

# Janhith

Shree Raj Saubhag Humanitarian Projects





Welcome



My dear compassionate friends, welcome to this humanitarian magazine from Raj Saubhag Ashram. My regards and respect to all of you who have experienced the joy of giving.

In this world we find God in those who are suffering. Sharing the glow of your hearts and the smile of your faces, we are reaching out to as many poor, unfortunate and deprived souls as possible, helping them in their pain and suffering. Nobody can do everything, but everybody can do something. Your enthusiasm to help and our determination to reach out has jointly made a tremendous difference in the lives of many. The greatest good takes place when philanthropy and philosophy walk hand in hand, as one shares the riches, and the other reveals our own inner riches. I thank you all for your support. In partnership we shall continue doing the good work.

Nalin Kothari



Being God's living expression of Kindness.

Humanity has survived by the love, kindness, care, concern and compassion that we share for each other and also towards all living beings that coexist with us. Born as humans we are the most empowered of souls. Yet despite being so intellectually privileged we are not born free. Like all other living entities we too have to endure the fruition of our past karmas. Pain, illness, disability, hunger, poverty and death are sufferings related to the body. Grief, hatred, frustration, guilt, humiliation, loneliness and anxiety are a few attributed to the mind. In such miserable conditions we find many people getting defeated. We are also amazed to see a few who endure it with perfect equanimity. Spirituality plays a significant role in developing our mindset and cultivating an attitude to balance and even wipe out the harsh influence of such afflictions. Pain is inevitable but suffering can be optional. Suffering is only because we are attached to what is passing by. Thus it is essential that philosophy should drive philanthropy. Being consciously aware and sensitive to the sufferings of all living



beings will surely motivate charity and inspire us to live a life for public service. An inner urge to spread love and to secure happiness and well being for all is the religion of humanity that we must all follow. Under Bhaishree's benevolence and heartfelt concern, we at Shree Raj Saubhag Satsang Mandal, Sayla have resolved to do our best in helping the needy, poor and pained. Bhaishree often says that suffering can lead us to many realisations. It helps us to understand the purpose of this human life and if we work hard it would then open the door to transcendence. It is your generosity and big heartedness that enables us to make some difference in the lives of so many souls. We welcome you to join our collective efforts in being God's living expression of kindness.

In humbleness and gratitude,  
Minal Shah  
Vikram Shah



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Janhit Issue 3

In the past few years the humanitarian activities undertaken by Shree Raj Saubhag have flourished under the selfless drive and guidance of Param Pujya Bhaishree, Shree Nalinbhai Kothari. So many have been inspired to contribute to the work being done and there is so much to celebrate and be grateful for. In this magazine we take you through the journey of our achievements and thank you for your selfless support.

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Background

# From humble beginnings

## A brief background into the humanitarian activities of Shree Raj Saubhag Ashram

The late Param Pujya Ladakchand Manekchand Vora, fondly known as Bapuji, inspired the Ashram's ethos of DEVOTION, WISDOM and SELFLESS SERVICE.

Shree Raj Saubhag Satsang Mandal is a spiritual organisation with its Ashram located in Sayla, Gujarat, a village and district rich in spiritual history. The Ashram was established by Param Pujya Bapuji in 1976.

Having grown up in Sayla, Bapuji was conscious of the suffering of the local population with the Sayla district being one of the most deprived areas of Gujarat. It is an arid area with limited rainfall, a rocky topography and limited farming activity. Employment opportunities are very slim and most of the population are classified as below the poverty line. Literacy rates (particularly female literacy rates) are amongst the lowest in Gujarat.

Bapuji emphasised cultivating the quality of compassion in all his disciples and inspired Ashram members to look out for the welfare and needs of others whilst pursuing personal spiritual goals.

'JAN SEVA TE PRABHU SEVA'  
(*'SERVICE TO HUMANITY IS SERVICE TO GOD'*)  
- Param Pujya Bapuji

He initiated various social welfare programs starting with the distribution of clothes and grains to the needy, and buttermilk centres during the harsh summer periods. In 1987, the first eye camp was held in the Ashram itself.

Over the past 35 years, the social welfare and development programmes have grown with projects in education, health, rehabilitation of the physically & mentally challenged, vocational training, environmental restoration as well as emergency relief. Param Pujya Bhaishree, Nalinbhai Kothari, is systematically converting Bapuji's vision of a healthy community in Sayla into a reality.

A global network of volunteers contribute their time, energy and skills to support the activities in Sayla which are managed by professional teams that specialise in their fields allowing projects to grow organically to meet the needs of the local population. It is due to this selfless devotion by the volunteers and the sheer professionalism of the project teams that Raj Saubhag can proudly claim the long-term sustainability of the projects in Sayla.



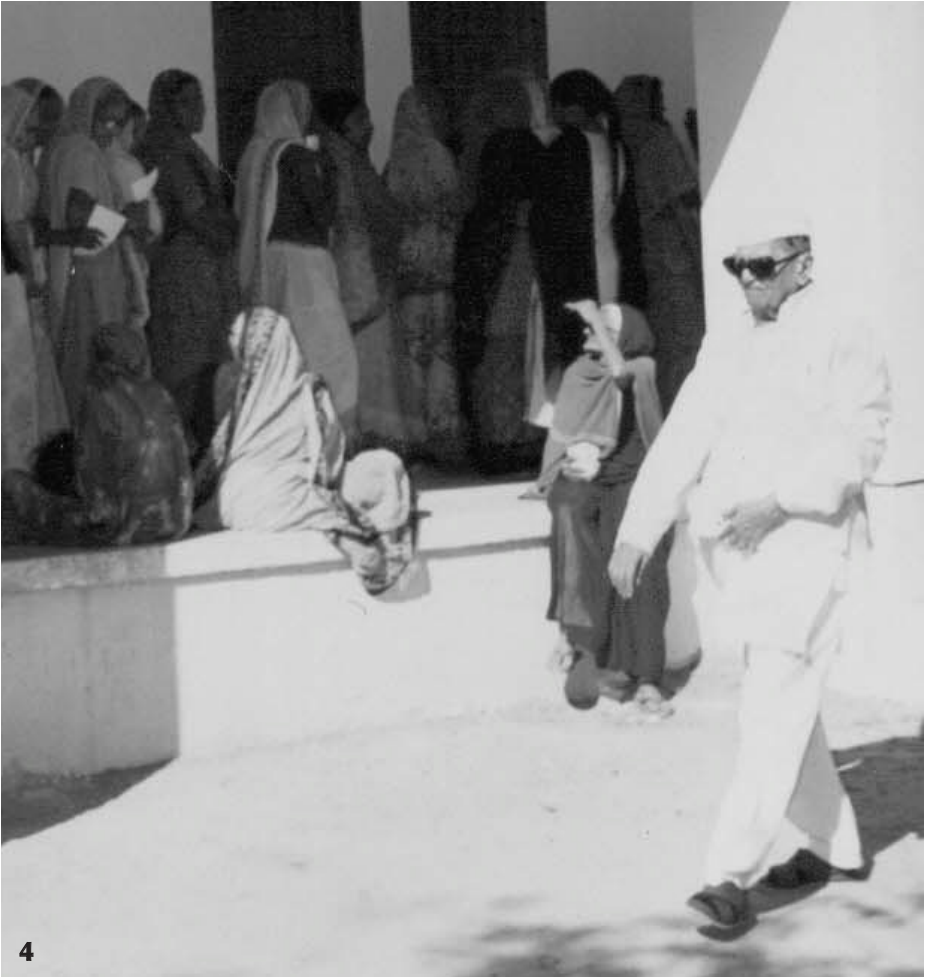
### Our Inspiration

Shree Ladakchand Manekchand Vora (1905-1997), affectionately known as Param Pujya Bapuji was the sixth disciple in line from Shree Saubhagbhai. He cast light on Shrimad Rajchandra's spiritual achievements and inspired true love and devotion for him. Bapuji was fully aware of the intimate spiritual relationship between Shrimadji and Saubhagbhai and credited this with many powerful insights which Shrimadji shared in his letters. This provided Bapuji with tremendous insight and impetus on his inner journey.

Bapuji was born in 1905 in Chorvira village. He excelled in his academic studies and won many awards. He joined the local government after completing his matriculation. His skillful management style soon led to his promotion to the post of Judge and then Deputy Collector. He was a role model for his honesty and morality.

While he carried out his duties faithfully and competently, he continued his spiritual journey under the guidance of Gurudev Shree Chhotalal Desai and achieved self-realisation at the age of 33 years. He remained so self-contained that except for his immediate satsang colleagues, nobody realised his spiritual achievements. For forty years he kept his secret. It is a matter of great fortune that Bapuji was eventually discovered by the late great seeker Shantibhai Ambani.

Bapuji established 'Shree Raj Saubhag Ashram' in Sayla in December 1976. He passed on his Guru 'seat' to late Pujya Sadgunaben C U Shah (Gurumaiyaa) and Pujya Nalinbhai Kothari (Bhaishree) who continue his legacy.



### In Pictures

#### Snapshots Past humanitarian work in Sayla

1. Our inspiration: Bhagwan Mahavir, Shrimad Rajchandra & Shree Saubhagbhai
2. Bapuji and Bhaishree observing cataract surgery
3. Bhaishree in eye camp recovery area
4. Bapuji at eye camp registration queue
5. Bapuji & Bhaishree meeting eye patients
6. Bhaishree distributing buttermilk







**Photo:**  
Students from Tidana  
Primary School  
conducting the daily  
morning assembly.

“The highest education is that  
which does not merely give us  
information but makes our life in  
harmony with all existence.”

Rabindranath Tagore



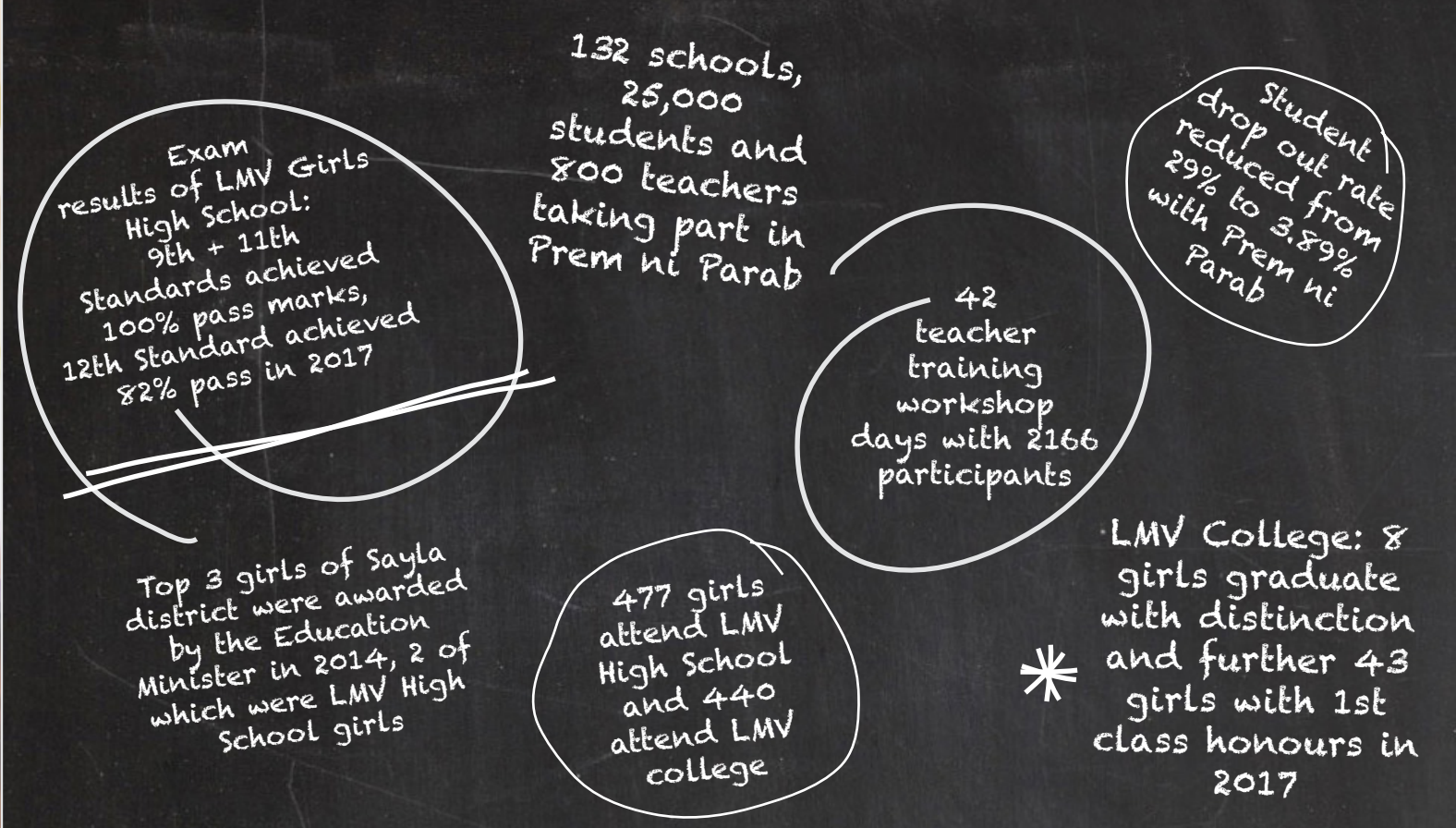


## Education

# Bright Sparks

**An introduction to the Ashram's education and vocational training initiatives.**

This year over 30,000 bright sparks developed from the Ashram's education initiatives. It was Bapuji's passionate belief that education would benefit both the student as well as the community at large. The education initiatives include LMV Girls High School, LMV College, Prem ni Parab programme, Life Science Centre, the Vocational Training Centre and the Jyot Project raising social awareness.



## Education

### LMV Girls High School

The region around Sayla is very conservative in its outlook and parents often do not support their daughters to travel long distances for education, if they support education at all. There was no facility within the local district of 75 villages in which girls could obtain secondary education. Bapuji always had the upliftment of the local community in his heart and particularly empathised with the disadvantaged situation of women.

In 1997 Raj Saubhag Ashram established 'Shree Ladakchand Manekchand Vora (LMV) Girls High School in Sayla town. It started with 40 girls attending 8th standard but over time, classes up to 12th standard were established and now a total of 477 girls attend the high school.

The school has been expanded to a modern 16,000 sq.ft. landmark building in Sayla and is equipped with modern classrooms, laboratories and IT rooms. This has allowed the achievement of some of the highest results in Surendranagar district for several years. Exam results for 10th and 12th Standards are currently at the top of the Surendranagar league tables.

The ethos of the school in this small rural town differs from those in a similar environment. The Principal, Shree Chandrakantbhai Vyas, has created an environment where the girls are given considerable freedom to express their opinions, organise their own activities, take part in the running of the school and made to feel responsible for their own success. They have the opportunity to participate in many

extra-curricular activities to help the girls build more cultured and confident personalities such as classes in classical dance, drama and self-defence. There are many group discussions, debates and elocution lessons in which the girls are encouraged to express and develop their own thoughts and opinions. They also learn about morals, ethics, social work, active citizenship, domestic and public hygiene and environmental conservation.

These activities have not only empowered the girls, educated them and equipped them with broad skills and qualifications, but also has developed them into beacons within their communities. As ambassadors of the school, the girls aid in its reputation of excellence.

### LMV College

Previously, after completing their 12th standard many students would either leave education or have to travel long distances to access higher education,. This was particularly difficult for the girls. Raj Saubhag Ashram therefore opened the first ever college in Sayla. Working alongside the University of Saurashtra, Shree Ladakchand Manekchand Vora (LMV) College was established in 2007 to offer degrees such as Bachelor of Arts.

Starting with only 11 girls in attendance, today 440 young women attend the college from 25 neighbouring villages. In 2017, 8 girls graduated with Distinction and a further 43 girls passed with 1st class honours.



**LMV College: celebrates its 10th Anniversary**



**128 schools each gifted 100 science books for their libraries**



**132 schools given science kits, 114 schools given health and hygiene kits**



Education

Prem ni Parab (Fountain of Love)

Following the earthquake in 2001, 47 new primary schools were built to replace the damaged schools in and around the Sayla district.

Although the newly built schools provided an excellent learning environment, the quality of education being imparted in these and other rural government schools was poor and a major change was essential.

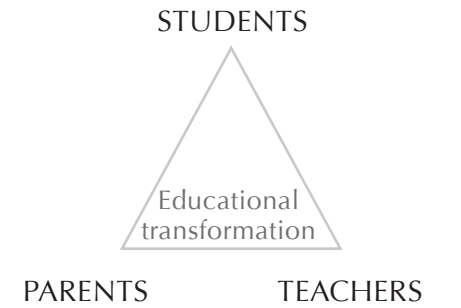
JUST AS A HOUSE WITHOUT LOVE CANNOT BE CALLED A HOME, A WELL-EQUIPPED BUILDING WITHOUT HIGH STANDARDS OF EDUCATION AND RESPECT FOR EACH CHILD CANNOT BE CALLED A SCHOOL.  
- Param Pujya Bhaishree

Bhaishree assembled a panel of experienced, dedicated educationalists to draw up an action plan to transform these schools into homes for true education, helping their pupils to create a better future for themselves and their families.

The State Government immediately approved the plans presented leading to the 'Prem ni Parab' ('Fountain of Love') project being launched in January 2004. Initially incorporating 51 schools, its

success led to the Gujarat Government requesting the project to extend to include all 128 schools in Sayla District, engaging over 25,000 students and 800 teachers.

The project recognises that teachers, parents and students are the three key constituents of the educational process and the involvement of all three is essential in transforming attitudes towards education.



**Students:** In an environment of enthusiasm, creativity, healthy competition, mutual respect and trust, each child is invited to unlock his or her vast potential. The Prem ni Parab project provides equipment and support for games, drama, elocution classes, music lessons, arts and crafts and visits to museums and historic places. It also encourages the teaching of ethics, morals and care for the environment. The aim of these activities is to nurture and expand these young minds.

**Teachers:** Throughout the year Prem ni Parab organises capacity building workshops for school teachers. Teachers

are trained in modern teaching techniques by leading experts and professors and are encouraged to make classes interesting, interactive, practical and thought-provoking. Teachers are taught to develop a bond of mutual love and respect with their pupils, ensuring that the capabilities of each child are valued and developed.

**Parents:** Historically, many students dropped out of school at an early age. By engaging parents in their child's education drop out rates have reduced from 29% down to below 3.89%, and participation in extra-curricular activities has increased. Parent committees have been formed to forge closer relationships with teachers and schools.

Sayla district was ranked 9th in Surendranagar county in the year 2000 yet today it is ranked 3rd. Sayla has since won a 'Nationwide Best Teacher', a 'State-wide Best Student' and several other national and state awards.



In Pictures

Snapshots Education

- 1. Science: Students examining slides under microscope
- 2. LMV High School girls mark India's Independence Day
- 3. Bhaishree inaugurating a new library at Tidana School
- 4. All 156 students at LMV Girls High School in Standard 9 gifted bicycles
- 5. Pren ni Parab: Teachers Workshop



Timeline

Educational initiatives in Sayla

2000	LMV Girls High School opened	2005	Full-time appointment of Chandrakantbhai Vyas as programme director	2009	Jivan Science Centre opened	2014	Prem ni Parab project extended
2000							2018
2001	47 Schools rebuilt following the Gujarat Earthquake	2004	Prem ni Parab project initiated with 51 schools	2007	LMV College opened	2009	Prem ni Parab extended to include 128 schools
						2012	Project Jyot launched

CASE STUDY: Chitralank School

Chitralank school is located in the most rural and distant part of Sayla district, a village so cut off and remote that to this day it has not had a bus service to connect it to the wider region. On its stony hill is located a beautiful primary school. The teachers and students have cultivated a garden around the school which houses trees, shrubs and a separate medicinal herb section.

Despite its rural setting, not one of the children in this remote village is illiterate. Not only do all the village children attend school but the school also has a 0% drop out rate. The teachers have developed such a good reputation that

when village women marry and move away, they send their children back to this particular school for their education. The school was started in 1984 with just 19 students, and today it is responsible for the education of 182 children.

The school is decorated with the work of the students. On the walls are encouraging and thought provoking messages. The students manage the gardens and are taught to respect the environment. The teachers have a close and respectful relationship with the students. The Principal, Ghanshyambhai, has devoted the last 24 years to the school along with his wife who also teaches

there. His staff travel long distances, choosing this school in particular to teach at due to its warm and loving atmosphere.

The school has become a temple of learning and an outstanding example to others.

Out of the 118 primary schools in Sayla District, 5 outstanding schools are shortlisted every year. They are assessed in all aspects of their delivery, from academia to extra-curricular activities, to the school environment and atmosphere and teacher-student-parent relationships.

In 2013 Chitralank School was deservedly awarded the 'Best School of the year'.



# Prem ni Parab celebrates 13 years at the Annual Bal Kilol festival 2017

The annual Bal Kilol Festival is where all 132 schools in Sayla district come together in a celebration of talent and achievement. Bal Kilol in Gujarati means the natural expression of joy by children.



Every year all 132 schools and over 30,000 students take part in an annual festival that includes sport, drama, art, elocution, creative writing, dance, music and much more. A healthy and friendly sense of competition between schools is held in January and culminates in the Annual celebration where under the grace and blessings of Param Pujya Bhaishree and invited saints, guests and educationalists, the students perform in



their final competitions and are given their awards. This year marked the 13th year of the Prem ni Parab project. In the annual celebration at the Ashram: 1373 students and 430 teachers participated, 113 schools were represented and 50 invited educationalists graced the event. The event started with torches being lit in Param Pujya Bapuji's Kutir. These were carried in procession to the main event hall within the Ashram grounds and used to light the witness flame that sits at the front of the stage. This was followed by the final competitions, performances and recitals by 39 teams. Awards were given for the Best Teacher (Nitinkumar Panchal of Vadiya School), Best School (Sametpur Primary School) and Best Students (Ravin Virjibhai and Payal Pravinbhai). A panel of 15 judges, experts of various fields, interviewed the students and teachers and also visited the various schools shortlisted, to make the final selection.

# Women's Blood Donation Camp organised by LMV students.

On 26th January 2017, LMV Girls High School and College students organised a women's blood donation camp, a first for Sayla town. Student volunteers went door-to-door in Sayla to educate and encourage women to come and donate blood. Many women had fears of weakness or exposure to infectious disease. Informing them of the facts was vital to help overcome stigma and

misunderstandings. Over 150 women registered. Following medical screening a total of 33 women and girls, and 5 men donated blood, which was sent to C. U. Shah Medical College, Surendranagar for medical use. All women were provided lunch and gifted a travel bag and a Bhagvad Gita as a token of appreciation, sponsored by retired teacher Harshadbhai Shukla.



# Vocational training: Sewing Classes

Women from Sayla and its neighbouring villages are taught certificate sewing courses free of charge. The educational initiatives of the Ashram also extend to adults. Each course has 30 students and lasts 6 months. In the past 26 years over 6277 classes have been held. Ashram members have often individually gifted sewing machines to students, empowering the women and providing them with a platform for economic self-sufficiency.

**6277**  
women's  
certificate  
sewing classes  
taught for free



# 10th Anniversary of LMV College

On 27th February 2017, LMV Girls celebrated the 10th Anniversary of LMV college, the graduation of 10th and 12th Standards as well as Param Pujya Bapuji's Birthday. The 10th Anniversary of LMV college was again celebrated in July 2017 with over 1000 guests gathering in Raj Saubhag Ashram.

HeadteacherShreeChandrakantbhai Vyas reaffirmed the school and college's aim to give all girls the opportunity of education, independence and freedom



in life, whatever their background and ability. He gave his heart felt blessings and best wishes to the graduating girls and best wishes for those sitting exams. The atmosphere created in the school is that of a family. Love, support, education, life lessons, and friendship. The teachers see their students as their children, and now that they are leaving they were overcome with emotion. The students in reciprocation were grateful for everything they had received, they expressed their love for the school, the protective nurturing environment, the advice from the teachers and the friendships they had made. In their dances, their plays and their orations they marked their gratitude. The leaving students make a collection every year to donate equipment to the school as their leaving legacy. Microphone and speaker systems, carpets for the assembly hall, whatever the need they fulfill to their ability. Such a harmonious friendship is rare to witness between the students, their school and teachers. A privilege to witness. The students welcomed all the visitors with hand drawn individual cards made by the students themselves. over 50

cards were given, each with a beautiful message or quote from a Mahatma.



Param Pujya Bhaishree, Br. Minalben and Br. Vikrambhai gave their blessings to departing students: "live you life immersed always in good thought (suvicharna), be noble and truthful in all you, realise your weaknesses and cultivate yourself to become all you can be, expand your potential and there is nothing you cannot achieve in life. Above all imbibe spirituality into your lives."



# Mother of 1 month old completes her college exams

The importance of women's education is penetrating through the misconceptions and superstitions of rural townships. After marrying her son, Sadhu Parmar (resident of Muli village) to Renuka Amreli, broad-minded mother-in-law Manjulaben encouraged Renuka to continue her education and enroled her in LMV College. Manjulaben took the responsibility of the household so that Renukaben could be free to study. Just one month before her exams Renuka gave birth to a beautiful baby

girl. With her mother-in-law's support she continued her studies, acknowledging the importance of education. As is common practice and custom, it is taboo to allow the mother and baby out of their room for 40 days after birth. However Manjulaben braved the summer heat, overlooked tradition and travelled all the way from Muli to accompany her daughter-in-law and one month old granddaughter to the examination hall, looking after

the baby as her daughter-in-law wrote her exam papers. Such love and such importance of education for women is truly remarkable, praiseworthy and inspiring to others.





Education

# Science in Sayla

## Jeevan Vignan Kendra - Life Science Centre

Sayla is proud to be home to one of the very few Science Centres in Gujarat. Established by Raj Saubhag Ashram in 2009, the centre gives children the opportunity to engage with modern learning facilities and learn about the world of science. With advances in the technological world, understanding scientific principals is becoming increasingly important in education.

The Science Centre houses a seminar room, a laboratory, a library and an interactive science discovery suite in which students can engage with scientific and mathematical models. Students are encouraged to question, experiment and explore.



112

Schools visited the Science Centre last year

3605

student visits last year

19790

students visited since established in 2009

over 90

interactive models on display in the discovery suite

## Summer Science Fest 2016

The annual science festival, held in the summer holidays and hosted in the Jeevan Vignan Science Centre in Sayla, aims to inspire student interest in maths and science.

The 5 day festival was facilitated by Professors Manishbhai Meghani, Subhashbhai Dave, Pankajbhai Singhvi and Director Chandrakant Vyas.

The plaque that sits in the Science Centre reads *‘The art of science is to nurture the curiosity, open the mind and explore the realms of this world, its workings and interactions’*.

With advances in the technological world, understanding scientific principles is becoming increasingly important and relevant. At the Science Centre students are encouraged to learn through practical experiments and hands on learning.

60 students from 6 primary schools of the district participated. They were

taught by 6 teachers from different regional schools alongside the Science Centre staff. Another 10 primary school teachers also participated to learn different teaching techniques.

As part of the camp a one day field trip was organised to the ‘Lok Bharti - World Science Centre’ in Bhavnagar in which all 60 students participated.

On the final day student exhibited all their models, presented their discoveries and illustrated their experiments to show all they had learnt and been inspired by.



Education

# Jyot

Raising social awareness

The Jyot Project, launched in July 2012, aims to spread the ‘flame (jyot) of awareness’ of social issues in villages and remote regions through the performance of street plays by the school children of Sayla. If knowledge is power then raising awareness of social and health issues at the village level could lead to a dramatic shift in self empowerment.

## Prevention is better than cure

The first Jyot project focused on key issues around the health of pregnant mothers, both before and after giving birth. Understanding of the key issues is lacking, made worse by superstitions and bad practices. As a result the rate of maternal and infant mortality is very high in rural villages.

It was decided that a colourful street play explaining the precautions that need to be taken by mothers would bring the messages to life. A 30 minute play was written and directed by skilled professionals in Mumbai under the guidance and leadership of Brahmnisht Vikrambhai Shah. This was then performed by female students from the LMV High School and College.

Full of humour and simple, practical tips, the play has been an instant hit with an audience of 600 in Vadiya village and 500 in Kerala village. The plan now is to take it to as many villages as possible

across the Sayla district.

The positive impacts of the new awareness can already be seen. In Vadiya the very next day many pregnant women who had previously avoided regular check ups went to the hospital to be checked. Others are now asking authorities to receive benefits from government schemes that they are now aware of, such as free iodized salt during pregnancy.

Their play ‘Stri Jivan ni Katokati’ was aired on Rajkot Radio ‘Akashwani’ in February 2013 and heard throughout Gujarat and Mumbai.

## ‘Jeevi Le Jara’, Live a little

This second Jyot project focuses on the issues of alcohol addiction: physical, psychological and social.

‘Jeevi Le Jara’ was first performed by students of Nalanda School, Sayla (Gujarat) along with professional artists from Ahmedabad in 4 villages and in front of 128 Sayla district school principals. After

receiving a great response from villagers, the play was aired on national television by Doordarshan Girnar and telecast across India, U.A.E and Saudi Arabia and continues to be shown in villages and local TV channels.

Though consuming alcohol is banned in Gujarat, it is widely sold on the grey



market. The poor quality of illegally sold alcohol is extremely detrimental to mental and physical health of the consumer. Much of the anti-social behaviour and domestic violence is attributed to excessive alcohol consumption.

Jyot project aims to cover many more social issues in the coming years.





Education



# Enduring Happiness

Shree Chandrakantbhai Vyas shares his insights as Programme Director for Prem ni Parab and Principal of LMV Girls High School and LMV College.

A meeting with Param Pujya Bhaishree in 2004 became a cornerstone in my life, and the relationship I had formed with Raj Saubhag Ashram from Param Pujya Bapuji's era flourished.

Pujya Bhaishree had an intense desire to bring about a dramatic transformation in the education of our children in Sayla. Under his divine shelter, the 'Prem ni Parab' project was born. At that time, I was the Principal at VadHAVAN Gharshala (High School). 'Prem ni Parab' represented the need of the hour -to bring about change in primary education was necessary but would not be easy considering the ingrained mental models existing within those in the education sector. It was difficult to dedicate enough time to the project but Pujya Bhaishree offered me the opportunity to manage the educational activities undertaken by the Ashram and I promptly accepted. Leaving my stable and well paid job, in 2005, I devoted myself fully to the cause.

Nine years have passed by in service and I have now worked with 30,000 students and 850 teachers. I feel completely satisfied with my vocation, as it is only human to like seeing positivity spread.

## સંવાદાનુભૂતિનો આનંદ

ચંદ્રકાંત વ્યાસ  
(ડાયરેક્ટર-‘પ્રેમની પરબ’, સાયલા)

ઈ.સ. ૨૦૦૪ માં પૂ.ભાઈશ્રીને મળ્યો. વિક્રમભાઈ અને અન્ય સાથે પ્રોજેક્ટ અંગે ચર્ચા કરી ત્યારે આશ્રમ સાથે જે નાતો પહેલેથી જ પૂ.બાપુજી વખતથી હતો તે વધારે દઢ બન્યો. પૂ.ભાઈશ્રીની નિશ્ચામાં શિક્ષણ-પરિવર્તનનું કામ કરવાનો ભાવ હતો. 'પ્રેમની પરબ' પ્રોજેક્ટ નક્કી થયો. હું વઢવાણ ઘરશાળા (હાઈસ્કૂલ)માં આચાર્ય હતો અને પ્રોજેક્ટનું કાર્ય સંભાળ્યું. પ્રાથમિક શાળાની સ્થિતિ અને માનસ પરિવર્તન કરવાનું કાર્ય વધુ જરૂરી હતું અને અઘરુપણ હતું. હું પૂરો સમય આપી શકતો ન હતો. પૂ.ભાઈશ્રીએ મારી સલામત અને આર્થિક લાભવાળી નોકરી છોડી આશ્રમ દ્વારા ચાલતી શૈક્ષણિક પ્રવૃત્તિ સંભાળવાનું કહ્યું અને મેં સહજ રીતે તે સ્વિકાર્યું અને જૂન-૦૫ થી બધું છોડીને અહીં બેસી ગયો.

આજે ૩૦૦૦૦ બાળકો અને ૮૦૦ શિક્ષકો સાથે કામ કરતા કરતા ૯ વર્ષ પુરા થયા છે. કામનો પૂર્ણ સંતોષ છે. દરેક વ્યક્તિને સારું જ ગમે છે. આપણી ભાવના સારી હોય, આપણા પ્રયત્નો નિષ્ઠા વાળા હોય અને મનથી કોઈ કામને સમર્પિત હોઈએ તો પરિણામ અવશ્ય આવે જ છે. આજે બધા શિક્ષકો – વાલીઓ – વિદ્યાર્થીઓને આશ્રમ સાથે પ્રેમથી બંધાયેલા જોડે હું તો ખૂબ આનંદ થાય છે.

ઘણાં બધા શિક્ષકોમાં ભાવાત્મક પરિવર્તન આવ્યું છે. પૂરા આદર અને હકારાત્મક દષ્ટિ બિંદુથી 'પ્રેમની પરબ' ના કાર્યક્રમોનો અમલ કરે છે. કયાંય વિરોધ નહિ, વિવાદ નહિ, નકારાત્મકતા નહિ, આ બધું કામ કરવાનું, નવા વિચારોનું, નવા પ્રયોગોનું બળ આપે છે.

૧૨૮ પ્રાથમિક શાળાઓના ૩૦૦૦૦ વિદ્યાર્થીઓ અને ૮૦૦ શિક્ષકો આપણને ઓળખતા હોય- સન્માનથી જોતા હોય તે નાનીસૂની વાત નથી.

'પ્રેમની પરબ'ના દરેક કાર્યક્રમ નાવિન્ય સભર હોય છે, ફળદાયી હોય છે, પૂ.ભાઈશ્રી અને વિક્રમભાઈ, મીનજબેન અને અન્યોએ મારામાં મૂકેલ વિશ્વાસ અને કામ કરવા માટે આપેલ સ્વાયત્તા મારી જવાબદારી વધારે છે. નિષ્ઠા, કર્મયોગ, નીતિમત્તા, પ્રેમ, આત્મીયતા આ બધા મૂલ્યો જીવનમાં આત્મસાત કરવાનો ખરો આનંદ મળે છે. સારું કામ કર્યાનો સંતોષ થાક લાગવા દેતો નથી.

પૂ.ભાઈશ્રીની વિશાળ દષ્ટિ, દૂરંદેશીપણ અને વ્યક્તિને ઓળખવાની સૂઝ ઉપર હવે ભરોસો બેસી ગયો છે.

જેટલા વર્ષો કામ કરી શકાય એટલા વર્ષો આશ્રમ માટે જ કામ કરવું એવી ભાવના છે. આવું સુંદર – સંતૃપ્ત કરે તેવું કાર્ય મને પ્રાપ્ત થયું. તે મારું સદ્ભાગ્ય સમજું છું અને શિક્ષણમાં હકારાત્મક પરિવર્તન માટે નિમિત્ત બની શકવાનું ગૌરવ અનુભવું છું.

Any activity done with sincere efforts and dedication of the mind is bound to reap rich dividends. Today my heart brims with joy when I see the love that the students, teachers and parents harbour towards the ashram.

Apparent transformation can be observed in many of the teachers associated with this project. They attend workshops conducted by “Prem Ni Parab” with positivity and respect and knowledge and training given through this program has been well implemented by them.

Working in an environment that is devoid of opposition, argument, and negativity only further inspires new thoughts, new initiatives and new programmes. It is a privilege to be friends with 30000 primary school students and 800 teachers from 128 such schools.

Every programme of ‘Prem ni Parab’

comes packed with something new and innovative and is immensely beneficial. Pujya Bhaishree, Br Vikrambhai and Br Minalben's faith in me increases my responsibility manifold and I truly feel blessed in imbibing values like sincerity, dutifulness, morality, love and oneness in my life. The satisfaction of doing a good job keeps the fatigue at bay.

I have now developed enormous faith in Pujya Bhaishree's magnanimous vision, far-sightedness, and the ability to appraise a person.

I have a desire to work for this Ashram for as long as I can, it is indeed my good fortune to be associated with such a beautiful and fulfilling job. I feel really proud to have been a catalyst in bringing about a positive change in the education sector.

- Chandrakant Vyas



In Pictures  
**Snapshots**  
**Education**  
1. Science: Students examining slides under microscope  
2. LMV Girls High School and College  
3. LMV High School girls in class  
4. Science Centre: workshop on communication models  
5. Tidana School students singing prayers at the morning assembly  
6. Extra-curricular activities: learning classical dance







**Photo:** Cataract surgery taking place at the Raj Saubhag KHS Eye Hospital



## Dr Kamal Shah

**Dr Kamal Shah shares his insights about working at the Raj Saubhag Eye Hospital.**

I joined this Eye Hospital at its inception. When I first visited Param Pujya Bhaishree and Raj Saubhag Ashram, I was overwhelmed by observing the unique combination of spiritual and social causes. I realised that by working here, I would be able to achieve a spiritual

growth in my life through my professional work. No feeling is better than to give vision to the blind and needy people in this rural area.

We started our Eye Hospital as a small unit, but with the blessings of Pujya Bhaishree, we are giving the best of the best eye care to thousands of patients in this rural area, it is on par with any metro-city, and we are still growing. Giving eyesight to the poorest of the poor people is the only passion that drives us to work harder and harder.

- Dr Kamal Shah

### Health

# Seeing is believing

## An introduction to KHS Eye Hospital

**Since 1987, eye camps were held annually in the Ashram. In 2006 a purpose built Eye Hospital was constructed in Sayla town centre.**

The Kashiben Harkisandas Sanghrajka (KHS) Eye Hospital is equipped with the latest PHACO machines and currently conducts over 5000 eye operations every year. This includes surgery for glaucoma, pterygium and corneal relaxing procedures. There are two full-time ophthalmic surgeons Dr Kamalbhai Shah and Dr Vidhyut supported by their team of staff.

Patients are screened in Out-patient Clinics or Eye Camps. All treatment, including surgery, lens implants, medication and in-patient care with meals, is provided

completely free of charge. Patients are welcome to give donations, and many do, even those from poor backgrounds

Over the past years, 311,639 patients have been seen in the out-patient department and over 32,671 operations have been undertaken.

The hospital is now expanding and a purpose built 16,000 sq ft facility is nearing completion with 4 operating tables and larger in-patient facilities.



## Dr Vidhyut Shah

Although I have worked as an eye surgeon for over 29 years, it is these past 5 years working at KHS Eye Hospital that has brought me great peace of mind and satisfaction, both professionally and spiritually.

The ever increasing number of patients is a tribute to the service and I am privileged to be of service to treat both the simple and the most challenging cases we see, from traumatic injuries, late stage cataracts to advanced glaucoma.

- Dr Vidyut Shah



## EYE CAMP



**Location: Virnagar, Gujarat**

Raj Saubhag collaborated with Shivanand Mission in organising a Eye Diagnostic Camp in Virnagar, Gujarat. Dr Kamalbhai's team treated and examined 1853 patients of which 210 had their cataracts operated.

## EYE CAMP



**Location: Chuda village, Gujarat**

Raj Saubhag collaborated with sponsors Avo Amari Sathe Satsang Mandal, Sion (Mumbai) in organising a Eye Diagnostic Camp in Chuda village, Gujarat. Dr Kamalbhai's team treated and examined 450 patients. Dr Kulin Kothari, eminent eye surgeon from Mumbai graced the occasion: 'I am very impressed with the magnitude of treatment offered by KHS Eye Hospital under Raj Saubhag Ashram. It is truly remarkable'.



## Numbers:

**46,178**

Patients assessed in OPD in the past year



**311,639**

Patients assessed to date

**5294**

Cataract operations in the past year



**32,671**

eye operations to date







**Photo:** Examination of a patient by Dr Sharma at the Raj Saubhag Dental Clinic

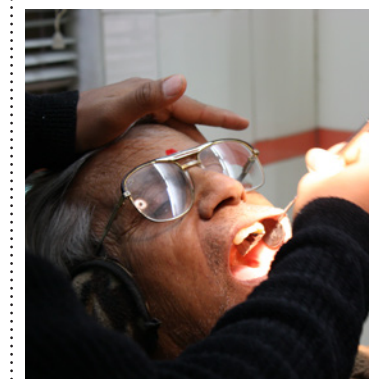
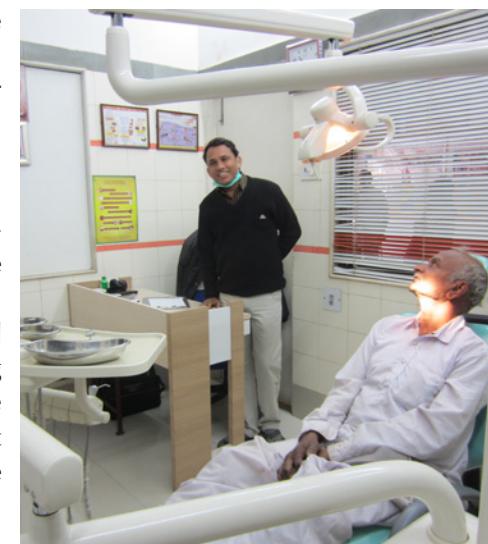
Health

# Something to smile about

## An introduction to the Dental Surgery

Raj Saubhag Ashram proudly opened a state of the art dental surgery in July 2010. Previously, the nearest dental surgery was in Surendranagar an unaffordable distance for many to travel to.

The modern clinic is equipped to a high standard with a sophisticated dental chair, X-ray unit and autoclave. Dr Sharma is the full-time dental surgeon based here. Many of the Ashram's volunteers who are dentists in Mumbai and Ahmedabad such as Dr. Komal Shah and Dr Aarti Shah - support the surgery, bringing their time and expertise to Sayla at no cost to the ashram. Last year 5960 patients were treated at the surgery and since 2010 31,990 patients have been seen.



### CASE STUDY: Dental Camp

Location: Sayla, Gujarat

A 5 day Dental Camp, was sponsored by Anilbhai and Alkabai Doshi of Dubai.. Patients were offered diagnosis and treatment free of charge.

Many of those attending had very poor dental hygiene requiring tooth extractions, extensive cleaning and counselling on good oral care. Oral submucosal fibrosis is also commonly diagnosed in young males aged 20 - 25. Having a habit of chewing tobacco causes scar tissue and damage to the lining of the mouth, restricting how much the mouth can be opened.

### Numbers Sayla Dental Surgery

Opened in 2010

**5960**  
patients treated in the Dental Surgery in the past year

over **85**  
teeth extracted every month

**74**  
fillings in the past year

**119**  
X-rays taken yearly

**22**  
root canal treatments completed

The **only** dental surgery in Sayla

**50**  
Dentures fitted to date



Health

# Community Health Centre

An introduction to Sayla Community Health Centre (CHC)

In 1998 Raj Saubhag Ashram opened a general medical dispensary to provide medical advice for those who could not afford private services. Demand was high, with 80 patients seen every day.

In 2008 the State Government of Gujarat requested the Ashram to take over the management of the poorly performing Sayla Community Health Centre (CHC). Services at the dispensary were closed and attention was shifted to focus on the Community Health Centre, where a major services upgrade was required with new staff, equipment, protocols, planning and maintenance.

Today Sayla CHC provides services for the entire district of 68 villages and a population of over 150,000. The Ashram

refurbished the facilities and provided additional medical services that were not previously available. The Ashram now manages the centre with the government contributing part of the running costs.

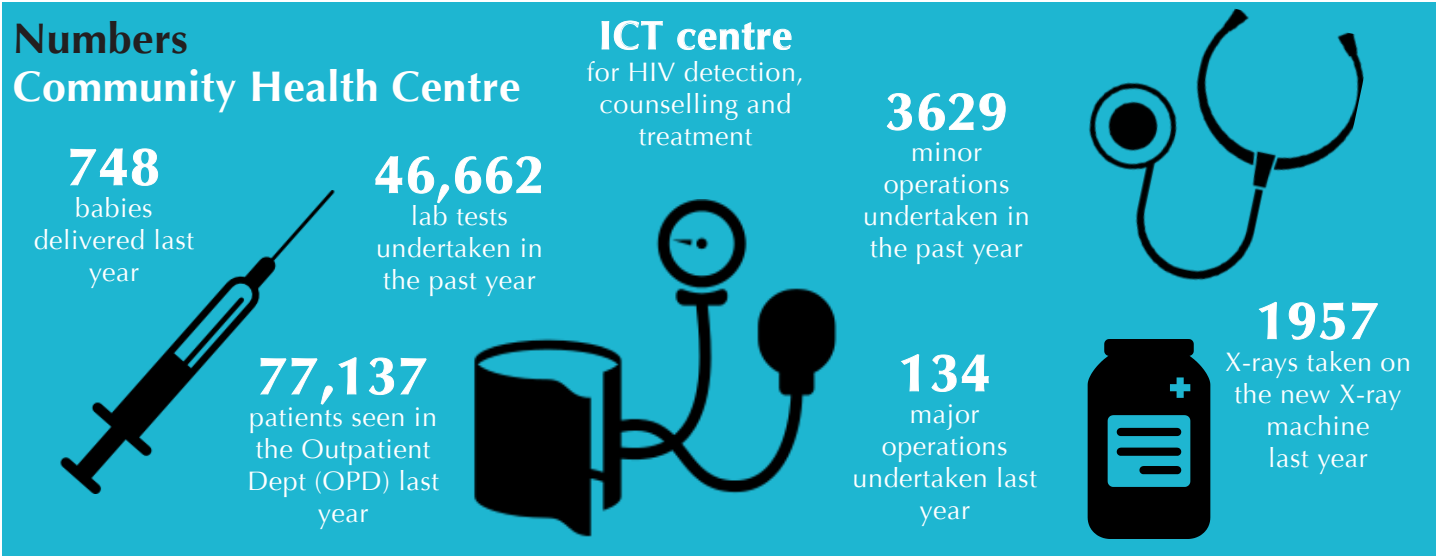
The centre provides basic emergency medical services and has expanded to include 4 medical officers, a surgeon, an obstetrician, 7 nursing sisters, 15 paramedical staff, a pharmacist, 2 lab technicians, a radiographer and 4 administrative staff.

Since the change in management, the number of patients seen in outpatients has risen from 150 to 300 per day and new born deliveries have increased from 5 a month to over 62 a month. In the past year, 77,137 patients were seen as out-patients,

over 1900 x-rays were taken, 748 babies were delivered and 3763 operations were performed, including hernia repairs, hysterectomy, appendicectomy, laparotomy, as well as minor surgical procedures.

Charges for registration and treatment are as per government regulations and heavily subsidised.

In the paediatric department Dr Masrani examines approximately 50-60 children daily in the outpatient department. Emergency services are provided around the clock. Sayla CHC has been classified as a 'New Born Stabilisation Centre' and also has a Child Development and Nutrition Centre for malnourished babies.



## CASE STUDY: Medical Camp

Multi-disciplinary Medical Camp  
Location: Sayla CHC Gujarat, India

Healthcare in Sayla is limited and for specialist medical services people have to travel to either Surendranagar or Rajkot at considerable cost that many can not afford.

To alleviate this problem, Raj Saubhag Ashram has started holding medical camps at the Community Health Centre. The first was held in 2010 and since then camps have become a regular event, funded by charitable sponsors. In August 2012 a major camp was held in conjunction with the Rotary Club of Rajkot Midtown who had generously agreed to provide medical specialists

free of all costs. Additionally, the Club members had agreed to fund the cost of all required medical operations subject to Raj Saubhag paying the first Rs. 5,000 of the cost. Raj Saubhag's London members had provided funds for 60 operations.

**Total Patients: 439**  
**Medical specialists: 14**



The Sayla Community Health Centre provided free X-ray, lab test services and required medication.

Three ENT surgeons, three Orthopaedic surgeons, a Plastic surgeon, Dermatologist, three Gynaecologists and a Diabetic Foot Surgeon totalled 14 medical specialists that donated their time and expertise.

Altogether 439 patients (from Sayla, Muli, Vadhavan & Chuda Districts) were examined and 27 were given dates for operations in Sayla. One lady requiring immediate treatment for uterine cancer was admitted to hospital directly from the camp.

Gujarat State Minister for Environment & Forestry, Shree Kiritsinhji Rana, President of the Rotary Club Shree Ashwinbhai Kamdar and various other State and local dignitaries attended and gave their blessings.





**Photo:** Ashirvad children playing in the garden

# Ashirvad Trust

## Rehabilitation of the differently abled

**Ashirvad Trust aims to rehabilitate people with disabilities; to reach and to serve them through love and dedication with the ultimate goal of enabling independence.**

Sayla district has long suffered from the lack of support services for thousands of blind and disabled people. Stigma surrounding disability is firmly entrenched in the thoughts, behaviour and culture of rural India. Fear of social marginalisation means parents are often disinclined to acknowledge the presence of a disabled child. Their life is often one of isolation, fear and abuse, living an invisible life on the fringes of society. Poverty reinforces this social alienation.

In 1996, through the divine inspiration of Param Pujya Bhaishree, a new institute, 'Ashirvad Trust for the Disabled (ATD)', was established. Raj Saubhag Ashram partnered with the Blind People's Association of Ahmedabad who brought their vast experience and technical expertise to the work.

Ashirvad Trust has rehabilitated differently abled children and adults with physical and/or mental challenges living in remote villages across the Sayla district. Starting from a simple converted house in the Ashram, the project grew and a purpose built 20,000 sq. ft modern resource and day centre was built in Sayla. Today, the Ashirvad Trust has three active day centres - Ashirvad Centre (Sayla), Upasana Kendra (Surendranagar) and Kshamata Kendra (Limbdli).

### Centre Based Rehabilitation

The three centres provide services for 628 children with various disabilities such as: blindness, deafness, visual, hearing, speech and mental impairment, cerebral palsy and other multi-disabilities. The centre is equipped with modern up-to-date technology including computers, brailers, tactile maps, mobility aids, play materials and specialist dark rooms.

Field workers from Ashirvad Trust travel to villages to identify those with disabilities that have needs unmet. Their aim is to achieve holistic rehabilitation. The field workers provide initial

training in the home environment on basic personal hygiene and social skills. In many cases parents have neglected these children due to financial constraints and social stigma.

After foundational training, the children and parents are brought to one of the centres for a medical and developmental functional assessment. A personal plan is developed for their multi-disciplinary rehabilitation programme. The team consisting of doctors, ENT and orthopaedic specialists, neurologists, psychiatrists, psychologists, speech therapists, professional teachers and physiotherapists put together a comprehensive and personalised programme for rehabilitation.



AT THE HEART OF ASHIRVAD TRUST LIES A BELIEF IN INCLUSION AND PARTICIPATION. PEOPLE OF ALL ABILITIES DESERVE LOVE, DIGNITY AND CHOICES.

### Community based Rehabilitation

Many people are unable to travel or attend a day care centre for numerous reasons, such as severe disabilities, living in remote areas, family obligations and severe poverty. Funding from Gujarat Government and Department of Social Justice and Empowerment allows the Ashirvad Trust to provide



**309 children supported in 3 day care centres: Sayla, Limbdi and Surendranagar**



**226 children integrated into main stream schools**



**108 people vocationally trained in the past year**



**29 self help groups with 435 members**



Ashirvad

rehabilitation services for over 2200 disabled people across Surendranagar county at their own doorsteps.

Physiotherapy

The Ashirvad Centre provides a physiotherapy service free of charge to the local community, where the physiotherapists provide assessment, advice and treatment for those with disabilities. Many visitors are impressed and inspired by the fact that the qualified physiotherapist here is blind. In addition, patients are referred from the Community Health Centre for physiotherapy following



accidents, injuries or after surgery. Last year, 1707 individuals used this service.

Training Centre for field workers

The Ashirvad Trust is a recognised agency for conducting training for disability field workers and is a human resource training centre. People from Indian disability-related institutions regularly attend training days and field visits held by Ashirvad. Nurses and paramedics in training are sent from colleges in Rajkot and Surendranagar to observe Ashirvad staff and to learn how to communicate with, and manage those, with mental and physical disability.



Social Awareness Programme

To build awareness of disability issues, the Ashirvad Trust conducts workshops and presentations to inform and connect with society. Midwives, panchyat officers (community leaders), police, judges and magistrates are trained to ensure early recognition and fair treatment of those with disabilities.

Mental Health Project

Until recently, mental illness in the region would mostly go undiagnosed and untreated. In response, a new service has been introduced by the Ashirvad Trust - 'The Mental Health Project' to help diagnose, treat and raise awareness about mental health. Ashirvad partners with the local government and donors and have screened 1823 individuals. Monthly camps are health in Chotila and Surendranagar, and 808 patients have been treated with free medication and vocational training to help support them in the community.

Vocational training

Training in crafts and vocations is provided to deaf, blind or otherwise disabled adults to empower them and aid economic self-sufficiency. They are given workshops in trades such as tailoring, bead work, beauty care, henna art (mehndi), cooking, knitting, jute work, mobile phone repairing, repair of diesel engines and scooters. Traders are often donated market carts and crafts men and women their sewing machines to help them get started in business.



At a glance:

Number of people given vocational training in the past year:

Paper bowl making	25
Tailoring	27
Mobile repairing	5
Handicraft	26
Jewellery making	25

Vocational kits donated last year:

Sewing Machine	60
Beauty Parlour kit	11
Traders hand cart	15
Plumber kit	1
Carpentry kit	3
Shop	2
Cycle repair kit	4
Tea stall kit	2



Ashirvad: in pictures



In Pictures

Snapshots

Ashirvad

1. Bhaishree & Dr Saroj Sanghavi of Lions Club Tardev Mumbai at the Ashirvad Sensory park
2. Children in class at Ashirvad
3. Upasana centre student dancing at the opening ceremony
4. Bhaishree shaking hands with a recipient of an artificial arm
5. Children learning about health in the Ashirvad Centre
6. Children playing in the Ashirvad mulit-sensory park





## Kashmir National Association for the Blind (NAB) visit Sayla for training

A team of seven staff members from the National Association for the Blind (NAB) – Kashmir visited Ashirvad Trust in Sayla on 21st March 2016, to learn from the extensive experience of the Ashirvad team. Training was given in:

- Community -based rehabilitation
- Role of the field worker, especially in rural and backward areas
- Role and functioning of CBR workers, supervisors and recourse persons
- How to survey and compile relevant information regarding types of disabilities, rehabilitation, personal visits from village to village; how to counsel

and convince the villagers to send their wards for education and training. The team visited 5 villages – Dhandalpur, Boondiya wada, Dhajad, Titoda and Avangadh for first-hand experience. They were trained to meet and coordinate with the village Sarpanch (head), organise Self- Help Group meetings and employment fairs. They also visited Dhajala village’s Usha Silai School for the Disabled and taught to interact with the disabled women in the school. Followed by a visit to Gundiyawada Disabled Persons Home to train in compiling information about

various (State) Government Schemes and National Trust Schemes offered to the disabled.



## Informing them of their rights

In collaboration with the Central Government’s National Handicap Finance Development Corporation, and Gujarat Minority Finance and Development Corporation, Shree Raj Saubhag’s Ashirvad Trust organised an event for the disabled and their guardians at it’s Sayla centre. The programme aimed to inform disabled people and their guardian

about the financial aid schemes available from the State and Central Governments to support and rehabilitate disabled people and help them with means of employment to earn a livelihood. A vast majority of disabled people come from poor and uneducated families, and are unaware of the aid offered by the government. Ashirvad Centre regularly hosts workshops help keep them informed of their rights and offers to help them apply for financial aid.



## Job fair

A job fair for the disabled was organised to bring together employers such as Anjar (Kutch), Westland (manufacturers of towels, SKF (manufacturer of bearings, and telecom companies with deserving candidates. 252 people attended and were interviewed, of which 130 were

given permanent jobs. A representative from Westland said “we are very happy to be here and will employ people with disabilities at the same salary as those without disabilities. They will also be given living quarters and food at nominal cost. We are committed to giving those with diasability employment opportunities.”



## Self help groups

29 Self Help groups have been set up with a total of 435 members. The groups encourage self-sufficiency and women empowerment. The groups gather regularly and participate in collective saving schemes, provide financial support to one another, spread awareness of disability, help integrate disabled

women into the community, advocate for their rights, undertake occupation training and take part in crafts and small entrepreneurial pursuits to strengthen their family livelihoods. The self help groups have saved over 13 lakh Ruppees through the project. All groups are incorporated into the Indian Government Mission Mangalam scheme where they can recieve various forms of training.

## World class sensory park in Sayla

In December 2011, a Children’s Sensory, Mobility and Amusement park was opened at the Ashirvad Centre, Sayla. The park was created with equipment, colours, materials and textures specifically designed for fun, safety, education and development -an experience to stimulate children’s minds and senses to enhance the functionality of their limbs. It was thanks to the support and specialist input of members of the Lions Club of Tardev Mumbai that such a contemporary rehabilitation centre was conceived. Their active alliance was instrumental and their continuing commitment has facilitated four medical and physiotherapy

‘I have never heard of a Sensory Park in a village! In all of India, Sayla is the only village with a Sensory Park. The Ashirvad Trust, managed by Raj Saubhag Ashram, has truly set an example for all organisations in India. No one could ever imagine that a place as small as Sayla is home to such a well-designed, well-maintained and well-managed organisation. It’s a wonder! Full credit for this achievement goes to Param Pujya Bhaishree and his entire team. The organisation has made an inspiring mark on the world map.’

Mr Bhushan Punani,  
Exec Director  
Blind People’s Association of India



‘Remarkable work! A very holistic approach and a very dedicated and committed team.’

- Rekha Menon, Sightsavers International

‘I am so impressed with your wonderful centre, so young but so professional! Its great to see what improvements to the quality of life of disabled people you are able to support. A very committed team and excellent fundraising.’

- Sally Monkmon, Consultant, UK

## CASE STUDY: Mahesh Zest for Life

Mahesh brims with enthusiasm and is full of zeal to live his life to the fullest. This is his story. Mahesh was born to a poor family 15 years ago in Vadia Village of Sayla District. Just three months after his birth, he suffered from prolonged seizures, resulting in damaged brain function and intellectual impairment. When project staff first identified him, he was still suffering from severe, regular epileptic seizures. Due to his brain impairment, he could not speak properly, he had difficulty with his vision, he was unable to walk confidently and was dependant on others for personal care. At home, his parents were unaware of state entitlements for his condition, and struggled to provide for him. He was socially undermined as his surrounding community did not understand his impairment and excluded him. He lost his confidence and did not attend school.

He was selected for the Ashirvad rehabilitation program following a comprehensive assessment of his medical, social, and educational requirements. He was medically reviewed and his seizures were brought under control through medication. A multi-disciplinary team, consisting of special educators, a physiotherapist, an ophthalmologist and a psychologist, developed a comprehensive program for him. His parents were counselled and trained in Sayla. Mahesh was admitted to the local village school as Ashirvad believes in promoting social inclusion. He was the first child with a disability to be admitted in the school and both his teacher and Principal were called to Sayla for a 2-day

training program on inclusive practices. Both Mahesh and his school continue to be supported by the Ashirvad Trust. Mahesh attends the Ashirvad Centre in Sayla regularly. Thanks to the hard work of his team, his teachers and his parents, Mahesh can now talk and participates well in class. He understands basic commands and also utilises his vision meaningfully. He goes to school every day. He has also been helped to get various entitlements from the State including a disability certificate, an identity card, a scholarship from the government, an educational kit from Sarva Shiksha Abhivan and enrolment under the Niramaya scheme. When he was first identified, his father used to carry him as he was not confident to walk independently. Now Mahesh goes to school on his own, walks independently, sits with his 50 classmates in total inclusion and is valued by his family and by society. He has been shown love and respect and he smiles, laughs and interacts with confidence. He inspires us with his energy and zest for life.





## Social integration through sports

At the Ashirvad Centre children are taught that they each have individual talents with which they can shine. Gaining self-confidence from their teachers’ enthusiasm and training, many children with various physical and mental disabilities have become active in competitive sports.

In December 2011, 26 children from the Ashirvad Centre were selected to compete in the Gujarat State Sports Festival. From these, 16 children competed at the State Level and 4 came home with medals in Running, Fast Walking and Ball Throwing.



In January 2013, Ashirvad Centre hosted its second cricket league match between the Surendranagar Sherdills and the Ahmedabad Aggressors. Vipul, a student of the Ashirvad Centre, was one of the players. Each cricket team included a mix of abled and disabled students. These cricket matches are part of a new kind of IPL - “Inclusive Premier League” - which is an awareness-raising campaign being led by the National Trust. It aims to support the cultural and social integration of people with disabilities.

Ashirvad students have continued to participate in the Gujarat and National para-athletics and last year in Jaipur, Rajasthan, finished in 1st place in the long jump competition.



## CASE STUDY: Dharmesh

### The Community Leader

Twenty seven year old Dharmesh Ravjibhai has impaired mobility from contracting polio at a young age. Dharmesh lives in Barejadi Village and used to walk with the aid of a rough stick. Though he was very intelligent, he did not know how to use his skills, so he used to hang about idle at pan shops for most of the day and was criticised by his family for not earning money.

When a field worker identified him, Dharmesh felt he did not need any help. He was urged by the field worker to change his walking stick to prevent spinal deformity in the future. Dharmesh agreed to this and was also helped to get

a Disability Certificate. After being given a pair of crutches, he was suddenly able to stand tall. He now wanted to earn a living. He completed a mobile phone repairing class and was given a mobile phone repairing kit. He was helped into employment under the Mahatma Gandhi National Rural Employment Guarantee Act (NREGA).

Dharmesh felt so empowered by the process and the NREGA scheme that he became an advocate and helped many others to benefit from employment. He also helped many people to get housing under Indira Awas Yojana. His respect in society rose and he was recently elected to represent his village as a panchayat member. He is now the ‘Person with Disability’ (PWD) leader of his village and helps others with disability in getting entitlements from various government

## Special Olympics: Ready, Set .... GO!

The Ashirvad Centre along with The Society for Physically Handicapped (Ahmedabad) and the Sports Authority of Gujarat hosted a two day Special Olympics for 600 children with orthopaedic disabilities.

‘We are only here for one reason and that is to support you. If our child or a friend takes part in a match, we go along to support and encourage them, ‘You will come first’. Just from the single quality of **self belief**, you will open up a treasure chest of innumerable qualities within you that will make your life easier, joyful and peaceful’

- Param Pujya Bhaishree



schemes. He brought some of his villagers to the Bareja Eye Hospital for free cataract and keratoplasty surgery under the Retina foundation.

Not only has Dharmesh become independent, taking care of his personal and family needs, but he is now also an advocate for others and a pillar of support in his community.



### Ashirvad

# Shree Rambhai Jadav

Shree Rambhai Jadav shares his insights and inspiration as programme director for the Ashirvad Trust.



Whilst working with the Blind People’s Association of Ahmedabad, I was blessed to have met Param Pujya Bapuji in 1996. It gave me such pleasure to host a disability camp where he donated tricycles to those with disability with his own hands.

After 2 years, I met Param Pujya Bhaishree when we hosted a mobility camp in the Ashram grounds. From this point I realised that with Pujya Bhaishree’s blessings we would be able to give those with disabilities the respected place in society that they deserved. We started a small day care centre within the Ashram through the generous donations of Arunbhai Doshi. Pujya Bhaishree and Pujya Gurumaiyaa would be present for every celebration and event, and with their energy and blessings the centre grew.

### શ્રી રાજસૌભાગ સત્સંગ મંડળ સાયલા

#### સંચાલિત

#### આશીર્વાદ વિકલાંગ કેન્દ્ર સાયલા

અમદાવાદ અંધજન મંડળ દ્વારા સાયલા તાલુકામાં પુનઃવર્સન કાર્યક્રમ ચાલતો હતો તે દરમ્યાન ઈ.સ. ૧૯૯૬ માં પરમ કૃપાળુ પુજય બાપુજી ના દર્શન કરવાનો લ્હાવો મળ્યો.અને તેમના હસ્તે વિકલાંગો ને ટ્રાયસિકલ વિતરણ કરવાનો અનેરો આનંદ મળ્યો.

ત્યાર બાદ લગભગ બે વર્ષ પછી પરમ પુજય ભાઈશ્રી ના દર્શન કરવા હું આશ્રમમાં આવ્યો અને પરમ પુજય ભાઈશ્રી ના હસ્તે વિકલાંગોને સાધન વિતરણ કરવાનો મને મોકો મળ્યો.અને ત્યારથીજ મનમાં એવી ભાવના હતી કે પરમ પુજય ભાઈશ્રી ના આશીર્વાદ થી વિકલાંગોને સમાજમાં માનભરે સ્થાન મળે અને એ અવસર મને મળ્યો.અને આશ્રમના પ્રાંગણમાંજ નાનું એવું સેન્ટર અણભાઈ દોશીના ઘરમાંઆશીર્વાદ કે કેર સેન્ટર બે બાળકોથી શરૂ કર્યું.અને વિકલાંગ બાળકોના દરેક ઉત્સવમાં પરમ પુજય ભાઈશ્રી અને ગુરૂમૈયા પધારતા અને અમને હુંફ અને આશીર્વાદ મળતા રહ્યા.અને પરમ પુજય ભાઈશ્રી દરેક વખતે કહેતા કે આ સેન્ટર ખુબ જ મોટું થશે અને વિકલાંગ બાળકો હસતા,રમતા અને કુદતા થશે અને એવું જ બન્યું. આશીર્વાદ સેન્ટરની સાથે સાથે બીજા બે કેન્દ્રો ક્ષમતા અને ઉપાસના કેન્દ્રો બન્યા.અને આમ આશીર્વાદ નું વટવુક્ષ મોટું થતું ગયું. અને શ્રી વિક્રમભાઈ ,શ્રી મિનળબેન ,શ્રી અણભાઈ , શ્રી જયસુખભાઈ અને મુમુક્ષો ના આશીર્વાદ મળતા રહ્યા.અને પરમ પુજયભાઈશ્રી ની નિશ્રામાં ચાલતા આધ્યાત્મિક કાર્યક્રમોનું આ એક કાર્ય બની રહ્યું.અને આજે ભારત નહી વિદેશ સુધી પણ આ સેવા કાર્યની સુવાસ ફેલાવા લાગી છે.

મને પરમ પુજય ભાઈશ્રી દ્વારા એવું આત્મબળ મળ્યું છે કે હું છેવાડાના માનવી (વિકલાંગો) સુધી પહોંચીને અંદાજે ૫૦,૦૦૦ ઉપરના વિકલાંગોને વૈદકીય ,શૈક્ષણિક,સામાજીક અને આર્થિક પુનઃવર્સન સાધનો કે તાલીમ આપી ને સમાજ માં માનભરે જીવવાની કેડી કંડારી છે. સાથે સાથે જ ગુજરાત અને ગુજરાત બહારના લગભગ ૫,૦૦૦ કાર્યકરો આશીર્વાદ વિકલાંગ કેન્દ્ર દ્વારા તૈયાર કર્યા છે. અને આજે તે ભારતભરમાં કામ કરી રહ્યા છે.

Pujya Bhaishree envisioned that the centre would one day become a large beacon organisation where children with disabilities would laugh, play and jump for joy, and this is exactly what has happened. Not only have we developed a large day centre in Sayla town, but 2 further centres have been developed in Surendranagar and Limbdi. With the support of the Brahmnishts and Ashram Mumukshus, the work carried out by Ashirvad Trust has been recognised throughout India and beyond.

Pujya Bhaishree has inspired such inner strength in me that through our work,

we have been able to reach over 50,000 disabled children and adults. We have been able to provide them with medical, educational, social and financial support to help them become self-sufficient and give them a respected standing in society. Alongside this, we have trained over 5000 workers from Gujarat and beyond who now work throughout India to help meet the needs of those that live with disabilities and empower them to utilise their unique abilities.

- Rambhai Jadav





Param Pujya Bhaishree's empowering message:

*‘We are all differently abled. We see the physical constraints in the people around us, but are blind to our own mental disabilities, our lack of open mindedness, will power and strength of conviction. We often fail to endure such small obstacles in life where those with physical disabilities suffer and yet have the ability to smile and show love.*

*By giving these friends help to manage their physical constraints, we allow them to discover their vast potential,*

*to explore their abilities and become self-sufficient in life. They gain the chance to get up and run. We too should be inspired to free ourselves from our bindings, discover our inner strengths and abilities and move forward towards our goals in life.’*

He spoke directly to the beneficiaries: *‘there was nothing they couldn’t achieve if they put their mind to it. The biggest obstacle holding us back is ourselves.’*

Ashirvad

# Mobility camps

## Empowering independence and self-sufficiency

Ashirvad Trust has conducted mobility camps throughout Gujarat and as far afield as Kenya in Africa. Where a need is identified, the population in the local vicinity to the camp are screened and a functional assessment is made in the home environment of individuals requiring mobility assistance. Equipment such as wheelchairs, tricycles, callipers, artificial limbs, CT chairs, crutches, hearing aids and educational kits are subsequently distributed.



Over <b>27,140</b> disability aids distributed by Ashirvad Trust	<b>408</b> artificial limbs fitted	<b>3108</b> hearing aids fitted	<b>4182</b> Wheelchairs and tricycles distributed
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### CASE STUDY: ASA CAMP

Ashirvad Mobility Camp  
Location: Asa, Jhagadia, Gujarat, India  
Date: December 2016

Asa is a small village located 1 hour from Jhagadhia town in the Bharuch district of Gujarat.

Prior to the camp, Ashirvad health workers visited 150 villages around Bharuch for over 2 months, screening 700 potential needy persons from which 475 recipients were identified. The mobility equipment was distributed on the day of the camp organised in the grounds of Nirlobhi Ashram in Asa village and was sponsored by Vipulbhai and Deepaliben Kothari in celebration of their 25th wedding Anniversary and dedicated to their parents - (Late) Ramnikbhai and Taruben Kothari. Items distributed included tricycles, mini-tricycles, walkers, crutches, calipers, wheelchairs, artificial limbs, hearing aids and splints etc.

A camp blessing ceremony was conducted to welcome all recipients, to

thank all donors and staff, to remember the values of charity and to give blessings for the occasion.

Recipients were welcomed and along with their mobility aid they were also given training on how to use it. Those requiring arm or leg prosthetic limbs had measurements and impressions taken during the initial screening so that a custom made cast could be prepared in advance. This was then fitted and adjusted on the day.

All recipients were provided lunch. If they had travelled long distances, transport was provided to help them get their tricycle or wheelchair back home.



“We are truly fortunate to have been able to witness and participate in this noble activity that the Ashram carries on without discrimination of any caste / creed / religion / beliefs of the beneficiaries. To see the sparkle in the eyes of beneficiares as they looked forward to a better future was extremely satisfying.

Our hearts go out to all those who suffer due to their physical or mental shortcomings or lack of resources, and deeply feel that we should continue on this journey further to assist in whatever small way that we can to lend a helping hand.”

- Vipulbhai Kothari







Alleviating hardships

# Alleviating hardships

Food grain and clothes distribution, buttermilk centres and emergency humanitarian relief

## Case Study: Laghuben Rasinbhai Kangiya

Sixty-year old handicapped widow Laghuben Rasinbhai Kangiya of Sudamada village supports her 80-year old mother and 55-year old sister. Her sister, who has been abandoned by her husband, has a 10-year old daughter. Laghuben works as a daily wage labourer in the fields and struggles to make two ends meet.

"No one wants to recruit a labourer aged over 50 years. Besides fieldwork is erratic and our meagre income irregular. We are thankful to receive foodgrains from Raj Saubhag Ashram. At least our food is taken care of and we will live to see another day." - Laghuben Kangiya



## Case Study: Shardaben Laljibhai Mochi

Shardaben Laljibhai Mochi, an eighty-year old widow living in Jasapur village suffers from osteoporosis. Her son Dinesh, 55 years old, is blind since birth. Both mother and son struggle to make a daily living.

"The ashram has been our unfaltering steadfast friend for years. We thank God that, at least, we will not die of starvation." - Shardaben Mochi



Alleviating hardship

Alleviating hardships

## Food Grain and Clothes Distribution

For over 25 years, Raj Saubhag Ashram members have been distributing grains and clothes to individuals and families that are struggling to make ends meet and live far below the poverty line. Currently every month, 4 tonnes of grain are distributed to 266 families spread over 35 villages in Sayla district to enable them food security.

Assessments of need are an ongoing and in-depth process that involve the input of the recipients, their community, a third party verifier and the project managers. Families are often identified due to physical or mental incapacity, widows with dependants or other extenuating circumstances. The level of support is regularly updated to reflect changing circumstances.

Ashram members deliver the grains and clothes themselves to keep costs low. Fruit, biscuits and clothes are also distributed according to the season.



**4 tonnes**  
of grain distributed  
every month

**9850** items of  
clothing distributed  
last year



## Buttermilk Centres

Every summer, Raj Saubhag Ashram distributes buttermilk to provide relief to villagers in the scorching heat. 24 free Buttermilk Distribution Centres are set up in 21 villages of Sayla district. Last summer, villages in the district were only getting drinking water deliveries every 5 - 10 days. Buttermilk, made from 2.75 tonnes of milk powder, was distributed providing a cooling and nutritional refreshment at this time.

## UAE food grain distribution in Sajja labour camp, Sharjah

In May 2017, Raj Saubhag volunteers distributed rice, sugar, dal, dry fruits, dates, biscuits, t-shirts and caps to 500 labourers working at the Sajja camp in Sharjah. Over 1.5 tonnes of foodgrains and 275kg of dates and nuts were distributed. Volunteers conduct regular acts of service across UAE.



## Sudan food grain distribution to the needy

Raj Saubhag volunteers organised a foodgrain distribution in Khartoum and Omdurman in Sudan, in conjunction with Arham Group and a local Sudanese NGO. A total of 2,700 cartons containing wheat, flour, lentils, dal, rice sugar, chickpeas, dates, fruit drink powder and sunflower oil were distributed to previously identified needy families who expressed their gratitude. Among the benefactors were 50 blind people.

"This activity was carried out under the grace of our Guru, Pujya Bhaishree. His inspiration and compassion inspired us to serve our fellow beings" - Ashokbhai Parekh



Join hands with us: see pg 40



Animal Welfare

# Animal Welfare

Raj Saubhag Ashram has its own Cow Shelter and also works alongside Panjrapoles (Animal Welfare Shelters) in Gujarat to help in sustainable and ethical animal welfare.

The heat waves and drought of summers affected Gujarat and Saurashtra badly. Water and cattle fodder are scarce and panjrapoles face acute shortages. Raj Saubhag Ashram support local panjrapoles with a supply of hay and water during these difficult times. Daily truck loads of hay are sponsored until the monsoon rains come and the new grass starts growing.



## Veterinary camp

Location: Sayla Mahajan Panjrapole

Regular free veterinary treatment camps are held in Sayla by Raj Saubhag Ashram in partnership with Surendranagar Zilla Panchayat (Animal Care branch) and Sayla Mahajan Panjrapole. Farmers and villagers bring many thousands of animals to seek the expertise of the 9 veterinary physicians and 12 animal welfare professionals. Cows, calves, buffaloes, sheep, goats and dogs are all treated free of charge.

The largest camp was held in 2014 where a total of 2120 sheep and goats along with 310 cows and buffaloes were vaccinated against worms and parasites and 2432 cows and buffaloes were vaccinated against foot-and-mouth disease.

Skilled veterinary surgeons performed

12 major and minor surgical operations at the camp. One cow underwent a surgical resection of a cancerous horn and made a remarkable recovery.

Farmers were also given educational workshops on the importance and benefits of vaccinations, the latest medical treatments available and how to look after their animals optimally.



**2120**  
Sheep and goats  
vaccinated against  
worms and parasites

**2432**  
Cows and buffaloes  
vaccinated against  
Foot-and-Mouth  
Disease

**12** operations  
performed



## Supporting Hugglets Animal Sanctuary, UK

Hugglets Animal Sanctuary in the UK looks after many animals in their time of need. Wenda and Matthew treat them when they are sick, nurture them with love and comfort them in their final days. The animals are part of the family which is why they interact so fearlessly, nuzzling you with love and displaying their such varied personalities. The sanctuary is so spiritually resonant and serenely peaceful. It is a temple of compassion.

Raj Saubhag UK provides on-going support and recently helped their efforts to buy a telehandler to help lift and transport animals.



Environmental Conservation

# Water Harvesting

Raj Saubhag has long used rain water harvesting technology in its Ashram for drinking water. Seeing the plight of villagers where water is scarce, the ashram has now partnered with Samerth Trust to work on water harvesting projects in marginalised areas of Gujarat.

Monsoons in India usually last 3-4 months in a year. A normal monsoon would generally provide enough water for humans and animals to survive throughout the year. However there are many rain-deficient regions in the country. Many villages in Gujarat have received only 70% of their share of rainfall this year, while some regions have not even received enough rainwater to last them 6 months.

Kutch: Rapar districts has received only 375 mm of rainfall this year. Areas of Balasar and Gagodhar districts received

such scanty rainfall that it will last them a bare 3-4 months. The sporadic rainfall patterns are a cause of grave concern in a rain-dependent nation like India. In the rare incident when it rains heavily for a few days, the poor villagers have no means to accumulate and store this water for future use.

Comprehending the gravity of the situation, Raj Saubhag Ashram partnered with Samerth Trust based in Ahmedabad to initiate projects to ease the challenges of the poor and marginalized sections of society.

## Developing Community Based Water Assets: Check Dams, Reservoirs and wells

Five earthen check dams in Kutch District: Amrapar, Mangadh, Manunam Vandh, Mevasa and Kanmer along with 31 dug wells were completed in 2013. The Amrapar talav (reservoir) with a dug well inside the reservoir collects rainwater that serves the drinking water and domestic needs of 300 families and 1000 cattle for the entire year. The earthen check dam in Kanmer supports over 800 families.



## Emergency Relief

### Emergency relief

Following the 2001 earthquake in Gujarat, the Ashram raised over Rs. 4 million from its members and provided 35 tonnes of food, medicines and over 600 tonnes of cement for reconstruction of over 1,300 homes to the victims in and around

Sayla. The Ashram adopted 1500 individuals of a remote village called Ninama which was completely destroyed. The village, renamed Ladakhpur was rebuilt nearby with 335 new homes, a school and a temple. 50% of funding came from the UK Gujarat Earthquake Relief Fund and the Times of India Foundation, the rest from the Gujarat Government.



## Raising Awareness

WASH (Water, Sanitation and Hygiene) awareness programmes were launched to help curtail water borne diseases.

Adolescent girls in Jatawada and Gagodar Schools took part in Female Hygiene Management workshops conducted by Kanchanben Parmar, a nurse in Gagodar Public Health Centre (PHC).



Fifty volunteers were trained at the Samerth Campus in digging wells and building check dams. The training was held by Jayrambhai Rajgor, a veteran with a wide range of experience in the arid regions of Kutch. He also held workshops for 104 village volunteers on the responsibilities of the local government, the responsibilities of the village members and committees, water security and planning, managing resources well within the village and sanitation and waste management in the village.





# Being an effective Philanthropist

The news this year has been filled with devastation. Flooding in Mumbai and across India has washed away homes, spread disease, sparked landslides and damaged core infrastructure. Globally, thousands have experienced catastrophic flooding, cyclones, hurricanes and earthquakes.



When we see suffering like this, our hearts are touched and we naturally want to help somehow. We want to make a positive difference. The question that comes up is “How can I help?” With limited time and resources, it can be unclear what’s best.

Some of the questions we might puzzle over are:

- There are so many problems: Which causes should I support?
- Which charities are trustworthy, and will use my donation efficiently?
- How much should I give, and what can I afford to give?
- Is it better to send clothes, blankets and food, rather than money?
- I have useful skills, maybe I should volunteer my time instead?

If you’re thinking about this, it is wonderful because it shows you care. But don’t let the questions confuse you, or dampen your initial flame to act. In this month’s Maitri Moves we explore 10 ways to be effective in our charitable endeavours.

## How much happiness can you spread?

Imagine it is a very hot day, and you come across a thirsty child on the street that is just about to die! You realise you have a water bottle in your bag, and you give it to child, saving his life. That day might be one of the most important moments of your entire life. You would feel so happy that you were able to make a difference!



Now imagine you start to give a regular donation to a children’s charity that is saving lives by providing clean water. This simple act of generosity is no less than the heroic one on the streets, and in fact you could be saving several children’s lives every year! This is such an astonishing fact. Even a small donation can have a big impact.

It is only when we make this positive mental and emotional connection to the impact our actions can have, that we can become motivated to do more. That’s why

reading case-studies, talking to charity workers about their first-hand experiences, or even visiting projects ourselves, can inspire us immensely.

But once we are motivated, how do we decide what to do? There are so many problems, and so many charities - it can be confusing. This is why we are sharing 10 moves we can each make, to improve our effectiveness. Let’s jump right in.

## 10 Moves for Effective Philanthropy

### Move 1: Pure intentions

In Jainism it is recognised that the intent, motivation or “bhav” is fundamental - even more important than the action itself. This short video shows a little boy, that will surely inspire everyone to give charity from the heart, with no expectation of any reward or recognition. When we are looking to be effective in philanthropy, egoistic desires can be a distraction, taking us away from our real goal of helping. It is only because we are blessed with gifts, that we can share these with others.

### Move 2: How much can I afford to give?

All of us reading this are probably quite wealthy in global terms (compared to others). Have a guess at how rich you are by global standards and then take this test (<https://www.givingwhatwecan.org/get-involved/how-rich-am-i/>) to see how rich you really are. This insight might be a good starting point to consider how much you can afford to give. Once you have thought about it, you may wish to allocate

a % of your income you are willing to give to charity every year.

*“Never respect men merely for their riches, but rather for their philanthropy; we do not value the sun for its height, but for its use.” - Gamaliel Bailey*

### Move 3: Be passionate enough to research what works

Many of us donate based on our charitable impulse when someone asks - perhaps someone we know that is involved in social causes, or at a fundraising event. We feel good that we took action. However this is a reactive way of giving, and often plays on our emotions. To be more effective we must be proactive, and find out more about the causes that we wish to support.

In the history of charitable initiatives, there are many examples of ideas that sound innovative, but have not been tested thoroughly so is not ready to be scaled. For example, a few years ago a lot of money was wasted in a highly popular initiative called Playpumps in which a lot of assumptions had not been tested out.



There is an initiative called Effective Altruism that is encouraging people to think more carefully using evidence and reasoning, about what to support. This kind of rational analysis doesn’t take away from the joy of giving, rather it enhances the joy!

*“In most areas of life, we understand that it’s important to base our decisions on evidence and reason rather than guesswork or gut instinct. When we seek medical treatment, we want treatments*

*that have been shown to work through scientific trials. When we invest money, we try to get as much information as we can about all our options to find out what will give us the greatest return. When we look to buy a product, we read customer reviews to find out if what we’re buying really works. Yet when it comes to doing good, too often we lose these standards.”*

### Move 4: Think from the point of view of the charity

#### Make it an annual commitment:

Once we find charities we wish to support, the ideal way of supporting them is to make a monthly or annual commitment. This is incredibly useful to the charity - so they can plan and know what is achievable each year.

For example, for our Raj Saubhag Ashram charity work, even though the donations are generous, they are also unpredictable, making it difficult for the management teams to plan ahead. Can we build that extra classroom? Can we hire that extra cleaner? These decisions are hard to make without accurate financial forecasting.

#### Fund core capacity and overheads:

Most donors want to know “How much of our money actually goes to the people in need (beneficiaries)?” But have you ever wondered, if all of our money went to the beneficiaries, then how do we expect the charity to function? Who would pay for the research, evaluation, computers and staff to write reports for the donors?

When we look at the charity’s effectiveness through the narrow lens of



how much money goes to beneficiaries, then - ironically - it weakens the capacity to be effective.

### Move 5: Donating even when there is no “emergency”

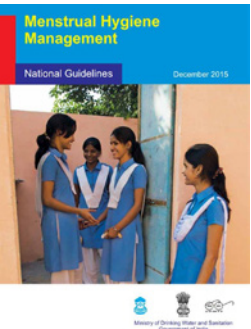
When there is a headline grabbing emergency, like a major flooding or earthquake, people are much more generous with their donations. The charities that work on these issues usually find that they are “overfunded” in times of big crises, and underfunded for the rest of the time when they are working on the everyday challenges to alleviate suffering.

Some of the important work that it is done throughout the year by charities, also helps to support communities to be more prepared and resilient to handle any potential future crisis. Investing in areas like education, women’s empowerment, poverty alleviation, can all make communities stronger.



### Move 6: Don’t just follow trends - support the neglected areas

Like in every sphere of life, charity donations go through trends. Causes rise and fall in their popularity. Some important issues are taboos - such as menstrual hygiene - so it is particularly difficult to get funding for these. Other causes make us feel bad - such as reducing slave labour in manufacturing the electronics and clothes that we love - so the charities that talk about these sensitive issues are unpopular. Celebrities also influence which causes and charities are in the limelight.





Given that there are so many worthwhile causes, let us look for areas that lack funding, and actively go and support those. For example, in our own Raj Saubhag Ashram's charitable projects, some initiatives receive far more funding than others - so why not find out where the unmet needs are and actively try to fill these gaps?

**Move 7: Let's solve the problems, not just treat the symptoms**

With any problem, there is always an underlying issue that needs to be solved. We all know that "prevention is better than cure", so let us look for opportunities to solve the root of problems, rather than just treating the symptoms of those suffering today. With the right planning, both can be done together.

"Effective philanthropy requires a lot of time and creativity - the same kind of focus and skills that building a business requires." - Bill Gates

For example at the Raj Saubhag Ashram managed community hospital in Sayla, there are a high number of women that have health complications during pregnancy and during the delivery of their babies. In addition to providing mothers with the medicines they need, the Ashram has also run community projects (Jyot) to educate young women about what they need to do to remain healthy during a pregnancy.

The trouble is most donors are far more willing to fund treatment, than prevention. This is because the results of treatments are tangible - we can count the number of lives improved or saved. The impact of longer-term programmes that focus on behavioural change are more difficult to measure. This is when we need to think like farmers that plant seeds and patiently nurture the fields.



**Move 8: Every small donation counts**

When the problems are large and complex, it can feel meaningless to give a small amount. But that is not true - small donations can go a long way. For example, malaria kills millions of people every year - a child dies of malaria every 30 seconds! Yet a bed net that prevents children being infected while they sleep costs less than \$10. That small donation can change the lives of an entire family.

Modest donations can also help charities to overcome hurdles. Often a charity gets stuck because it is unable to finance a specific need, which is needed to move onto the next stage of their growth and impact. It could be as simple as buying a printer, or a scooter. For example, at Raj Saubhag Ashram's Ashirvad, the donation of funds just to buy a small van has enabled the centre to pick up and drop disabled children from villages much further away. As a result of reaching out to these new communities, there are now many other related projects happening there.



**Move 9: Giving your time and talent (not just money)**

Giving is not about money, it is about compassion. And we don't always need money in order to express our compassion, and make a difference. Read these inspiring everyday examples, and think about what you could do.

- "Do Something For Nothing" is an initiative set up by a hairdresser in London who gives free haircuts to the homeless. This simple act transforms the self-esteem of those living on the streets, as well as helping them to apply for jobs. Their motto is "We're not raising awareness, we're raising compassion"
- Flute teacher, Himanshu Nanda, is giving free lessons to children with Autism Spectrum Disorder for therapeutic purposes. He says "When


I interact with these children, I feel amazed. The purity of their heart, inexplicable love for music has inspired me to work for them."

- In London there is a group that run "Listening Cafes" monthly, in which they invite people from the streets to come and talk for 4min, and the volunteers simply listen with kindness. It is said that attention is the rarest and purest form of generosity. You too could give a few minutes of your attention to help someone lonely feel cared for.

**Move 10: The power of prayers**

May we never underestimate the power of sending loving wishes to all. Take out time to sit in silence and pray for the happiness of all souls. Perhaps you can do this for a few moments everyday after reading about all the suffering in the news. It is far more useful than getting angry, or feeling depressed. Not only do intense compassionate thoughts support us in our own inner awakening, but they also enhance the level of peaceful vibrations in the universe.





*The Maitri Moves initiative is to help one another by raising awareness of societal and environmental issues along with practical ideas for a more compassionate lifestyle. Each Maitri Move highlights a different issue such as; animal welfare, ethical shopping, mental health, water conservation climate change, gender equality etc. Let us educate ourselves to become global citizens. Let us be moved to action by maitri.*

*To read more about our Maitri Moves initiatives go to our website: [www.rajsaubhag.org/maitrimoves](http://www.rajsaubhag.org/maitrimoves)*

**Our Values**

**Service**

We offer support, not out of superiority, but out of humility. The act of giving help is taking the opportunity to think beyond our own needs, and to expand our sense of self. We are ever grateful to be in service and nurture our inner compassion.

**Collaboration**

We never assume that we have the best people for the job in-house already. Every project is a close collaboration with other leading organisations, specialists and advisors, bringing in diverse strengths to create the best team possible.

**Holistic approach**

We design our projects from the perspective of the community, for whom health, education and environment are all connected. By helping them with different facets of their life we are able to tackle challenges in a more effective and long-lasting way.



**Professional**

Our projects and programmes are recognised on a regional and national level, as some of the best-in-class models. We pride ourselves on delivering a high quality infrastructure and service, even in the most rural and poor areas of the world.

**Volunteer-led**

The ashram is home to spiritual seekers from around the world. Between us we have many talents, resources, and ideas. These humanitarian projects give us a chance to volunteer ourselves for a greater good, and it helps to keep costs down.

**Sustainable**

We aim to solve the root of the problem, not just purely the symptoms. This requires creativity and close engagement with the community. Wherever possible, we focus on prevention over cure. We also work closely on women's education and income generation to support their families.

**Transparency**

Everything we do is completely open and transparent. This allows donors, as well as partners, to understand our project delivery model, as well as offer us constructive feedback for improvement. We invite you to come visit us and see our work for yourself.



Join hands with us

# Join hands with us

## Be an agent for transformation

In our routine and comfortable daily lives it can be easy to forget the plight and misery of others. When we empathise with those less fortunate we can regain some perspective. In our service to others, we not only facilitate transformation of their lives, we also transform ourselves. Compassion for the self and others, combined with detachment, will enable us to live in this world in a way that creates inner peace and harmony with those around us.



### LMV Girls High School LMV College

Sponsor a girl's education for 1 year:  
High school: Rs. 4000 / £50 / \$60  
College: Rs. 6000 / £70 / \$95  
General donation. For large donations over Rs. 35,000 / £420 / \$540 we would like to honour your generosity with a permanent inscription on the school donor panel.

### Prem ni Parab

Please donate and help transform the lives of our children through education.

### Sewing Training Centre

Sponsor a new sewing machine for Rs. 7,000 / £85 / \$110

## Donate now

Log onto our website to see how you can donate now wherever you are in the world:

[www.rajsaubhag.org/donations](http://www.rajsaubhag.org/donations)

### Ashirvad Trust

Make a donation towards running costs. For large donations over Rs.21,000 / £250 / \$325 we would like to honour your generosity with a permanent inscription at the school.

### Mobility camp

Sponsoring a Mobility camp can enhance the quality of life for so many. Costs vary depending on size and location of camp - please enquire for further information.

### Food grain distribution

Sponsor or contribute towards one month's food grain distribution to the needy: Rs. 90,000 / £1070 / \$1400.

Donate second hand clothes for distribution.

### Buttermilk distribution

Contribute towards the cost of distributing buttermilk during the hot summer months.

### Sight restoration

Sponsor a cataract operation and give the gift of sight, costing Rs. 1,500 / £18 / \$24 each, which includes the implantation of a high quality lens.

Sponsorship of Eye camps vary depending on size and location - please enquire for further information.

### Dental Surgery

Contribute to the daily running costs of the Dental surgery by making a donation.

### Community Health Centre

Contribute to the daily running costs of the centre by making a donation.

Sponsor a multi-disciplinary Medical camp involving screening and diagnosing various illnesses. Where possible surgery is completed at the Health Centre, others are referred to tertiary centres in Surendranagar & Rajkot. Arrangements costs vary.

Join hands with us



# Thank you

All donations received go in full, directly towards the projects. The entire process is carefully managed, at no cost, by dedicated volunteers from the Ashram.

Each project is managed by qualified and experienced professionals, and supported by partner organisations that specialise in their field. **Our aim is to maximise the impact and long-term sustainability of the work done.**

'Service to Humanity  
is Service to God'

- Param Pujya Bapuji



SHREE RAJ SAUBHAG  
**Prem Ni Parab**  
Inspiring, uplifting  
& energising education



SHREE RAJ SAUBHAG  
**LMV College**



SHREE RAJ SAUBHAG  
**Eye Hospital**



SHREE RAJ SAUBHAG  
**Ashirvad Trust**  
For The Disabled



SHREE RAJ SAUBHAG  
**Alleviating Hardship**  
Grain, clothes & buttermilk  
distribution, emergency relief



SHREE RAJ SAUBHAG  
**LMV Girls High School**



SHREE RAJ SAUBHAG  
**Healthcare**



SHREE RAJ SAUBHAG  
**Dental Clinic**



SHREE RAJ SAUBHAG  
**Environmental  
Conservation**



SHREE RAJ SAUBHAG  
**Animal Welfare**

UK Registered charity No: 1112669

USA Registered charity  
Tax ID: 20279977

Raj Saubhag is a registered charity in India, UK and USA and your donation can qualify for tax deductions depending on the local rules. Contact us to find out more.





—SHREE—  
**Raj Saubhag**

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### How to Find Us

Raj Saubhag Ashram is located in Sayla town in Gujarat, India. The Ashram is just off National Highway 8A between Rajkot and Ahmedabad.

#### Railway Station

Surendranagar (45mins)  
Ahmedabad (2hrs 30mins)

#### Airport

Rajkot (1hr 40 mins)  
Ahmedabad Int Airport (2hrs 45 mins)



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