Samiskha Foundation
2-Dec-18	APR Marathon -Beneficiary Stall	Attended by Vijaya and Sandhya
7-Dec-18	5th Annual BEETF Symposium- Felicitation of Volunteers Girish and Aakanksha	Attended by Sunitha and Valli
6-Jan-19	SSP3 at Indian Institute of World Culture	SF
26-Jan-19	December and January Birthday Celebrations (16 kids); Fruit distribution	CSR Volunteers from Peepal Design, Samay Ghosh and friends
1-Feb-19	Storytelling and Art activity	CSR Volunteers from Groupon Shared Services Pvt Ltd
1-Mar-19	Academics; Street play on SWM, Music, Drawing activity; Black board donation	CSR Volunteers from Kabbage India
23-Mar-19	February & March Birthday celebrations (20 kids)	Volunteers; Gifts sponsored by Shriya Sudeep
3-Apr-19	Visited MSCC @NH to introduce Teachers to Dr. Sunil Bhat. Holiday at SFLC, KMIO	
10-Apr-19	Started Learning Centre Operations on 3rd floor at MSCC, NH. Holiday at SFLC, KMIO	
27-Apr-19	April Birthday celebrations- 6 kids	Volunteers; Gifts sponsored by Shashi Gupta

In addition to the above, Learning through Fun (Academics) are scheduled in the mornings on Tuesdays, Fridays and Saturdays.

## STATISTICS AND DATA – RECORD KEEPING

### Volunteers, Interns and Visitors at Samiksha - June 2018 - May 2019

Month	Volunteers	Visitors	Total
June	36	92	128
July	33	58	91
August	16	17	33
September	11	42	53
October	29	7	36
November	31	46	77
December	29	14	43
January	16	15	31
February	33	29	62
March	32	20	52
April	24	17	41
May	41	39	80
<b>Total</b>	<b>331</b>	<b>396</b>	<b>727</b>

### Student Attendance Sheets KMIO - June 2018 – May 2019:

Month	Below 3 yrs	3-6 yrs (LKG)	3-6 yrs (UKG)	Gr 1	Gr 2	Gr 3	Gr 4	Gr 5	Gr 6	Gr 7	Gr 8	Gr 9	Gr 10	Total
June	104	60	53	52	30	29	21	14	19	31	18	14	8	<b>445</b>
July	111	53	62	56	27	32	21	18	27	28	24	13	11	<b>472</b>
August	106	63	53	45	32	32	30	25	21	33	17	14	15	<b>471</b>
September	113	66	60	47	30	29	23	26	23	28	13	17	15	<b>475</b>
October	126	57	45	50	27	33	25	26	15	26	18	17	12	<b>465</b>
November	132	56	47	55	41	38	25	19	21	23	18	20	8	<b>495</b>
December	142	69	53	42	35	28	26	22	18	18	19	14	6	<b>486</b>
January	130	64	53	43	37	38	23	27	19	26	22	18	8	<b>500</b>
February	134	62	37	42	39	33	29	24	22	27	27	18	8	<b>494</b>
March	130	50	53	47	30	37	28	18	21	30	26	14	3	<b>484</b>
April	140	57	48	53	25	36	34	22	26	31	27	11	4	<b>510</b>
May	117	57	38	44	19	33	23	18	19	23	21	8	5	<b>420</b>
<b>Total</b>	<b>1485</b>	<b>714</b>	<b>602</b>	<b>576</b>	<b>372</b>	<b>398</b>	<b>308</b>	<b>259</b>	<b>251</b>	<b>324</b>	<b>250</b>	<b>178</b>	<b>103</b>	<b>5717</b>

This data reflects the student’s attendance numbers and does not reflect individual children. This is collected for our work only for budgeting, organizing of activities and planning. It is the property of Samiksha Foundation and may not be shared in public without our written permission. It may not be used for any medical research purpose either.

## DONOR LIST – April 2018- March 2019

Collections toward the corpus have increased by 100 % this year since last year.

Major Fund Raiser was Bounce Back by Mallya Aditi International School - Students and Parents that contributed Rs. 925322/- in 2017 event after audit.

Bounceback 2018 was conducted successfully in August 2018 with increased donation that will be presented in next report. This list includes those collections from corporates and individuals

### Select Donations above Rs 10000/-

Donors	Donor
Kannada Sangha of Southern California (USD )	Dreamchaserz Fundraiser by Shalini Nair
The Himalaya Drug Company	Sangita Poddar
APR Charitable Trust	Sun Micro Invt Private Limited (Om Prakash Verma)
ACCEL PARTNERS	
Embassy Property Development	KP Bihani Charitable Trust
Asianet News Media and Entertainment Private Limited	Jayalakshmi
Garuda Polyflex Foods Pvt Lt	Gopal Rao Addanki
Nitesh And Sujata Foundation	Prashanth Louis Victor
Prestige Fashions Pvt Ltd	Texport Overseas Private Limited (Shalini Goenka)
Lets Do Some Good	Collage Shop India
V Venkata Subramanian	Sunita Bery Memorial Trust
Radhamani Textiles Private Limited	Roopa B K
Cyte Care Hospitals	Sunil Varkey
Collage Shop India	Pravin Balvant Savant
Supriya Santhanam	Malathi Radhakirshnan
Wissen Technology Pvt Ltd	Roopashree B. V
Pro Fx Tech Private Ltd	Nandakumar Krishnappa
Palladium Constructions Pvt Ltd/	Bindu Sriram
Lifestyle International Private Limited	Rahul Chawla
Pathfinder	Parul Shah
Liv Space	Nandita Sanghani

[More Details and Names available on request.](#)



## DONOR LIST – April 2018- March 2019

### Select Donations below Rs 10000/-

Donors	Donors	Donors
Mukund V Rao	Karthik Srinivasamurthy	Nandha Nandu
Kamla Gupta	Anita K Shah	Lavina Shetty
George Eapen	C Chandrashekar	Edison I R
Ashwin Ajila	Shashi Sheth	Falguni Sanjay Parikh
Padma Saiprasad	Freny N Limbuvala	C. Venugopal
Ramzanali Ismail Merchant	G Penchala Lakshmi	Geeta Ramaswamy
Sunita Bery Memorial Trust	Seema Ramanan	Akshay Shankar
Krishna V/Rugmini V Iyer	Penchal Reddy	Kavya Kogganna Naik
Nanjunda Murthy	Sanjay Rajpal	Vijay Kumar (Universal Quality Services)
Open Plan Office Systems	Manija Gaddam	Em Interiors
Shashi Kumar	Vimala Gaddam	Nandita Sanghani
Dr. A C Sreeram	Abraham Jose	Anitha Reddy
Veena A Pai Annappa Pai U/Ve	Kalpna Kothakota Srinivasulu	Nellulli Pandarathil Unnikri
Jaya Balaji	Suresh Bhatia	Shridevi Nair
C N C Automotive	Namit Sharma	M Ajay
Ruby	Sanju Sreekumar	Anand
Vijayan	Zohra Lalani	Sneha Sanghani
Sabina Prakash	Navaz Hormusjee	Shweta P
Parukutty Amma Charitable Trust	R. Satish	Jayasri
K M K Varma	Divya Ramanan	Rajendra Jhamandas Hinduja
Prasanna Kumar	Clay Kelton	Rajani Vuppalap
Gita Nair	D. Nair	Sudharani M S
Sai Manohar Ramachandran	Cash Deposit	Parul Ramani Sastri
N Prasad Pillai	Darius Sunawala	Rajeev Narayanan
Rajeev Waghre/ Anuja Waghre	Pay-In Slip Not Available	Amba International
Rashmi Sanjay	M K Fasteners	Ramesh
Vijay Shankar	K Sharma	Rahul K
Firmedge Plastic Manufacturing Private Limited (Sarfranz Nathoo)	Essen Enterprises	Manju Trinadh
K Munesh		

## **MAKING A DONATION TO THE FOUNDATION:**

If you haven't already given to the Foundation, please do consider supporting us now. For details please contact Dr. Manjari Bhatnagar or email us at [admin@samikshafoundation.org](mailto:admin@samikshafoundation.org)

Visit our donate page on the website- <https://www.samikshafoundation.org/donate-page> for specific program(s) to donate for.

You can choose the activity or program that you want to support and choose the date on which this donation should be given through our NEFT facility with Axis Bank, Bangalore.

We have started a special Education Campaign – for Rs.2500/- per month per child.

We wish to secure at least 100 donors per month from this campaign. 75% of this will be used for the education of children admitted at hospital, 10 % will be kept to build a scholarship fund for surviving children who are doing higher studies and 10% to support the siblings of these children, 5 % for the administration of this campaign.

Trust registration Nos. under the Income Tax Act of 1961:

Our Certificate under section 12A R/w Section 12 AA (1) (b) (i) of the Income Tax Act 1961- NO:DIT(E)BLR12A/S-2338/AAJTS8922L/ITO(E)-3/Vol20122013 DATED 10/4/2012

**Pan No:** AAJTS8922L

80G tax exception certificate no: NO: DIT(E)BLR/80G/5/AAJTS8922L/ITO(E)-3/Vol 2012-2013 dated 10/04/2012

### **Our Bankers:**

*Indian Donators:* Axis Bank – Bangalore Main Branch, MG Road, Bangalore – Trust SB Account No. 909010035466397, IFSC: UTIB000009

*Foreign Currency Donators:* Indian Bank Koramangala Branch, Account No.:63347993  
IFSC: IDIB000N084, Swift Code: IDIBINBBTSY

### **Our New Office since September 2018:**

No.915, 3<sup>rd</sup> Floor, Koramangala 6<sup>th</sup> Block 80 Ft. Road, Bangalore 560095

**Email:** [admin@samikshafoundation.org](mailto:admin@samikshafoundation.org) | [happinessquotient@gmail.com](mailto:happinessquotient@gmail.com)

**Our Auditors:** Vasudev Pai and Associates, S- 401/402, Manipal Centre, Dickenson Road, Bangalore

Audit records and Balance sheet are available on request.

**Our motto: The pursuit of knowledge is key to their pursuit of happiness.**



*Vasudev Pai & Co.*

Chartered Accountants

### CERTIFICATE

We have audited the account of **SAMIKSHA FOUNDATION - CARING FOR CHILDREN WITH CANCER**, No. 34, C.M.H Road, 1st Floor, Indiranagar 2<sup>nd</sup> Stage, Bangalore - 560038, Karnataka, 560038 having FCRA Registration Number : **094421719** in the State of Karnataka for the Financial Year ending the 31<sup>st</sup> March 2018, and examined all relevant books and vouchers and certify that according to the audited account:

- (i) The Brought Forward Foreign Contribution at the beginning of the Financial Year was Rs. - NIL;
- (ii) Foreign Contribution received by the Association during the Financial Year 2017-2018 was Rs. - NIL;
- (iii) Interest accrued on Foreign Contribution and other income derived from Foreign Contribution or interest thereon received by the Association during the Financial Year 2017-2018 was Rs. - NIL;
- (iv) The balance of un- utilized Foreign Contribution with the Association at the end of the Financial Year 2017-2018 was Rs. - NIL;
- (v) The Maintenance of accounts of Foreign Contribution and records relating thereto in the manner specified in Section 19 of the Foreign Contribution (Regulation) Act, 2010 (42 of 2010) read with rule 17 of the Foreign Contribution (Regulation) Rules, 2011 by the Association during the Financial Year 2017-2018 - Not Applicable.
- (vi) The information in this Certificate and in the enclosed Balance Sheet and Statement of Receipt and Payment is correct as checked by us.
- (vii) The utilization of Foreign Contribution received for the purpose(s) it is registered under Foreign Contribution (Regulation) Act, 2010 by the Association during the Financial Year 2017-2018 - Not Applicable.

For VASUDEV PAI & CO.,  
Chartered Accountant  
Firm Registration No. 004560S

*T. Vasudev Pai*

T VASUDEV PAI  
Proprietor  
M.No.020906



Place: Bangalore  
Date: 11.07.2018





*Vasudev Pai & Co.*

Chartered Accountants

FORM NO.10B

[See rule 17B]

Audit report under Section 12A (b) of the Income-tax Act, 1961, in the case of  
charitable or religious trusts or institutions

We have examined the Balance Sheet of M/s. Samiksha Foundation Caring for Children with Cancer Trust as at 31<sup>st</sup> March 2018 and the Income & Expenditure Account for the year ended on that date which are in agreement with the books of account maintained by the said Trust.

We have obtained all the information and explanations which to the best of our knowledge and belief were necessary for the purposes of the audit. In our opinion, proper books of account have been kept by the above named Trust, so far as appears from our examination of the books, and proper returns adequate for the purposes of audit have been received by us.

In our opinion and to the best of our information, and according to the information given to us, the said accounts give a true and fair view-

(i) in the case of the Balance Sheet, of the state of affairs of the above named Trust as at 31<sup>st</sup> March 2018,

And

(ii) in the case of the Income and Expenditure account, of the Excess of Expenditure over Income of its accounting year ending on 31<sup>st</sup> March 2018,

The prescribed particulars are annexed hereto.

For VASUDEV PAI & CO,  
Chartered Accountant  
Firm Registration No. 004560S

*T Vasudev Pai*

T VASUDEV PAI  
Proprietor  
M.No.020906



Place : Bangalore  
Date : 11.07.2018



**SAMIKSHA FOUNDATION - CARING FOR CHILDREN WITH CANCER TRUST**

#34, 1st Floor, CMH Road, Indiranagar 2nd Stage, Bangalore - 560038

**Balance sheet as at 31.03.2018**

DESCRIPTION	As at		As at	
	31.03.2018		31.03.2017	
<b>SOURCE OF FUNDS</b>				
A Corpus Fund				
a) Opening Balance	2,679,368		1,742,844	
Add : Contribution towards Corpus	1,124,974		1,381,570	
Less : Scholarship Paid	(180,000)			
Less: Excess of Expenditure over Income	(482,093)		(445,046)	
		3,142,249		2,679,368
b) Current Liabilities				
Creditors for Expenses	97,975		66,200	
		97,975		66,200
		<b>3,240,224</b>		<b>2,745,568</b>
<b>APPLICATION OF FUNDS</b>				
A Fixed Assets - Schedule - A		65,209		94,862
B Current Assests				
Cash & Bank Balance				
Cash in Hand	5,742		6,175	
SB Account at Axis Bank - General	3,147,460		1,829,356	
SB Account at Indian Bank - FCRA	964		-	
Fixed Deposit at Bank	-		800,000	
Advance Tax & TDS	20,849		15,175	
		3,175,015		2,650,706
		<b>3,240,224</b>		<b>2,745,568</b>
<b>Notes on Accounts : Schedule - B</b>				
		-		-

For and on behalf of Board of Trustees

As per our report of even date  
for VASUDEV PAI & CO.,  
Chartered Accountant  
Firm Registration No. 004560S



Founder/Trustee





Trustee



T VASUDEV PAI  
Proprietor  
M.No.020906



Place : Bangalore

Date : : 11.07.2018

SAMIKSHA FOUNDATION - CARING FOR CHILDREN WITH CANCER TRUST  
#34, 1st Floor, CMH Road, Indiranagar 2nd Stage, Bangalore - 560038

**Income & Expenditure for the year ended 31.03.2018**

DESCRIPTION	As on 31.03.2018		As on 31.03.2017	
	Rs.	Rs.	Rs.	Rs.
<b>INCOME</b>				
Voluntary Contribution Received		765,956		798,534
Interest Received from Bank		120,399		115,477
		<b>886,355</b>		<b>914,011</b>
<b>EXPENDITURE</b>				
a Employee Cost	179,000		94,500	
b Administrative Expenses	188,698		242,077	
c Awareness Programme Expenses	126,778		39,334	
c Birthday Party & Events Expenses	113,598		54,115	
d Creative Play & Activities Expenses	120,817		184,927	
e Education Programme Expenses	578,854		690,198	
f Spritual Programme Expenses	31,050		21,600	
g Depreciation	29,653		32,306	
		1,368,448		1,359,057
<b>EXCESS OF EXPENDITURE OVER INCOME</b>		<b>(482,093)</b>		<b>(445,046)</b>
<b>Notes on Accounts : Schedule - B</b>				

For and on behalf of Board of Trustees

*Dandy*  
Founder/Trustee



*M. Jayalakshy*  
Trustee

As per report of even date  
for VASUDEV PAI & Co.,  
Chartered Accountant  
Firm Registration No. 004560S

*J. Vasudev Pa*

T. VASUDEV PAI  
Proprietor  
M.No.020906



Place : Bangalore  
Date : 11.07.2018

**SAMIKSHA FOUNDATION - CARING FOR CHILDREN WITH CANCER TRUST**

#34, 1st Floor, CMH Road, Indiranagar 2nd Stage, Bangalore - 560038

**Receipts & Payments for the year ended 31.03.2018**

Receipts	Amount (Rs)	Payments	Amount (Rs)
To Opening Cash Balance	6,175	<b>By Employee Cost</b>	
		Honorarium Paid - Dr Manjari Bhatnagar	168,000
To Opening Bank Balance	1,829,356	Honorarium Paid - Ranjani Ramesh	11,000
			179,000
		<b>By Administrative Expenses</b>	
To Contribution towards Corpus	1,124,974	Audit Fees Paid	17,250
		Office Expenses	59,711
To Voluntary Contribution Received	765,956	Printing & Stationery	2,877
		Professional Charges Paid	2,500
To Interest Received from Bank	120,399	Reimbursement of Expenses	24,000
		Repairs & Maintenance	3,983
To TD Maturity Proceeds	800,000	Telephone Charges Paid	36,561
		Travelling/Conveyance Expenses	31,791
To Creditors for Expenses	97,975	Web Hosting Expenses	10,025
			188,698
To Advance Tax & TDS	15,175	<b>By Awareness Programme</b>	
		Event/Programme Expenses	126,778
			126,778



Receipts	Amount (Rs)	Payments	Amount (Rs)
		<b>By Birthday Party &amp; Events Expenses</b>	
		Entertainer Charges	10,500
		Gift, Fruits & Vegetables for Children	103,098
			113,598
		<b>By Creative Play &amp; Activities Expenses</b>	
		Event Cost - CP	5,310
		Purchase of Material / Story Material - CP	23,672
		Salary & Bonus Paid to Staff	63,000
		Telephone Chagres - Ambika	2,000
		Travelling/Conveyance/ Food Expenses - CP	26,835
			120,817
		<b>By Education Programme Expenses</b>	
		Salary & Bonus Paid to Staff	326,600
		Honorarium Paid - Nagavalli Narasimha	86,000
		Staff Training & Welfare Expenses	37,510
		Bags, Books & Stationery	23,105
		House Keeping Expenses	24,500
		Printing Cost - Education	12,749
		Purchase of Material - Education	12,196
		Reimbursement of Expenses - Volunteers	13,490
		Telephone Expenses - Sandhya - Education	7,400
		Training/Orientation Expenses	10,124
		Travelling/Conveyance/Food Expenses - Education	25,180
			578,854





Receipts	Amount (Rs)	Payments	Amount (Rs)
		<b>By Spiritual Programme Expenses</b>	
		Yoga Teachers' Honorarium	31,050
		Scholarship & School Fees Paid	180,000
		By Payment made to Creditors for Expenses	66,200
		By Advance Tax & TDS	20,849
		By Closing Cash in Hand	5,742
		By Closing Balance at Bank	3,148,424
<b>TOTAL</b>	<b>4,760,010</b>	<b>TOTAL</b>	<b>4,760,010</b>

For and on Behalf of Board of Trustees

*Sandy*

Founder/Trustee



*M. Jayalalshetty*

Trustee

Place : Bangalore  
Date : 11.07.2018

INDIAN INCOME TAX RETURN ACKNOWLEDGEMENT		Assessment Year 2018-19	
Name Samiksha Foundation Caring for Children with Cancer Trust		FAN AAJTS922L	
Flat/Door/Block No 34 1st Floor		Form No. which has been electronically transmitted ITR-7	
Road/Street/Post Office C M H Road		Area/Locality Indiranagar 2nd Stage	
Town/City/District Bangalore		State KARNATAKA	
Pin/Zip Code 560038		Status AOP EOI	
Designation of AO (Ward/Circle) EXEMPTIONS CIRCLE-1 BANGA		Adhaar Number/Enrollment ID	
E-filing Acknowledgement Number 76665641130718		Date (DD/MM/YYYY) 13-07-2018	
1 Gross total income		0	
2 Deductions under Chapter-VI-A		0	
3 Total Income		0	
3a Current Year loss, if any		0	
4 Net tax payable		0	
5 Interest and Fee Payable		0	
6 Total tax, interest and Fee payable		0	
7 Taxes Paid		0	
a Advance Tax		0	
b TDS		5674	
c TCS		0	
d Self Assessment Tax		0	
e Total Taxes Paid (7a+7b+7c+7d)		5674	
8 Tax Payable (6-7e)		0	
9 Refund (7e-6)		5670	
10 Exempt Income		0	
Agriculture		0	
Others		0	
PERSONAL INFORMATION AND THE DATE OF ELECTRONIC TRANSMISSION			
This return has been digitally signed by <u>Ma Sandhya Sharad</u> in the capacity of <u>Trustee</u>			
having PAN <u>AYKPS180J</u> from IP Address <u>122.171.52.75</u> on <u>13-07-2018</u> at <u>Bangalore</u>			
Doc. S1 No & Issue <u>23995776451544304CN=SubCrypt sub-CA for ECAI Class 2 2014.001=Sub-CA.0=567 Technogigis Limited.CO.IN</u>			

**DO NOT SEND THIS ACKNOWLEDGEMENT TO CPC, BENGALURU**



**OFFICE BEARERS AND CORE VOLUNTEERS (2018–2019)-**

Name	Function
Dr. Manjari Bhatnagar	Director of Samiksha Foundation
Ms. Vidyavathi B.S	Teacher and Librarian
Ms. Parvathi K. B	Teacher and Librarian
Ms. Ambika Chandrashekar	Storytelling specialist
Ms. Padma Vishwanathan	Volunteer (Software Professional)
Ms. Meera Srivathsan	Volunteer (Chartered Accountant)
Ms. Nagavalli Narasimha	Volunteer Coordinator and Onsite Education
Ms. Barnalee Sarkar	Special program coordinator and teacher (Dancer)
Ms. Tania Khosla	Advisor to the Trust (Graphic Designer)
Mr. Naveen Jagannathan	Volunteer and supplier of fruits every Saturday (Software Engineer)
Mr. Girish Jayaraju	Volunteer and Core team (Software Engineer)
Ms. Aakanksha Jayasheela	Volunteer (Architect)
Mr. Puneet Reddy	Volunteer (Real Estate Management consultant)
Mrs. Sandhya Maradi	Volunteer (Wealth Management)
Ms. Ranjani Ramesh	Admin Core support (IT professional)
Mr. Aditya Sharad	IT and website support
Ms. Vijayalakshmi N	Trustee and Volunteer (Management Consultant)
Ar. Sandhya Sharad	Founder and Trustee Samiksha Foundation (Architect, Teacher and Social Entrepreneur)

***DEDICATED AND PASSIONATE ABOUT THIS MISSION***





***“There is always sunshine and rainbow in the lives of these children. We have to learn to see it!”***

Samiksha Foundation - Caring for Children with Cancer - [www.samikshafoundation.org](http://www.samikshafoundation.org)

Facebook: <https://facebook.com/samikshafoundation>