

# ASHA FOUNDATION BANGALORE



## ANNUAL REPORT 2023-2024



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## Executive Summary

This document presents an overview of ASHA Foundation's activities from April 2023 to March 2024.

The year opened on a positive note with all projects of ASHA Foundation continuing to operate in pre covid mode.

The five service projects of ASHA Foundation continued as described below:

### The HIV Counseling and Testing Services

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Since inception, there have been almost 35,800 telephone counseling calls, around 1177 email queries and almost 10,933 counseling sessions.

The project co-coordinator of this project resigned due to personal reasons after ten and half years of service at ASHA Foundation.

### The Adolescent Health Education Project

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During this year two teachers training workshop were held. The first one was in Salem, Tamil Nadu and the second was in Amravathi, Maharashtra. So far 71 Teachers Training Workshops have been held . Currently 709 institutions and 64208 students are doing the Anmol Ashayein program.

Serial No	Region	Schools	Colleges	Others	Total students doing program
1	Karnataka	27	2	4	8530
2	Salem (Tamil Nadu)	22	---	1	3818
3	Pune	156	4	----	24011
4	Mumbai	114	-----	-----	8595
5	Vidarbha	325	----	----	15957
6	Nagaland	54	-----	-----	3297
		<b>698</b>	<b>6</b>	<b>5</b>	
	<b>Total institutions</b>	<b>698 + 6 + 5 = 709</b>			<b>64208</b>

### The Children at Risk Project

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This project supports HIV-infected and affected children and HIV positive men, women and families. Free medical care and consultation is provided for all the HIV positive patients, including

children. The services include routine medical care, treatment for opportunistic infections, counseling services, socio-economic assessments, free or subsidized Antiretroviral Treatment (ART), free or subsidized costs for investigations, empowerment of women through Self Help Groups, and educational and nutritional support for HIV infected and affected children. This year, 62 children received support for education and there were 1142 patient visits to the free HIV clinic. The number of clinic visits is reduced this year compared to the previous year because we have started Differentiated Service Delivery (DSD) based on individual need. So where patients are doing well are stable and regular on treatment they are seen only once in three months or six months, the others who require more counseling and medical care are seen more frequently. Twelve SHG meetings were held this year on the third Sunday of every month. This year a Sports Day was conducted on the 26<sup>th</sup> of January 2024. There were races and fun and games and lunch was provided after the event. Sixty three children and 48 adults attended the Sports day. The children all received a backpack each as a gift.

### **The Prevention of Mother-to-Child Transmission (PMTCT) of HIV Project**

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HIV positive pregnant mothers are identified and treated so that their babies are born HIV negative. So far, more than 2,41,812 pregnant mothers have been tested for HIV under this project, of which 1128 were identified as HIV positive. The risk of transmission of HIV from mother to child has been reduced from 45 % to 1.5% in our cohort. This year:

- 7677 pregnant mothers were tested for HIV, of which 26 were identified as HIV positive and treated and monitored.
- Thirty three babies were born during the specified time period, 31 were tested for HIV, at 6 weeks and all were negative and 34 received testing at one year and all were HIV negative.
- There was no HIV positive child born this year.
- Eighty four counseling sessions were conducted for pregnant HIV positive mothers

### **Camp Rainbow Project**

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The year 2023 was the tenth year of Camp Rainbow Bangalore and 8<sup>th</sup> season of residential camps, since camps were not conducted in 2020 and 2021, due to the pandemic of Covid. About 4 sessions of camp was conducted in the year 2023 .The first three sessions of camp for the year, was conducted in the month of May at Krishnagiri, Dharwad and Koppal. Another session of camp was conducted in the month of October in Bijapur. These camps were a shortened version of the 5 day residential camps.

## The Miscellaneous Activities

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Towards the end of the year 2023, Dr.Glory received three awards. The Karnataka Women's Achiever's award, in the month of November 2023, The National President's Appreciation award from the Indian Medical Association in Kerala in December 2023. In November 2023, CMC Vellore instituted a new Award – The Dr. Mary Kane award – This award is given to a PG alumnus from the Dept of Medicine who is working in an area of need and Dr.Glory was the first recipient of this award.

A team of eight from ASHA Foundation attended the world's biggest International AIDS Conference that was held in Munich, Germany from the 22<sup>nd</sup> of July 2024 to the 26<sup>th</sup> of July 2024. ASHA Foundation conducted a Satellite Symposium in conjunction with Serious Fun Children's Network. They also has a networking zone in the global village where they conducted several sessions – lectures, panel discussions, capacity building etc. But more about this in next year's annual report . A few pictures have been included in this report under the photo section.

The Board of Trustees of ASHA Foundation had regular quarterly meetings.

ASHA Foundation would like to place on record their gratitude to the Board of Trustees, the Research Advisory Board, long-standing supporters Mr. Krishna Chivukula and Indo-MIM Ltd. The Serious Fun Network USA, WIPRO Cares, The International AIDS Society (IAS), The IAS Educational Fund, Mr.SD Reuben and the Scripture Gift Mission, Kurian Foundation Trust, Stichting Kettingreactie, and all those individual donors who have contributed so generously.

Finally, our gratitude to the staff and volunteers of ASHA Foundation for their hard work and commitment, without which the organisation could not have made such a difference in so many lives.

## ASHA Foundation

1. **Mailing Address:** No.42, 4<sup>th</sup> Main, SBM Colony,  
Anand Nagar,  
Bangalore –560024  
Karnataka
2. **Telephone numbers:** 00 91 80 2333 2921 / 2354 5050  
**Fax:** 00 91 80 2333 2921
3. **Email:** [ashafblr@yahoo.co.in](mailto:ashafblr@yahoo.co.in)
4. **Website:** [www.ashaf.org](http://www.ashaf.org)
5. **Contact person:** Dr. Glory Alexander

### Statutory requirements and registrations:

- Registered on 07.03.1998 as a Charitable Trust in Shivaji Nagar, Registrar's office, Bangalore. Registration number- **849/97-98**
- Amended trust deed document No.- **899/04-05**
- Certificate under 12(A) of IT Act 1961 renewal approved for a period of five years from AY 2022-23 to 2026-27.
- Recognized U/S 80 G of IT Act 1961 latest recognition was approved for a period of five years from AY 2022-23 to AY 2026-27
- PAN No. is available. TAN No. is available.
- Registered under FCRA. Received approval under FCRA from 1.4.2022 to 31.3.2027. FCRA bank account is opened in SBI Branch, New Delhi and is functional.
- Renewal of recognition granted as Scientific and Industrial Research Organization under DSIR, GoI from 01.04.2023 to 31.03.2026.
- Accredited as member of Credibility Alliance for Desirable Norms for five years from 20.09.2019 to 19.09.2024. Accrd. No- CA/39/2019.
- Registered with Regional provident Fund Commissioner-**KN/41859**
- Bankers Name- Punjab National Bank, Anand Nagar, Bangalore-560024.
- Registered under KPMEA Act 2007& Rules 2009. Reg.No. **BLU02880AACD** valid from Oct.2019 to Oct.2024.
- Registered under Ministry of Corporate Affairs for undertaking CSR activities and Registration No. is **CSR0000446**



## **Vision:**

Our vision is to prevent HIV infection in the community and to empower and uplift people infected and affected by HIV/AIDS and other vulnerable communities

## **Mission:**

- ❖ To build the capacity of vulnerable communities and to advocate for them.
- ❖ To provide awareness, prevention, education, training and to network effectively with all stakeholders.
- ❖ To provide counseling, testing, treatment, support and rehabilitation to people infected and affected by HIV/AIDS and vulnerable communities.
- ❖ To conduct research in all aspects of our work.
- ❖ To empower the communities that we work with.

## **Aims:**

1. To build awareness of HIV/AIDS infection in the community.
2. To provide HIV testing in a non-coercive and non-stigmatized environment both voluntary and anonymous.
3. To train counselors in HIV/AIDS.
4. To provide counseling to HIV patients, their families and the community.
5. To provide a character based comprehensive Adolescent Health Education curriculum in schools.
6. To provide personalized, quality, medical care and palliative care to patients with HIV/AIDS irrespective of their ability to afford treatment.
7. To interact with other institutions of learning and constantly update our knowledge of the illness and to incorporate new teachings into our treatment and care of patients.
8. To network with other voluntary, state, central and other institutions including Non-Governmental Organizations to provide wide ranging care effectively
9. To rehabilitate HIV / AIDS patients and families.
10. To conduct and help research in HIV / AIDS
11. To provide specialized training for Doctors, Nurses and allied Health professionals in the field of HIV / AIDS.
12. To make a difference in the lives of patients living and dying with AID

### Board of Trustees of ASHA Foundation

Sl. No	Name	Qualification	Occupation	Address
1.	Mr. George Ninan Member	M.A	Consultant	1407, Hennur main Road Bangalore 560084
2.	Mr. Vijay Chandy Member	B. Sc, PGDIR&W(XLRI)	Management Consultant	No.218. 3 <sup>rd</sup> Main, Laughing Waters, Varathur Marin Road, Ramagondanahalli, White Field, Bangalore -560006
3.	Dr.Paul Salins Member	MD, FDSRCS,PGD (pall.care)	Medical Director & Vice President Narayana Hrudalaya and mazundar Shaw Cancer Center	No. 258/A Bommasandra Industrial Area, Hosur Road Anekal Taluk Bangalore-560099
5.	Dr. Alexander Thomas Member	D.Orth, MS Orth, M.Phil (HHSM) PGDML&E	\Executive Director- AHPI Consultant, World Bank	AHPI Office No.27. First Floor GVR Plaza, Bellary Road Bangalore 560024
6.	Dr. Glory Alexander Member	MBBS,MD	Director, ASHA Foundation	No.42,4 <sup>th</sup> main SBM Colony Anand Nagar, Hebbal Bangalore-560024

None of the Board members of ASHA Foundation received any remuneration or reimbursement during the year. Dr. Glory Alexander in her capacity as Project Director of the PMTCT project, and HIV/AIDS physician received remuneration during the year.

## **The following projects were continued during the financial year:**

1. The HIV/AIDS counseling services including the AIDS Helpline and Telephone Counseling service.
2. Adolescent Sexual Health Education Project named Anmol Ashayein.
3. The Children at risk project.
4. The Prevention of Mother to Child Transmission of HIV project.
5. Camp Rainbow Project.
6. Research projects- Research is integrated into every project and maybe scientific, operational, or social sciences research.

### **1. The AIDS Helpline and Telephone Counseling service and integrated counseling and testing service:**

ASHA Foundation's HIV/AIDS helpline service and integrated counseling and testing project is dedicated to providing comprehensive support to individuals affected by HIV. The project has been running for 23 years and focuses on offering various types of counseling services, including pre- and post-test counseling for HIV testing, supportive counseling, family counseling, ART (antiretroviral therapy) counseling, adherence counseling, and follow-up counseling.

The helpline service is available through two direct counseling numbers, 080-23542222 and 080-23543333, and operates from Monday to Friday, 9:00 AM to 5:00 PM. The foundation aims to support not only individuals living with HIV but also their families and communities.

#### **Goal:**

- (i) To provide HIV testing in a non-stigmatized environment both voluntary and anonymous
- (ii) To provide counseling to HIV patients, their families and the community
- (iii) To achieve 100% adherence to ART medication
- (iv) To provide personalized, quality, medical care to patients with HIV/AIDS irrespective of their ability to afford treatment
- (v) To build awareness on HIV/AIDS infection in the community

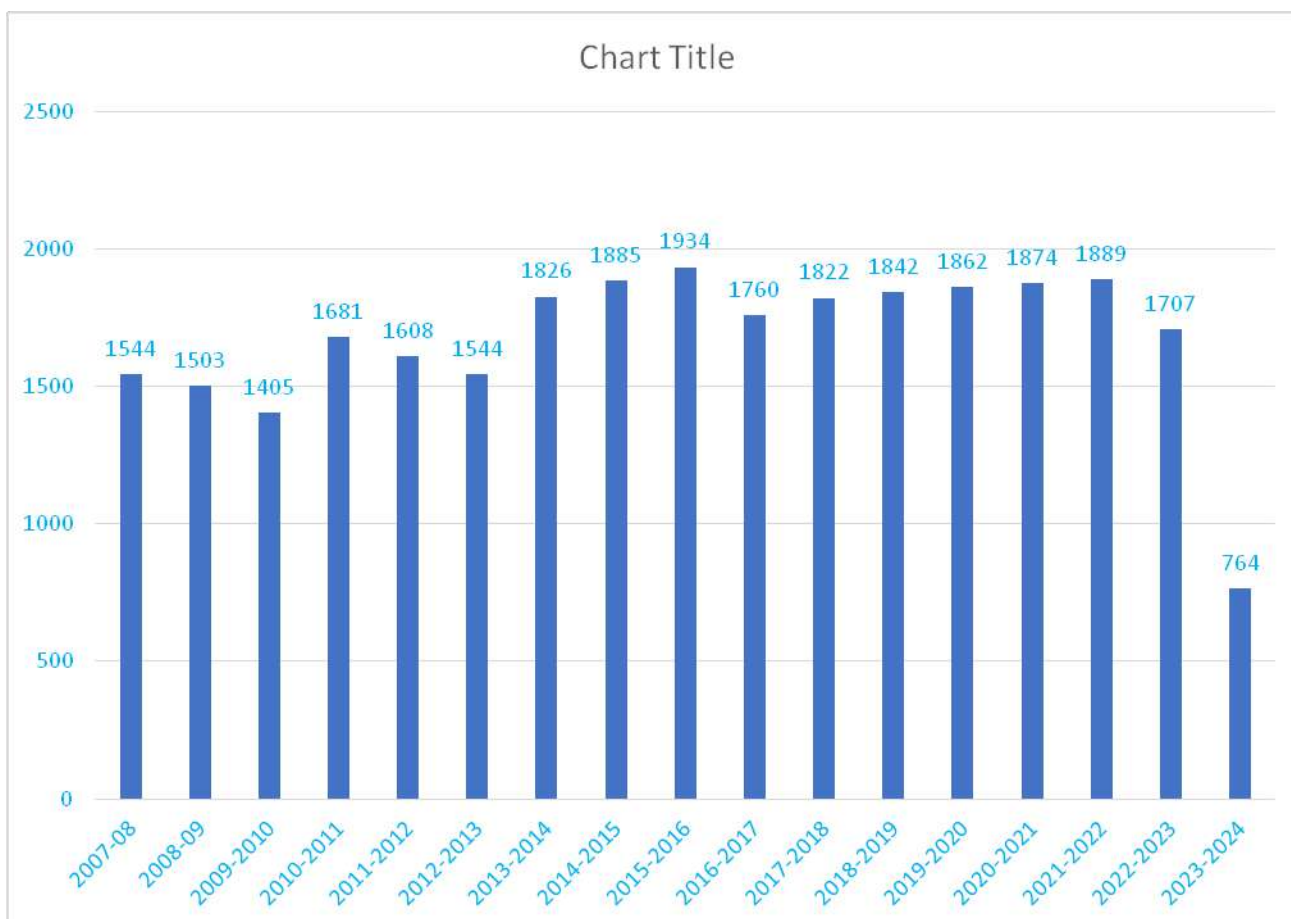
#### **Components of the project:**

1. Telephone counseling
2. Face to face counseling
3. E mail queries
4. Publicity
5. Awareness Program
6. Research

### Telephone Counseling

ITEM	No. of Calls
Number of calls received on 23542222 & 23543333 from April 2023-March 2024	<b>764</b>
Cumulative total since 2000	<b>35800</b>

### Graphical representation of calls received on telephone helpline



During the year it was noticed that the number of calls on the helpline were coming down in spite of the routine publicity in newspapers. Attempts were made to put up posters at the bus depots as were done previously. Also attempts were made to put up posters at the metro stations. But it was not possible, and the persons in charge were not very co-operative. Advertisements on ASHA Foundation’s social platform continue.

### E- Mail Queries

Year	Number of queries
April 2023-March 2024	44
<b>Cumulative total since 2008</b>	<b>1177</b>

### Publicity

Type of publicity	April 2023-March 2024
Newspaper advertisement	16
Number of calls from Newspaper	73
Number of calls from Poster	01
<b>Cumulative total of Newspaper advertisement (since March 2010)</b>	<b>825</b>

### Counseling Details

Type of counseling	April 2023-March 2024
Pretest counseling	38
Adherence counseling	47
Follow-up counseling	250
Family counseling	71
People referred. to other services	0
<b>Total counseling sessions</b>	<b>406</b>
No. of HIV tests done	30 (0) people not tested in wp
	(8) people came for information
No. of HIV tests Positive	11
No of HIV tests negative	19
<b>Cumulative counseling sessions from 1998 to March 2024</b>	<b>10941</b>

**Awareness Programs Conducted by ASHA Foundation :**

	<b>Date</b>	<b>Topic</b>	<b>For whom</b>	<b>Venue</b>	<b>No. of participants</b>	<b>Conducted by</b>	<b>Timings</b>
1	05.03.2024	HIV/ AIDS Awareness session	College Girls	Peniel Community College or Women, Bansawadi	45	Y.V Supriya & Silvia	11.00 am to 12.45 pm

**Interesting cases in counseling during the year :**

1. Vikram (name changed) came to ASHA Foundation for the first time in Feb 2024, at the age of 29 years. From listening to his story it became apparent that Vikram was first diagnosed to be living with HIV after he became very sick at the age of 14 years. Both his parents are HIV negative. There was a history of receiving blood transfusion when he was sickly in childhood. After being diagnosed to be HIV Positive, he was put on treatment with ART and from the age of 14 years upto the age of 29 years the boy was never aware that he was living with HIV. He would quietly take the tablet that his father gave him every night without asking questions. Once a year they would go to a hospital in another state and check his blood tests and continue his medication. They decided to come to ASHA Foundation since the father now wanted to get him married. At ASHA Foundation we revealed the HIV status to the boy. It was surprising to us that here was a man who had completed his BE and was still receiving medicines from his father and not really asking questions as to why he was on medication for so long. The father was very worried as to how the son would react to the fact that he was HIV positive and therefore withheld his status from him. After counseling both the father and son understood that Vikram has to take responsibility for his infection and not be dependent on his father. Now Vikram comes alone for his clinic visits and to collect his medicines from ASHA Foundation. This case is being presented to show how a young adult displayed no curiosity about his infection and how his father in a mistaken sense of loyalty hid this infection from his son.

2. Aruna is a 26 years old girl living with HIV and under our care from the time she was four years old. She is an orphan and has a younger brother who had the benefit of PMTCT and is HIV negative and has completed his engineering. Aruna was being counseled about marriage. One day Aruna called us to inform that she and her brother had come to know about a young man who revealed to

them that he was also HIV positive and was willing to marry Aruna. So all three of them came to ASHA Foundation. The young man revealed that he had given blood to his friend's relative a few years ago, and had been informed by the lab that his blood was discarded as it was found to be HIV positive. The man never went to a doctor to check himself all these years just assuming that he was HIV positive. At ASHA Foundation after counseling he was tested for HIV and found to be HIV negative. Three tests were done and all were negative for HIV. He was then referred to BBH where another three tests were done and all those three tests were also negative for HIV. So we informed the young man that he did not have HIV and he needed to make decisions for himself as to what to do now. We counselled him accordingly.. They all went back. A few days later, Aruna called to inform us that the boy had decided not to marry her. A few days later he got engaged to some one else and is now married to that person. This case is being presented to show how a young man mistakenly lived with the thought that he was HIV positive for many years and never really checked it out and went to the extent of promising a young HIV positive girl that he would marry her.

Both these cases in a weird way showed the stigma that still exists towards HIV. .In the first case the father thought that the son will commit suicide if he knew his status, and the son kept quiet, not wanting to trouble the father. In the second case, we presume that the boy never checked himself out to confirm whether he was HIV positive or not because of the stigma associated with HIV.

## COUNSELLING SERVICES PROJECT-PHOTOS



ASHA Foundation counselor is providing in-person counseling for a couple on 02-03- 2023



Awariness program conducted at Peniel Community College for Girls Banaswadi, Bangalore on 05-03-2024.





ASHA Foundation counsellors conducting an awareness session for Community Girls College on 05-03-2024.



Ms. Supriya and Ms. Silvia with Peniel community college teaching staff

## **2. Adolescent Health Education**

### **Adolescent Health Education Program (Anmol Ashayein)**

The ASHA Foundation's Adolescent Health Education program, called Anmol Ashayein, is designed to help young people improve their overall health and well-being. This program takes a comprehensive approach, addressing emotional, mental, social, physical, and spiritual health. It follows the World Health Organization's guidelines to ensure that all these vital aspects of a teenager's life are covered.

A major part of the program is character education. It stresses that good character must be actively learned. Adolescents are taught life skills that help them live harmoniously with their families, communities, and society. By focusing on responsibility, respect, and positive values, the program helps them develop practical skills and a strong ethical foundation for decision-making and personal growth.

The program focuses on building good character traits such as responsibility, respect, and positive values. The curriculum covers six key topics: self-awareness, friendship, infatuation, medical knowledge, decision-making, life skills, mental health, and contributing to the community. Each topic is designed to help teenagers make good decisions and grow personally.

To ensure the program's effectiveness, ASHA Foundation experts conduct three-day workshops to train teachers and volunteers. These trained individuals then deliver the program in schools and other institutions. The lessons are interactive, with various activities that engage students. The curriculum is intended for students in grades five through ten and can be used in regular classes or during special events.

ASHA Foundation has conducted 71 teacher training workshops, training 3,637 teachers across various Indian cities, including Bangalore, Mysore, Mangalore (2 workshops), Belgaum, Kolar, Gulbarga, Hubli, Kollegal, Vishakhapatnam, Shimla, Kolkata, New Delhi, Pune (10 workshops), Mumbai (7 workshops), Amravati (3 workshops), Akola, Chikhaldara, Thane, Nagpur, Yawatmal, Washim, Buldhana, Chandpur, Wardha, Dimapur, and Salem in Tamil Nadu.

### **Effective Planning and Execution of the 70<sup>th</sup> Teachers' Training Workshop in Salem''**

The 70th Teachers' Training Workshop, held from 16th to 18th October 2023 at Anderson Campus in Salem, was a great success, with 56 participants from 25 institutions attending. In preparation for the event, Mrs. Maya Singh and Mrs. Tarini visited Salem in late July. They met with several school

principals, inspected the venue, and managed logistics, including seating arrangements, furniture, meals, and accommodations for master trainers, ensuring everything was set for a smooth event.

Over the three days, participants engaged in diverse sessions covering communication skills, adolescent challenges, character building, sexual health education, and mental health. The hands-on activities and practical teaching sessions provided valuable experience. Feedback from participants was overwhelmingly positive, with many noting the sessions' informativeness and relevance to their teaching careers.

The workshop was well-organized, with effective logistics management and strong engagement from attendees. Despite minor challenges, such as technical issues with the sound system and LCD, the overall experience was highly positive.

The success of the workshop was made possible by the support of Anderson School, which provided the venue and facilities.

### **71st Teachers' Training Workshop Amravati: A Comprehensive Overview**

The 71st Teachers' Training Workshop, held at Podar International High School in Badnera, Amravati, was a successful event organized by Mrs. Vrushali and the Amravati Education Officer's office. The Education Officer's permission letter authorized the program for corporation schools, and Podar International School Hall was selected as the venue.

The workshop, which took place from February 7 to 9, 2024, involved 60 Zilla Parishad schools and 113 teachers. The team of trainers included Dr. Glory, Bethesa Jacob, Tarini Wilson, Baiju Sebastian, Maya Singh, and new trainees Ms. Nina Amrita and Ms. Juanita John. Mrs. Vrushali Gawande provided Marathi translation to facilitate communication where needed.

Dr. Glory conducted a session on HIV updates that was informative and enthusiastically received. Participants appreciated the valuable information on the latest developments and best practices in HIV education and prevention. This session significantly enhanced their understanding of how to address HIV-related issues within their teaching environments.

The event was well-organized, featuring a clean venue and effective time management, and received positive feedback from participants. They valued the comprehensive content on adolescent health and life skills, as well as the professionalism of the trainers. The enthusiastic response from attendees made the workshop rewarding for the trainers, reinforcing their dedication and demonstrating the positive impact of their efforts on teacher development..

**Feedback from teachers:**

To be honest, I learned a lot about physical development while teaching the curriculum. The process of explaining these concepts to students helped me understand them better myself. It was a great way to gain more knowledge about character education and life skills.

Sr. Reema Ekka, Holy Cross Hr. Sec. School  
Dimapur.

My name is Mrs. Parvita and I'm proud to be a part of Stella Marie's School Vadgaonskeri Pune. I participated in the AHE program organized by the ASHA foundation in 2017. Not only did I gain valuable insights from the program personally, but I also had the chance to introduce its principles to our school community. Seeing the remarkable impact it has had on some of our students has been deeply rewarding. The commitment and hard work of the teachers who helped implement this program have truly made a difference, promoting positive growth and well-being among our students.

Parvita Jadhav, Stella Marie's School Vadgaonskeri Pune.

Date : \_\_\_\_\_

"Teaching adolescents used to be very challenging for me, but the ASHA team has made it much easier and more comfortable. Their support and guidance have helped me understand how to connect with students better and handle their unique needs. Now, I genuinely enjoy teaching and feel more confident in my role. The ASHA team has really made a positive difference in my teaching experience."

Jyoti Sharma, Shivaji Vidyalaya  
Main Branch Akola

#### Students feedback:

The Annual Ashayein Value education class has taught me more about myself and the importance of living with honesty and kindness. It has helped me reflect on my values and apply them in everyday life, making me a better person, not just a better student. The teachers support has been crucial in this personal growth. This class has had a significant impact on who I am becoming.

Rohit Naik; St Joseph School, Liman nagar. Pune.

Date: / /

The AHE program was a big help to me when I went through a really hard time in my life during my 8th standard. The caring teachers and supportive environment made me feel safe enough to talk about my emotions, which helped me start healing from the trauma I experienced. I am really thankful for the AHE program and how it helped me get better and grow as a person.

Gayatri Menon, Sterling High School,  
Nerul, Mumbai.

Because of this class, I made more friends and discovered what true friendship is all about. It helped me see what makes a real friend - someone who genuinely care and stands by me. By focusing on respect and kindness, I've learned how to create and keep meaningful friendship. This class has guided me in forming genuine connections with others, making my school life richer and more enjoyable.

Sheetal Gaikwad, Vinayaka Gurukul  
Amravati

<b>Karnataka</b>		
	<b>Bangalore Urban</b>	<b>Students doing the program</b>
1	M.S.Convent	70
2	Noor Ahmed school Bangalore	350
3	Radha Krishna high school	140
4	Twinkle star School, Bangalore	170
	<b>Bangalore Rural</b>	
5	Gnanabodhini Higher Primary School Kanada medium	420
6	Gnanabodhini Higher Primary School English medium	140
7	Gnanabodhini High School, English medium, Kengeri	35
8	Gnanabodhini High School, Kannada medium Kengeri	600
	<b>Mysore Bogadi</b>	
9	Maria Niketan Higher Primary School	170
10	Maria Niketan High School (English Medium)	229
11	Maria Niketan High School (Kannada Medium)	136
12	Angela Vidyalaya Niketan, Bogadi Mysore Ursuline	140
	<b>Mysore Urban</b>	
13	De Paul School	335
	<b>Hunsur Taluk</b>	
14	St. Joseph's Higher Primary School (Kanna med.), Hunsur	230
15	St. Joseph's High School (English Medium), Hunsur	750
16	St. Joseph's PU College, Hunsur	410
17	St Joseph's Degree College, Hunsur	150
	<b>H.D. Kote</b>	
18	St. Mary's Higher Primary School (Eng med.)	239
19	St. Mary's High School (Eng med.)	104
	<b>Chikkamangaluru Dist.</b>	
20	St. Joseph's Eng Med Higher Primary School, Koppa	570
21	St. Joseph's Kannada Higher Primary School, Koppa	290
22	St. Joseph's High School, Koppa	425
23	Nirmala Convent Higher Primary Sc. Eng. Med. Balehanoor,	265
24	Nirmala Convent High Sc, English Med. Balehanoor,	490
25	Nirmala Convent Higher Primary Sc. Kannada med Balehanoor	295
26	Christa Prabha Convent Higher Primary School, Jayapura, Koppa	239
	<b>Shimoda District</b>	
27	St. Mary's High School, Thirthahalli	438
28	St. Mary's Eng Med Higher Primary School, Thirthahalli	290
29	St. Xavier High school, Thumarikope	215

	<b>Others Institutions</b>	
30	St. Charles Home	18
31	Blessing Home	19
32	IBS college	38
33	Concerns India	120
	<b>Total</b>	<b>8530</b>
		<b>Students doing the program</b>
	<b>Salem (Tamil Nadu)</b>	
1	Anderson High School. Salem Aided school Tamil Medium	294
2	Anderson Matric Hr. Sec School	129
3	Bala Bharathi Matriculation Hr.Sec.School	310
4	Cluny Vidya Niketan High School. Salem	234
5	Emerald Valley Public School Yercaud foot hills Salem	147
6	Glaze brook Matric School. Salem	282
7	Holy Angels Matric HR. Sec.School, Fair Lands Salem -	124
8	Holy Angels Public School MGRD slm	181
9	Holy Flower Mat.Hr. Sec School	120
10	LEF.Eden Garden Matriculation School	163
11	Mount Mary Matriculation Hr.Sec.School	103
12	SBIOA Public school, Udayapatti, Salem	114
13	Srividya mandir CBSE School steel plant Salem -636030	198
14	St. Basil Matric School	143
15	St. Johns National Academy Salem	194
16	St. Joseph Nursery and Primary school	44
17	St. John Matric Hr. Sec.School	116
18	St. Thomas Matriculation School, Salem	106
19	St. Vincent Palloti Matric Hr. Sec School Steel plant Road	59
20	Thangam Mount Letera Zee School, Salem	83
21	The Indian Public School	276
22	YMCA -Salem	80
23	Yuva Bharathi Matric School, Salem	318
	<b>Total</b>	<b>3818</b>



<b>Annual Report Pune 2023-2024</b>		
<b>Sl No.</b>	<b>Name of the School</b>	<b>Students doing the program</b>
1	Ajinkya Institute	52
2	Amanora High School	132
3	Ashram Shala Primary School	52
4	Anjali English Medium School	86
5	Baburaoji Gholap Vidyalaya, Sanghvi	212
6	BJS English School Wagholi	82
7	BJS Primary School wagholi	56
8	Blossom School Vishranwadi	62
9	City International School	142
10	Crescent English Medium School	135
11	Cyrus Poonawala School	82
12	Dastur Co Ed School Camp	126
13	Dnyandeep English Medium School	132
14	Don Bosco School and Junior College	201
15	Dr. Mrs Erin Nagarwala Day School	146
16	Dr. Mrs Erin Nagarwala Residential School	152
17	Enamdar English School	62
18	Eon Gyanankur English Medium School	184
19	Friend's English School, Poolgaon	82
20	GK Mandals Choksey High School	58
21	Holy Angels Convent High School	182
22	Indian Education Society, Vadgaonsheri	172
23	Indira Gandhi School	84
24	Jai Hind School Pimpri	216
25	Jai Hind Primary School	261
26	JD Academy School swargate	142
27	Jovan Vikas Mandir	58
28	JSPM English Medium School	126
29	J.S. Tyagi Memorial School	81
30	Jyotirmay International School	73
31	KVG BRD School, Chandan Nagar	241
32	KV Southern Command	143
33	Lexicon International School	165
34	Little Flower English School	71
35	Little Star School Kharadi	126
36	Londkar High School Mundwa	204
37	Lonkar Mahavidyalaya, Mundwa	236

38	Lonkar Vidyalaya	168
39	Mahatma Gandhi Vidyalaya, Khanur	142
40	Maher Education Society	62
41	Mar - Ivinous Convent School	81
42	Mother Theresa School, Vadgaonsheri	213
43	Mount St. Patrick	179
44	National Children's Academy	173
45	NCA School, Vishrantiwadi	174
46	New English Medium School, Chakan	136
47	New English Medium School, Hadapsar	148
48	New Life School, Swargate	82
49	Nirmala Convent School Kharadi	217
50	Orbi International School Mundhwa	157
51	Oscar High School	62
52	Pandit Nehru Vidya Mandir, Kamshet	142
53	Pawar International School Magarpatta	186
54	Pawar Public School Magarpatta	109
55	PDEA School Budruk	83
56	PDEA School, Ane	157
57	PDEA's School, Akrti	186
58	PDEA School , Aund	138
59	PDEA School Daund	154
60	PDEA School Dehu Road	73
61	PDEA English Med. School Bori Bk	152
62	PDEA English Med. School Dalaj	69
63	PDEA English Med. School Inamgaon	142
64	PDEA School Kalas	158
65	PDEA School Khadki	238
66	PDEA School Kamshet	214
67	PDEA School Kati	142
68	PDEA School Kolvan	189
69	PDEA School Lohegoan	326
70	PDEA School Mandki	268
71	PDEA School Moshi	68
72	PDEA School Nangaon	158
73	PDEA School Nhavare	214
74	PDEA School Nhavi	168
75	PDEA School Nimkotakee	156
76	PDEA School Ozar	168
77	PDEA English Med. School Padvi	142
78	PDEA English Med. School Pargaon	265
79	PDEA School Pirunget	247

80	PDEA School Sangvi	168
81	PDEA School Savindane	253
82	PDEA School Shirol	147
83	PDEA School Shirol Bk	186
84	PDEA School Shivane	148
85	PDEA School Supe	132
86	PDEA School Umbraj,	168
87	PDEA School Uraigaon	165
88	PDEA School Velha	89
89	PDEA School Wanewadi	145
90	PDEA School Yenere	132
91	PDEA's English Medium Primary School	154
92	PDEA's English Medium School	128
93	PDEA's Institute of Diploma in Education	65
94	Phoenix School,	72
95	Phoenix English Medium School, Kharadi	58
96	Pirunget English School, Pirunget	73
97	Poona Women's School	154
98	Prodigy Public School	167
99	Raisoni English Medium School	153
100	Republic School Keshnand	148
101	S J Vidyalaya	154
102	Sadhana English Medium School	314
103	Sadhana Semi English Medium School,	268
104	Sangavi PDEA School	174
105	Sant Thukaram Madhyamik Vidyalaya	232
106	Sant Tukaram Vidyalaya, Lohegaon	253
107	Sant. Dnyaneshwar Kharadi	53
108	Sarathi Education Society	89
109	Sarathi English Medium School	124
110	Satav High School, Wagholi	265
111	Shivaji Vidyalaya, Dehurod	245
112	Shivraj School Vadgaonsheri	212
113	Shri Mallikarjun Vidyalaya Naware	182
114	Shri Manalsakant Vidyalaya, Akruti	142
115	Shri Nagheshwar Vidyalaya, Moshi	89
116	SMMV School Mulshi	217
117	SNBP School & Junior College	83
118	SSV School, Paud	78
119	St Anne's High School Pune Camp	138
120	St. Felix High School	165
121	St Joseph School, Viman nagar	234

122	St Ornella's High School, Camp	78
123	St. A V High School	72
124	St. Arnold School Vadgaonsheri	178
125	St. Francis School, Chandannagar	165
126	St. Joseph Convent School, Lohegaon	275
127	St. Joseph High School, Ghorpadi	187
128	St. Mary's School	124
129	Stella Maris School Vadigaonsher	165
130	Subhash English Medium School	72
131	Sunderbai School Chandan Nagar	287
132	T D Pathare Vidyalaya, Khardi	227
133	Tukaram Pathare School, Karadi	228
134	Tukaram Pathare English School	83
135	V S Satav High School	187
136	Vatsalya Public School, Ghorpadi	286
137	Vidyankur, Sainikwadi, Vadgaonsheri	218
138	Vikash Pratishtan English Med. School	78
139	Wageshwar English School	67
140	Yashwant Vidyalaya, Mandvi	154
141	Zensar English Medium School	178
142	Abhinav School Ambegaon State Board	82
143	A.E.S Horizon English Medium School, Narhe	132
144	Lotus English Medium School, Balaji Nagar	129
145	Abhinav school Narhe State Board	176
146	Abhinav C.B.S.E School,Narhe	167
147	Ajinkya Dedge Public School	138
148	Sathya Valley School, Wadwadi	163
149	Blossom English Medium School	138
150	Unique English Medium School,Kondwa	132
151	Utkarsh English Medium School	231
152	Pride English Medium School	182
153	Digvijay English School, Dhankawadi Pune - 43	172
154	Sharad School Katraj, Pune	56
155	Abhinav Education Society CBSE Ambegaon Pune - 46	256
156	Abhinav school Katruj	239
	<b>Total</b>	<b>23841</b>
1	Christ College	46
2	Marathawade Mitra Mandal	56
3	Maher Education Society	34
4	Abhinav D.Ed college	34
		<b>170</b>

<b>Annual Report 2023-2024 ( Mumbai )</b>		
<b>Sl. No</b>	<b>Name of the School</b>	<b>Students doing the program</b>
1	Agrasen High School, Kamothe	92
2	APJ Public School, Kharghar sector 4	81
3	APJ Public School, Kharghar sector 6	52
4	APJ Public School, Kharghar Sector 10	42
5	Ashwini Classes	123
6	Bal Bharati Public School, Kharghar	82
7	B.D.D.V Primary School, Panvel Raigad	112
8	Bhagwan English Medium School	64
9	Bharati Vidyapeeth	124
10	Christ Academy CBSE Board	221
11	Christ Academy State Board	178
12	CKT school New Panvel	56
13	DAV International School	41
14	Diamond Jubilee High School, Byculla	48
15	Don Bosco High School	76
16	D Y Patil School	52
17	Dyandeep School	48
18	Dyan Pushpa Vidya Niketan, CBD	64
19	Emmanuel English Medium School	48
20	Ghokhale High School	31
21	Good Shepherd School, Nerul	148
22	Good Sheperd School, Belapur	68
23	Guru Gobind Academy	145
24	Harmani Public School	62
25	Harmony Public School ( Karghar)	82
26	Huda English School	73
27	Jspm School, Kamothe	58
28	Jspm School, Panvel	138
29	Jspm School, Kharghar	82
30	Little Angel's English School	48
31	K.A. Bharthiya School	59
32	Kendriya Vidyalaya Koliwada	152
33	Kids Garden Public School, Sukapur	58
34	K.V. Kanij School	92
35	K.V. Kamy School Panvel	74
36	Late M.T.Thakur, Eng. Med. School, Parle	64
37	Little Bird School	73
38	Little Harmony School, Belapur	89

39	Mansarovar School Kamothe	92
40	Modern English School	63
41	Monami High School	68
42	Mspm School, Kharghar sector 17	72
43	Mspm School, Kharghar sector 4	68
44	New Model School	61
45	Navi Mumbai Mahanagar Palike, Nerul	69
46	Navi Mumbai Mahanagar Palike, Rahale	64
47	Navi Mumbai Mahanagar Palike, Kopperkhaiane	48
48	NIMHRC	69
49	Nivedita High School	182
50	PES Central School, Belapur	86
51	Podar High School	58
52	Presentation High School	146
53	RBT Vidyalaya	80
54	Redcliff School, Belapur	74
55	RTP School, Kharghar	82
56	Rajput School, Panvel	69
57	Sai Nath School	248
58	Sakharam Seth High School	86
59	Samayak Vidyalaya	69
60	SBOA Public School	64
61	Sree Ram English School	78
62	Sree Ram Vidyalaya	143
63	St. Mary's High School	78
64	Sainath School	72
65	St. Therese School	272
66	St Xavier's High School	58
67	St Xavier Public School, Kharghar	42
68	St. Xavier Public School, Panvel	48
69	Sree Narayana Guru School	52
70	Shree Suvidya School, Kamothe	113
71	Sri Ravi Shankar Vidya Mandir Kharghar	78
72	Sterling High School, Nerul	48
73	Sushma Patil Vidyalaya	62
74	Swami Brahmanand Prathishtan	43
75	Swami Vivekanand Vidya Mandir	56
76	Thakur English Medium School	92
77	The English High School	38
78	Tilak Public School, Nerul	56
79	Tilak Public School, Ghansoli	102
80	Tungareshwar High School, Panvel	56

81	Vasudev Balvanta Phalike	62
82	Veer Savarkhar School	57
83	Vibgyor International School vashi	106
84	Vibgyor International School Kharghar	113
85	Yakub Baig High School	35
86	Vidyabhavan High School Sec 9 CBD Belapur	82
87	P.E.S Central School Sec 1 CBSE CBD Belapur	142
88	New Horizen Public School Sec 19 Airoli	52
89	Goldstar High school Sec 28 Vashi	42
90	Datta Meghe World Academy Sec 16 Airoli	44
91	Bethany Convent kolkhe Panvel	89
92	Modern High school Sec 15 Vashi	46
93	Vibgyor High school Sec 15 Kharghar	62
94	Goldcrest High School Sec 29 Vashi	46
95	P.E.S High school ( state board )1 CBD Belapur	102
96	D Y Patil School	45
97	Bharathi Vidyapeeth ( CBD)	27
98	St. Xaviers School ( Panvel )	59
99	Nutan Vidyalaya Nerul	24
100	Dyandeep Primary school	53
101	Adarsh Vidyalaya High school	31
102	Utkarsh High school	62
103	MES Vidya Mandir	45
104	Amruta Vidyalaya ( Jui Nagar)	41
105	Narayan E Techno school	38
106	Mahima International school Koperkhairane	52
107	New Horisen school sector 13	31
108	Father Agnel school Vashi	83
109	Rainbow International school	31
110	Indian National school Nerul	36
111	chougale school Airoli	31
112	J C L High school Vashi	46
113	Gold star High school Vashi sector 28	34
114	Vibgyor High school Kharghar	41
	<b>Total</b>	<b>8595</b>

**Annual Report 2023 -2024 (Vidharba )**

<b>Sl No</b>	<b>Name of the school</b>	<b>Students doing the program</b>
1	G.T.G. School Loni Takdi	62
2	Vinayaka Gurukul Amravati	123
3	I.D.M.S. School, Digaras	64

4	Police Public School,Amravati	57
5	Rashtra Sant Tukdoji Maharaj Vidyalaya, Malkhed	36
6	Sunrise English School, Tiwasa	56
7	St.Francis High School, Amravati	62
8	Saraswati Vidhyalaya, Amravati	61
9	Shiv English School, Amravati	73
10	Vikas Vidyalaya, Vilas Nagar, Amravati	56
11	Noble Kids School, Arvi	78
12	Jet Kids School Amravati	66
13	New Golden Public School	71
14	Rajeshwari High School, Badnera	56
15	Era Kids School, Amravati	61
16	Pu. Sant Gadgebaba Vidyalaya,Manjarkhed	78
17	Shir. Saibaba Vidhayala, Amravati	74
18	Kubetkar School, Amravati	77
19	Z.P.School Dabha,Nandgaon	71
20	Z.P.P. School Namdgao	68
21	Z.P.School Tongalabad	52
22	Z.P.School Amravati	58
23	Z.P.School,Jamgaon	68
24	Z.P.School Dadhi, Bhatkuli	72
25	Z.P.School, Bhankhed Khurde	59
26	Z.P.School, Waygaon	85
27	S.V.K.Vidhyalaya, Naigaon	87
28	Mother's Pride Convent School	68
29	Teny Blosem School	42
30	DIECPD, Amravati	114
31	Paradise E. School , Amravati	78
32	Shanti Vidya Mandir, Nagpur	67
33	Ramkrushna Kreedaa Ashram Shala, Amravati	54
34	New High School Belpura, Amravati	56
35	Manibai Gujrati High School Amravati	35
36	Sharada Mahila School Nagpur	52
37	School Of Scholars Amravati	43
38	Shiv English School, Amravati	36
39	Dada Bhamodkar Krushi Vidyalaya saur Amt	44
40	Mannalal Gupta Vidyalaya chandur Railway	55
41	Dada Saheb Boke Vidyalaya , Varkhed	46
42	Shivaji High school and Jr College , Shirajgaon Band	62
43	Shivaji High school Chikhaldara	45
44	Dr, Punjabrao Deshmukh Highschool , Papal	67
45	Chandur kanyasala jr College Chandur Railway	86



46	Sri, Chatrapati High school Dhamangoan Raiway	145
47	Benboji Baba High school Ghuekhed	68
48	Sant Maniram Maharaj vidyalaya Baggi jawara	65
49	Shivaji high school Ganesh nagar Nagpur	56
50	shivaju high school Ner	51
51	Shivaji high school Darvha	43
52	Model High school wardha	67
53	kanyasala Aanji	54
54	Adarsh Vidyalaya Aanji	134
55	Shivaji High school Nandura	53
56	Shivaji Vidyalaya Chandola	58
57	Shivaji High school Boregoan Bu.	65
58	Shivaji Vidyalaya Buldhana	47
59	Shivaji High school Nera Bu.	82
60	Tukaram Ingole vidyalaya kan shivani	68
61	Shivaji High school Kinhola	64
62	Shivaji Vidyalaya Deugoan -Mah .	59
63	Shivaji Vidyalaya Akola	51
64	Shivaji High school Masrul	112
65	Shivaji High school Hatedi	89
66	Shivaji Vidyalaya Main Branch Akola	64
67	Shivaji High school Kinhiraja	36
68	Shivaji Vidyalaya Kutasa	42
69	Shivaji Vidyalaya Vanoja	114
70	Shivaji High school Chikhali Buldhana	25
71	Shivaji Vidyalaya Aasegaon Bajar	46
72	Shivaji Highschool Telhara	68
73	Shivaji High school Esoli	132
74	Shivaji High school Ramjaba	64
75	Shivaji High school Aakot	145
76	Shivaji Vidyalaya Nimba	53
77	Kasturba Kanya sala Amravati	26
78	Shivaji Kanya sala Morshi	53
79	Janata Vidyalaya n Junior college nerpingalee	65
80	Jarud high school Jarud Amravati	55
81	B.D Jarudkar Kanya sala Jarud Amravati	35
82	Shivaji multipurpose high school main branch	115
83	Sri Shivaji Maratha high school in junior college, Amravati	65
84	Shri Shivaji high school khartelegaon	58
85	Nandgaon high school in junior college, dist., Amravati	56
86	New English high school in junior college, Varud, dist. Amravati	75
87	Rajura high school n junior college, Rajura	48

	Bajar,dist.Amravati	
88	Abhimaanji Kalmegh school,Nandgaon Peth,dist, Amravati	61
89	Aadarsh High school, daryapur, dist. Amravati	56
90	Ratnabai Rathi kanya shala,daryapur,dist.Amravati	48
91	kaushalyabai barbade vidyalaya,Chincholi,dist.Amravati	37
92	Khallar high school n junior college,Khallar,dist.Amravati	54
93	SRA English High school	27
94	Prabhat Kids School, Washi Road ,Akola	46
95	Prabhat Kids School , City Branch	53
96	Kids Paradise school ,Patur	124
97	Khotari Convent	58
98	Jubilee English High School	143
99	RDG Public School	115
100	Vivekanand Primary Eng. School	56
101	M.B Convent School	216
102	Sanmitra Public School	114
103	Ekvira Brilliant Mind School	147
104	SOS, Hinga Road, Akola	56
105	The School Academy Akola	35
106	Deshbhakt Madhymik Vidyalaya	24
107	Mahatma Fule Vidyalaya, Chondhi Tq. Patur	52
108	Shankarlal Agrawal, English School, Akola	45
109	India Foundation School, Chinchala, Tq. Mangrulpir	119
110	Bhikamchand Khandelwar Vidyalaya, Akola	46
111	Mahadevrao Band Vidyalaya, Khanapur, Patur	32
112	Podar School, Akola	77
113	Jageshwar English School, Wadegaon (Mr. Manikrao Mankar)	68
114	SOS, Birla Colony, Akola	115
115	Blossom Kids, Balapur	68
116	Narayana's Kids, Washim	56
117	Gurukul English School Wadegaon	37
118	Khandelwal english School, Dabki Road, Akola	54
119	Khandelwal Dnyan Mandir, Akola	89
120	Vidyanchal School, Akot	112
121	Jagruti Vidyalaya, Akola	165
122	Vyankatesh Balaji English Primary School, Murtizapur	89
123	Moharidevi Khandelwal, Akola	62
124	Karmayogi Babasaheb Apotikar Vidyalaya, Apoti	16
125	Shri Sant Janardan Swami School Verul	58
126	S.Sarawati High school Takliwadi	53
127	Shri. Chh. Shivaji High school Takli	56

128	Padmaraje Vidyalay akola	45
129	B. Shahapure English medium School Mal aalas	37
130	Academic Heights Public School Akola	53
131	Dewale Public school Mothi Umari Akola	43
132	RamaKrishna School Belapur Akola	26
133	Dr. Aasrpatil Udgoan Technical High school Udgaon	26
134	Zilla Parishad school Kajaldoh	38
135	Zilla Parishad school Doma	54
136	Zilla Parishad school Bamadehi	54
137	Zilla Parishad school Koylari	34
138	Zilla Parishad school Pachdongari	56
139	Zilla Parishad school Toranwadi	68
140	Zilla Parishad school Katkumbh	86
141	Tanaji Malusare Vidyalay Koylari	54
142	Bajiprabhu Deshpande Vidyalay Kajal Doh	72
143	G.P. Zadkhande Vidyalay Bamadehi	67
144	Govt. Aashram Shala Doma	79
145	Zilla Parishad school Katkumbh	53
146	R.S. Gawai Vidyalay Tembrusonda	58
147	Adivasi Madyamik vidyalay Salona	62
148	Dnyan Deep Madyamik Vidyalay Hattighat	45
149	Zilla Parishad High school Gaurkheda Bazar	58
150	Zilla Parishad School Telakhar	62
151	Zilla Parishad School Somwarkheda	54
152	Zilla Parishad School Gaurkheda Bazar	48
153	Zilla Parishad School wastapur	52
154	Aashram Shala Nagapur Gaurkheda Bazar	48
155	Gurudev Telkhar school Gaurkheda Bazar	44
156	Lakhmabai Khadake school Wastapur	37
157	Mangalata High school Wastapur	26
158	Zilla Parishad Ucha Prathmik shala Baglinga	52
159	Zilla Parishad school Badanapur	47
160	Zilla Parishad school Badanapur	32
161	Zilla Parishad school Salona	21
162	Zilla Parishad school Bihali	28
163	Zilla Parishad school Bhulori	45
164	Zilla Parishad school Hattighat	52
165	Zilla Parishad school Kohana	35
166	Ashram shala School Salona	45
167	Ashram madyamik Vidyalay salona	35
168	Zilla Parishad school Hattighat	62
169	Zilla Parishad school Masodi	35

170	Zilla Parishad school Aadnad	67
171	Shri Gurudev Vidyalay Mandir Motha	62
172	Zilla Parishad Kanya Pradamik shala Motha	46
173	R.S. Gawai Vidyalay Aadnad	44
174	Govt. Aashram Shala Aadnad	36
175	R.S. Gawai Vidyalay Tembrusonda	53
176	Zilla Parishad Purva Madyamik Marathi Shala Khakali	22
177	Zilla Parishad School Borala	37
178	Zilla Parishad School khirpani	44
179	Zilla Parishad School Purva Madyamik Shala	36
180	Zilla Parishad School Aaki	48
181	Zilla Parishad School Bhorgad	42
182	Jay Bhavani High school Sawarpani	35
183	Zilla Parishad Higher Primary School Semadoh	44
184	Zilla Parishad School Makhala	38
185	Zilla Parishad School Pili	53
186	Zilla Parishad School Semadoh	51
187	Govt ShaskiyaAshram Shala Raipur	23
188	Zilla Parishad School Borala	48
189	Zilla Parishad School Vanawasi	44
190	Gajanan Vidyalay Garajdara	26
191	Zilla Parishad School Sonapur	42
192	Swami Samarth School Morgad	37
193	Zilla Parishad Ucha prathmik shala Bori	53
194	Zilla Parishad Ucha prathmik shala Amzari	22
195	Nagar Parishad Ucha Prathmik Urdu Chikhaldara	42
196	Cresent Urdu School Chikhaldara	36
197	Girijan Vidyalaya Chikhaldara	55
198	Holy Cross Convent school Chikhaldara	53
199	Andh Vidyalay Chikhaldara	42
200	Shivaji Vidyalay Chikhaldara	37
201	Sant Gadge Maharaj School Jamali( R)Chikhaldara	44
202	Shivaji High school Chikhaldara	37
203	Shivaji High school Bori	52
204	Zilla Parishad Ucha Prathmik shala Churani	37
205	Zilla Parishad Ucha Prathmik shala Kotmi	42
206	Zilla Parishad Ucha Prathmik shala Gangarkheda	26
207	Zilla Parishad Ucha Prathmik shala Dahendri	44
208	Zilla Parishad Ucha Prathmik shala Kalapandri	63
209	Sw.Ajabrao kale Vidyalay Churani	53
210	SW. Shri Krushnaji Yewale Dahendri	47
211	Anudanit Adiwasi Ashram shala Dahendri	44

212	Adivasi Ashram Shala Jamali (RA) Chikhaldara	62
213	MNP Hindi school No 11 Amravati	34
214	MNP urdu middle school.No1.	24
215	MNP urdu Girls school.No3. Badnera.amravati	36
216	MNP Pre School No 20. Nawathe	41
217	MNP Hindi High school No 11 Amravati	58
218	MNP Marathi School.No10.Pravavin Nagar	36
219	AMC School.No 19.Rukmini Nagar	42
220	AMC upper Primary Hindi Amravati	47
221	AMC Schoo.No.13.Chapardshipura	53
222	AMC upper Primary Marati school No.13 . Chapardshipura Amravati	51
223	AMC upper Primary Marati school No.17 . Vilas nagar Amravati	14
224	AMC Hindi Boys High school.Talabpura	25
225	AMC Hindi school. Bhajibajar,Amravati	36
226	AMC Upper primary Hindi High School , No15. Krushna Nagar.Amravati	32
227	AMC urdu Middle School No 10 ,Badnera	35
228	MNP Marathi Girls High school,Brindhwarra Amravati	36
229	MNP Marathi Girls High school,Brindhwarra Amravati	42
230	MNP hindi School No7. Vilamnagar	35
231	MNP Hindi School No 12.Amravati	25
232	MNP Hindi Boys High school,Talab pura ,Amravati	36
233	AMC Hindi Upper primary school No11. Baji Bazar	32
234	AMC Urdu School No 4. Naalsaheb pura	52
235	AMC Upper primary Hindi School. No 15. Krushna Nagar	18
236	AMC Urdu SchoolNo 10. Badnera	23
237	AMC primary School No 21. Waderpura Amravati	46
238	AMC Urdu school No 4. Nalsahabpura	25
239	Municipal Marati Boys High school	32
240	AMC Marati Kanya School No6.. Finevampura	25
241	AMC Higher Primary SchoolNo 15.SRPF	33
242	AMC Higher Primary SchoolNo 15.SRPF	52
243	AMC Upper Primary School Gadgnenagar ,Amravti	26
244	AMC upper Primary school No.18.Pravin Nagar Amravati	31
245	AMC upper Primary school No.18.Pravin Nagar Amravati	25
246	MNP Hindi Girls High school Amravati	32
247	MNP School Waruda	35
248	MNP School ,No6. Khrkadipura	22
249	MPL Corp Hindi Boys High School Amravati	44
250	MNP Hindi SchoolNo7. Vilas Nagar Amravati	38
251	MNP Urdu School No8. Jamed colony	16

252	MNP Marathi School .No7. Badnera	32
253	MNP Marathi School No1. Bhajibazar	35
254	AMC Urdu School Camp	42
255	AMC Urdu school No5.Amravati	28
256	AMC Higher Primary School Shegaon	44
257	AMC urdu School No 10 ,Badnera	59
258	AMC Hindi School No8. Bajsang Plot	32
259	AMC Urdu School No11 Badnera	15
260	MNP Urdu Middle school No 12	62
261	MNP urdu school No 09 amravati	26
262	MNP Urdu school No 08.amravati	27
263	MNP Urdu School No 2. Amravati	24
264	AMC Urdu Middle school No 9. Amravati	32
265	AMC Urdu Middle school No 9. Amravati	41
266	AMC Upper Primary School Rahatgaon	19
267	AMC Primary School Namuna Amravati	22
268	MNP Upper pri Hindi No 7. Vilas Nagar	27
269	MNP Hindi school No2. Masanganj	36
270	MNP Primary school No.23.Badnera	32
271	MNP Upper Primary School No 7.Badnera	26
272	MNP Primary school No 2.	36
273	MNP Urdu Primary Girls School No.3.Badnera	16
274	MNP Upper Primary school Budhawara	22
275	MNP Primary school No4. Amravati	24
276	MNP Hindi Girls High School Amravati	42
277	MNP Marathi Hgish school	32
278	MNP Hindi School No 6 Frezulpure	52
279	MNP urdu IM school Nagpuri Gate	23
280	AMC Urdu IM school Nagpurigak	24
281	AMC Pri and High school Jewad	32
282	MNP Marathi school No23.Badnera	31
283	MNP Surdu School No 6 Amravati	23
284	MNP Surdu School No 6 Amravati	34
285	AMC Marathi School No 2.Budhwara	26
286	AMC School Benada	13
287	MNP Urdu Middle school No7.	52
288	AMC primary High school Jewad	36
289	AMC Upper Primary school Akoli	23
290	AMC Marathi Primary School No 8.Ramnagar Amravati	51
291	AMC Marathi Primary school No17	26
292	AMC Urdu Middle school No2.	36
293	AMC Upper primary Amravati	25

294	AMC Upper Primary Amravati	63
295	AMC Hindi School No 13. Dastu Nagar Amravati	14
296	AMC Urdu School No 07	12
297	AMC Marathi school No . 17.Vilas Nagar	14
298	AMC Marathi school No 14. wadali	17
299	AMC Marathi Girls High school Amravati	15
300	AMC Marathi Gadge Nagar	25
301	AMC School No 14.Wadali	22
302	AMC Upper primary School Budheara	24
303	AMC Upper primary school No14. wuddalti	31
304	AMC Marathi school No 24 Badnera	34
305	AMC Marathi school No 4 Badnera	17
306	AMC School No 13. Camp	22
307	AMC School No 13. Camp	14
308	AMC School No 17.Dikungar	22
309	AMC Urdu Middle school No 10 Badnera	32
310	MNP UrduMiddle school No 12 Lalkhadi	12
311	MNP upper primary school shegaon	33
312	MNP Primary Marathi school No 21 wadarpura	25
313	MNP High school Jewad	21
314	NNP Upper Primary school Mhadeokhori	34
315	MNP Hindi Primary school wagapuri gate no 12	16
316	AMC Urdu school No 3. Gauli pura	26
317	AMC Urdu school No 3. Gauli pura	16
318	AMC Upper primary girls high school Jewad	11
319	AMC Marathi Primary school Delpura	18
320	NP Belpura Amravati	8
321	AMC School Tapovan Amravati	11
322	AMC primary School No 11.Dasthi Nagar	14
323	AMC upper primary school No 14.Wadali	16
324	AMC school Nvasari	21
325	Municipal corporation urdu High school Jameel colony Amravati	24
	<b>Total</b>	<b>15957</b>

<b>Annual Report - Nagaland</b>		
<b>Sl No.</b>	<b>Name of the School</b>	<b>Students doing the program</b>
1	St. Andrew School, Jotsoma	98
2	St. John Hr. Sec School, Tuensang	56
3	Carmel Hr. Sec School, Dimapur	243

4	St. Joseph Hr. Sec School, Chumoukedima	24
5	St. Joseph School, Niuland	47
6	St. Andrew School, Thenyizumi	64
7	Christ School, Ekhyo	24
8	St. Peter's School, Longsa	43
9	Don Bosco School, Riphyim	38
10	Holy Cross Hr. Sec School, Dimapur	214
11	Sacred Heart Hr. Sec School, Chizami	75
12	Assisi Hr. Sec School, Dimapur	84
13	St. Peter's School, Atoizu	56
14	Montfort School	36
15	St. Joseph School, Longleng	64
16	St. Joseph Hr. Sec School, Viswema	164
17	St. Mary's High School, Seyochung	54
18	St. Paul Hr. Sec School, Dimapur	143
19	St. Xavier School, Shamator	36
20	St. Anthony's School, Zunheboto	35
21	St. Clare School, Akluto	53
22	Don Bosco School, Aghunato	88
23	Don Bosco School, Chiephobozou	56
24	St. Paul School, Sanis	64
25	Queen Mary Hr. Sec School, Mokokchung	47
26	Don Bosco School, Tseminyu	0
27	St. Anthony School, Tenyiphe	64
28	St. Xavier Hr. Sec. School, Meluri	243
29	Little Flower School, Pungro	24
30	St. Clare Hr. Sec School, Kacharigaon	43
31	Bishop Abraham Memorial School	35
32	St. Mary's School, Lozaphuhu	54
33	San Jose School, Sitimi	34
34	Assisi Hr. Sec School, (E), Dimapur	36
35	St. Thomas School, Tamlu	57
36	St. Mary's Hr. Sec School, Padumpukhri	54
37	Little Flower Hr. Sec School, Kohima	43
38	Christ King Hr. Sec School, Kohima	47
39	Holy Child School, Dimapur	43
40	Don Bosco School	26
41	St. Francis De Sales Hr. Sec School	54
42	St. Luke School, Longmatra	56
43	Loyola Hr. Sec School, Kiphire	75
44	St. Christopher School, Chessore	42
45	Don Bosco School, Tesophenyu	35



46	Don Bosco Hr. Sec School, Bhandari	34
47	Don Bosco Hr. Sec School, Bhandari	36
48	St. Francis De Sale School, Tening	34
49	Don Bosco Hr. Sec School, Zubza	25
50	Don Bosco High School, Lakhuti	42
51	All Saints Hr. Sec School, Peren	45
52	St. Xavier Hr. Sec School, Jalukie	23
53	Sacred Heart School, Toulazouma	34
54	St. Paul School, Phe sema	53
		<b>3297</b>

SI No	Region	Schools	Colleges	Others	Total students doing the program
1	Karnataka	27	2	4	8530
2	Salem (Tamil Nadu)	22	---	1	3818
3	Pune	156	4	----	24011
4	Mumbai	114	-----	-----	8595
5	Vidarbha	325	----	----	15957
6	Nagaland	54	-----	-----	3297
		<b>698</b>	<b>6</b>	<b>5</b>	
	<b>Total institutions</b>	<b>698 + 6 + 5 = 709</b>			<b>64208</b>

**In the year 2023-2024 Total 709 Institutions and 64,208 students are doing the program.**

**TRAININGS ATTENDED BY AHE 2023- 2024**

<b>Sl No</b>	<b>Date</b>	<b>Topic</b>	<b>Name</b>	<b>Venue</b>	<b>No. of Days</b>	<b>Conducted by</b>
1	29.04.2023	National Healthcare Conference Happy and Healthy Ageing... The Best is Yet to Come	Dr.Glory Dr, Saritha Mrs. Tarini Maya Singh	Hotel Hilton, Embassy Manyata Business Park, Bengaluru	1	AHPI Association of Healthcare Providers (India)
2	12.07.2023	Development communication in the context of India	Mr. Baiju Sebastian	Christ college. Pune	1	De Paul College Mysore, Don Bosco College Wayanad,Kerela
3	14.09.2023 - 15.09.2023	Inter Religious interactive session. Respecting the others for Inter Religious	Mr.Baiju Sebastian	St. Xavier college Mumbai	2	The Western Region of Xavier Board of Higher Education
4	29.09.2023	Updates from 12 <sup>th</sup> IAS-Conference for Science 2023” (Held in Brisbane in July 2023)”	Mr.Baiju Sebastian, Ms. Maya Singh	Virtual Platform	1 day	IAS – EF and ASHA Foundation
5	15.12.2023	International Virtual conference on commerce trade & sustainable	Mr. Baiju Sebastian	Christ college. Pune	1	Christ college Pune& St.Alosious College Elthuruth, Kerela

### TRAININGS CONDUCTED BY AHE 2023- 2024

Sl No	Date	Topic	For Whom	Venue	No. of participants	Conducted By
1	26.05.2023	Teachers' orientation	Teachers from Ganabodhini school	Gananabodhini High school Kengeri	13	Mrs.Tarini Mrs.Bharathi Mrs.Maya Singh.
2	20.07.2023	New Master Trainer's Orientation	Ms.Nina Amurtha and Ms.Juanita	ASHA premises	3	Mrs.Tarini Wilson Mrs. Bharathi Moses Mrs.Maya Singh
3	05.08.2023	AHE- Master trainers Meeting	Master trainers and AHE staff	ASHA premises	6	ASHA Foundation
4	16.10.2023 - 18.10.2023	70 <sup>th</sup> - Teachers' Training Workshop- SALEM	Teachers	Anderson Campus, Yercaud main road, Opp Govt ITI , Periya Pudur, SALEM	56	ASHA Foundation
5	08.02.2024 - 10.02.2024	71 <sup>st</sup> Teachers Training Workshop- 3 <sup>rd</sup> AMRAVATI	Participants from Amravati Municipal school teachers	Podar International School, Amravati	120	Dr.Glory, Bethesa Jacob, Tarini Wilson, Baiju Sebastian ,Vrushali Gawande, Maya Singh , Ms.Nina Amrita and Ms.Juanita John

## ADOLESCENT HEALTH EDUCATION- “ANMOL ASHAYEIN” PROJECT PHOTOS



ASHA Foundation Master trainers at Teachers' Orientation for Gnanabodhini School in Kengeri on 26-05-2023.



Master Trainers' meeting was held at the ASHA Foundation on 05-08-2023



The ASHA Master Trainer team travelled to Salem to conduct a Teachers Training Workshop.



'Do What I Say' was an activity conducted by the master trainer during the Salem workshop.



Understanding Ourselves' a group activity at the Salem workshop 07-02-2023.



Participants Salem- Teachers Training Workshop held from 7<sup>th</sup> to 9<sup>th</sup> February 2023.



Ms. Bethesa Jacob, a master trainer, leading a session at the 71 Teachers training workshop Amravati on 08-02-2023.



Practicum at Podar School- 71 Teachers training workshop Amravati on 08-02-2023.



ASHA Team with participants at the 71st Teachers Training Workshop in Amravati, held from 8 -10 February 2024.



ASHA Foundation AHE- Team at Amravati Teachers Training workshop.





Mr. Baiju Sebastian Pune Coordinator attended the training on Development communication in the context of India on 12-07-2023



Mr. Baiju Sebastian Pune Coordinator attended the International Virtual conference on commerce trade & sustainable on 15.12.23

### 3. Children at risk Project :

This project supports HIV infected and affected children and HIV positive men, women and families. Free medical care and consultation is provided for all the HIV positive patients, including children. The services include routine medical care, treatment for opportunistic infections, counselling services, socio-economic assessments, free or subsidized Anti Retroviral Treatment (ART), free or subsidized costs for investigations, empowerment of women through Self Help Groups, and educational and nutritional support for HIV infected and affected children. This year, 62 children received support for education and there were 1142 patient visits to the free HIV clinic. The number of clinic visits is reduced this year compared to the previous year because we have started Differentiated Service Delivery (DSD) based on individual need. So, where patients are doing well are stable and regular on treatment they are seen only once in three months or six months, the others who require more counselling and medical care are seen more frequently. Twelve SHG meetings were held this year on the third Sunday of every month. This year as usual, the Sports Day was conducted on the 26<sup>th</sup> of January 2024. Games were organised for the children according to the age groups and lunch was provided after the event. Sixty-three children and 48 adults attended the Sports Day. The children all received a back pack each as a gift.

#### The components of the children at risk project are: -

1. Medical, nutritional and educational support for children.
2. HIV/AIDS outpatients clinic three times a week.
3. Empowerment of women through meetings and SHGs
- 4.

Sl.no	Particulars -2023-2024	Reached
<b>1</b>	<b>Education</b>	
a	Number of children who received educational support	62
b	ELE (pre-school) (Boy 02, Girls 05)	07
c	PE (Primary Education) (Boys 09, Girls 11)	20
d	SE (Secondary Education) (Boys 06, Girls 07)	13
e	IC (Intellectually Challenged)	-

f	HE (Higher Education)- pre university, college, vocational training, professional courses etc. (Boys 12 Girls 10)	22
	<b>Total</b>	<b>62</b>
<b>2</b>	<b>HIV/AIDS Clinic</b>	
a	Number of persons tested for HIV infection	60
b	Positive reported	14
c	Adults reported positive	14
d	Children reported positive	0
e	Number of new patients registered	13
f	Number of clinic days	143
g	Number of adult patient visits to clinic	955
h	Number of children patients visits to clinic	187
i	Total Number of patients visit to clinic	1142
j	General Investigations for children	65
k	CD4 Investigations for Children	54
l	Viral Load tests for children	41
m	OI infections treated for Children	25
n	Children on ART	42
o	Children on 1 <sup>st</sup> Regimen	38
p	Children on 2 <sup>nd</sup> Regimen	03
q	Children on 3 <sup>rd</sup> Regimen	01
r	Number of Children Hospitalized	-
s	Number of Children Referred	-
t	Adults on ART	305
u	General Investigation for adults	1172
v	CD4 investigation for adults	222
w	Viral Load tests for adults	110
x	OI infections treated for adults	37
y	PLHA TB treatment for adults	02
<b>3</b>	<b>Socio Economic</b>	
a	Number of SHGs Existing	06
b	Number of SHG members	117
c	Number of children supported for Nutrition	17

d	Number of Nutritional Poustic (Sanskrit word that means nutritious) plus distributed	86
e	Dry ration support for Poor Families	Six families supported for twelve months.
f	SHG Internal Loans issued	08
g	<p>SHG Monthly topics</p> <ul style="list-style-type: none"> <li>❖ Breast cancer</li> <li>❖ Cervical cancer</li> <li>❖ Skin Allergies</li> <li>❖ Importance of clinical Review date check-up and timely investigations</li> <li>❖ Five free Government schemes of Karnataka Government - Gruha Lakshmi, Shakti, Gruha Jyothi, Anna Bhagya and Yuva Nidhi</li> <li>❖ Rajiv Ghandhi Free Housing Board scheme</li> <li>❖ Pradhana Mantri Free sewing machine Yojana</li> <li>❖ Services from Family Planning Association of India – Free testing of Pap smear and blood tests</li> <li>❖ MS Ramaiah charitable Trust scholarship for Higher Education</li> <li>❖ Star Health Insurance</li> <li>❖ Adhar card updating after every Ten years</li> <li>❖ Healthy Drinks</li> </ul>	12
h	BHAF Meetings attended	01
i	Referred to Government Scheme called UNNATI (Means Progress) for Free Training and employment for under privileged youth	-

j	Referred to the HIV Positive Marriage Bureau to Karnataka Network for Positive (KNP+)	02
<b>4</b>	<b>Celebrations and Events</b>	<b>26/1/2024</b>
I	Sports day	1
a	Children Participated	63
b	Adults Participated	48
c	Staff	9
d	Volunteers-	1

The CAR project supports the medical, nutritional and educational support for children infected and affected by HIV/AIDS.

**The following activities were undertaken: -**

**To improve the educational status of children infected and affected by HIV/AIDS:**

As the part of the educational support, during the period, 62 children were supported for their education. Details as follows,

ELC (Early Learning Centre) Lkg and Ukg	07 (05 Girl & 02 Boy)
PE (Primary Education) 1 <sup>st</sup> std to 7 <sup>th</sup> Std	20 (11 Girls & 09 Boys)
SE (Secondary Education) 8 <sup>th</sup> std to 10 <sup>th</sup> std	13 (07 Girls & 06 Boys)
HE (Higher Education) 1 <sup>st</sup> PUC to Degree	22 (10 Girls & 12 Boys)
<b>Total</b>	<b>62 (33 Girls &amp; 29 Boys)</b>

**To improve the health status of the children infected and affected by HIV/AIDS and their families:**

**HIV Testing**

During the period, totally 60 HIV tests have been done including testing on 29 children. Out of this 14 have been reported positive, of which adult male 08 and adult females 06.

## **HIV/AIDS Clinic**

### **Children:**

ASHA Foundation conducts a HIV/AIDS clinic thrice a week on Mondays, Wednesdays & Fridays afternoon from 1.30 pm to 5.00 pm. Totally the clinic operates for 143 days. The medical team consists of Physician, Paediatrician, Counsellors, Nurse, Project Coordinator, Medical Social worker and clinic support staff. Free Medical care and consultation is provided for all the HIV Positive patients and all children infected by HIV/AIDS. The services include routine medical care, treatment for opportunistic infections, counselling services, socio-economic assessment and free or subsidized Antiretroviral Treatment (ART).

Presently 42 children are receiving ART treatment out of which 38 are on the first Regimen, 3 are on the 2<sup>nd</sup> Regimen and 1 child is on the 3<sup>rd</sup> Regimen. All these children have increased CD4 Counts and their quality of life is good. Totally 187 children visits occurred to the clinic. 54 times children received CD4 investigation support and 65 times children have received support for various investigations like CBC, ESR, Haemoglobin, Complete Blood Count, S Creatinine, SGOT and SGPT and Routine Urine analysis and 41 viral load tests have done.

### **Adults**

Totally 305 adult patients are on ART. Two hundred and twenty-two patients have undergone CD4 test and 1172 general investigations were conducted. One hundred ten Viral load tests were done. Six patients have done Abacavir sensitivity tests.

## **To improve the Socio-economic status of the children and their parents infected or affected by HIV/AIDS**

### **Self Help Groups: -**

Six existing Self-Help Groups (117 members) are there which have been formed under the guidance of ASHA Foundation with an average of 18 to 24 members in each group. The six groups are: Shrishti, Trupti, Preethi, Prakruthi, Nisarga and Nesara. Eight women have utilized the loan facility during the period and totally 174 times beneficiaries have taken loans amounting to Rs 724500 (Seven lakhs twenty-four thousand five hundred only) Out of this amount, 137 loans were cleared and Rs. 83840 is the outstanding loan amount still being paid by 37 loanees. The SHGs meet on the third Sunday of every month.

## **SHG Topics covered during the period as follows: -**

### SHG Monthly topics

- ❖ Breast cancer
- ❖ Cervical cancer
- ❖ Skin Allergies
- ❖ Importance of clinical Review date check-up and timely investigations
- ❖ Five free Government schemes of Karnataka Government - Gruha Lakshmi, Shakti, Gruha Jyothi, Anna Bhagya and Yuva Nidhi
- ❖ Rajiv Gandhi Free Housing Board scheme
- ❖ Pradhana Mantri Free sewing machine Yojana
- ❖ Services from Family Planning Association of India – Free testing of Pap smear and blood tests
- ❖ MS Ramaiah charitable Trust scholarship for Higher Education
- ❖ Star Health Insurance
- ❖ Adhar card updating after every Ten years
- ❖ Healthy Drinks

### **Sports Day**

The sports day for the year 2024 was held on 26<sup>th</sup> January, Friday from 8:00Am to 4:30 Pm at BBMP ground, Ananda Nagar. The day began by preparing the ground for games. The women and children started assembling by 9AM at the BBMP ground. As soon as they arrived, their names were registered, ID cards were given. There was a brief welcome by Shruthi, medical social worker several games were arranged for the boys and the girls according to their age groups most of these games were new and were being arranged for the first time, so the children really enjoyed them. For the women two races were conducted. The last game was ring game. After that was completed, the children were each given bag pack as gifts, in addition to what they won in their respective games. The day ended with lunch. Everybody had a good time. A total of 63 children and 48 adults participated in the sports day.

## **Feedback**

- I really enjoyed that day. I made some new friends also and all games were very nice. The food was also very tasty. Individual gift was good too.
- It was a wonderful event and we got to play lots of games. The food was incredible, also received a bag pack as a gift which was amazing.
- Sports day was wonderful program for us. I completely enjoyed all those games. The lunch was very delicious.

## **Dry Ration Support: -**

Six families with children were supported with dry ration for twelve months. Each package of dry rations consists of 5 kgs rice, 2 kgs Atta, half a kg green gram, 1 kg oil, half a kg Channa dhal, Toor dal 1kg, Sugar 1 kg, Jaggery half a kg, Ragi powder 3kgs, Tea powder 100gms, Chili powder 100gms, Haldi powder 100gms, Wheel soap 5pcs and Bathing soap 5 pcs.

## **Case study – 1**

Vinutha (Name changed), a 34-year-old widow, she came first to ASHA Foundation at the age of 27yrs. She was married at the age of 17 years and she acquired HIV from her husband; he subsequently passed away from the infection. Vinutha has a 15-year-old son who tested negative for HIV. During her second pregnancy, she discovered she was HIV positive, and tragically, her child did not survive.

Following these hardships, Vinutha start treatment at Freedom Foundation initially but did not continue her treatment there. In 2017, her health deteriorated significantly, leading to admission to Baptist hospital. At that time, her CD4 count was critically low at 23 cells/cu.mm. This was accompanied by symptoms such as breathlessness, cough with expectoration, and low-grade fever. After receiving treatment at Bangalore Baptist Hospital, she was referred to ASHA Foundation. She was started on ART (Anti retro viral therapy), free of cost, and her CD4 count had improved to 259, although she struggled with depression during this period.

ASHA Foundation has been instrumental in supporting Vinutha by providing free ART medication, supporting her son's education, offering moral support and counselling, and providing dry ration assistance. With their support, Vinutha has been able to rebuild her life; she now works as a computer



operator at a school, and her son has successfully completed 10th standard with good marks. Their positive outcomes illustrate the transformative impact of ASHA Foundation's support on their lives.

This case highlights the vital role that ASHA Foundation plays in supporting both mother and child affected by HIV/AIDS, ensuring they lead fulfilling lives despite the challenges they have faced.

**Case study - 2 :**

Parimala first came to ASHA Foundation in the year 2002. She was only 20 years and married for six months when she was diagnosed to be HIV positive . Her husband was also diagnosed to be HIV positive . Shortly thereafter she became pregnant . She was put on treatment with single drug Zidovudine after she reached the third trimester as per the guidelines in existence in those times. She delivered a boy baby who was HIV negative, When her child was one and half years old, her husband died from AIDS. She has been a patient at ASHA Foundation since 2002, ie for the past 22 years and received a lot of support in terms of ART and educational support for her son. In 2012 she lost her brother who was a big source of support to her in a road traffic accident . She was also injured in the accident and required surgery and blood transfusion. In 2024 , she is 44 years old and doing well on treatment. Her CD4 count is above 1000 cells/cu.mm and her viral load is undetectable, She has a government job as an attender. Her son who is 22 years old now, has completed his BE in Computer Science and Data and has got a job at an MNC and earning Rs 8 lakhs per annum. This case story is being presented to show the long term support of ASHA Foundation to widows for more than twenty years and to families being lifted out of poverty due to this long term support.

**TRAININGS ATTENDED 2023-24**

Sl No	Date	Topic	Name	Venue	No. of Days	Conducted by
1	29.09.2023	Updates from 12 <sup>th</sup> IAS-Conference for Science 2023” (Held in Brisbane in July 2023)”	Dr. Sarita Rao, Mr. Ramu, Ms. Shruthi, Ms Rebekamma	Zoom	1 day	IAS – EF and ASHA Foundation

<b>Details of the Children who have completed their Education, Supported by ASHA Foundation</b>					
<b>Sl.no</b>	<b>Name</b>	<b>Education</b>	<b>Age</b>	<b>Designation</b>	<b>Salary/month</b>
1	T	Mcom	29	works in agriculture department as casual finance officer	18000
2	S	Diploma	26	Gym Instructor	25000
3	M	BCom	22	Works in a private firm	18000
4	S	2nd PUC	20	Zepto Office in charge -Jayanagar	18000
5	L	2nd PUC	22	Works in BPO - Tele caller	25000
6	R	10th Std	26	Runs a Military Hotel	12000
7	M	9th Std	20	Runs a Military Hotel	12000
8	W	MCA	25	Works in Starter company	25000
9	S	BCom	22	works in Eco space customer support	18000
10	C	9th std	24	Due to health condition education stopped	
11	S	Diploma	27	Fixed agent in Delivery.com	19000
12	A	BCom	29	Tax Analyst in EY	24000
13	R	9th Std	24	Ola auto driver	15000
14	P	BCom	26	Data Entry operator in CDPO office Bangalore rural	15000
15	V	BCom	24	Riddhi finance company	15000
16	D	ITI	23	Works in a press	15000
17	S	JOC	26	Works in one MG	12000
18	M	BCom	25	Works in BPO	20000
19	S	Diploma	26	Works in IT company	22000
20	H	BCom	23	Accountant in a private firm	18000
21	M	Mcom	30	Lecturer	24000
22	J	BE	26	Decision Scientist in Mu sigma ITPL	22000
23	R	BE	24	Ethnus consultancy services pvt. Ltd	15000
24	T	Job Oriented course	26	Ac mechanic - works as casual labour in Lakshmi Enterprises	12000
25	S	BCom	26	Married House wife	
26	K	Diploma	24	Diploma in Office management - Doing tally	16000
27	Y	2nd PUC	21	Married - House wife	
28	N	ITI	20	Works in Suprajith Factory	12000
29	M	BCOM	25	works in Marviric technologies pvt.ltd	17000
30	S	2nd PUC	23	Works in Electrical shop	8000
31	R	BCom	23	Delivery boy in courier office	18000
32	B	BCom	25	Operational Analyst	15000
33	S	Diploma	24	Works in Garments	12000
34	A	2nd PUC	24	Works in Jio	14000
35	A	2nd PUC	27	Works in Swiggy	15000

36	L	BE	26	works in IT company	25000
37	R	BCom	24	Running a cyber centre and Mobile Repair shop	12000
38	S	10th Std	25	Works in Ematrix solutions	15500
39	M	1st PUC	27	Works in BPO	15000
40	M	BSC - Computer applications	25	Works as a Ultrasound typist in Arthi scans	13000
41	M	BCA	29	Loan recovery officer - Cholamandalam finance	20000
42	M	BCom	25	Married - House wife	
43	V	BE	24	Working as a Technical trainee in FAI company	56000
44	P	BCom	23	BAYERS Account payable Associate	25000
45	Y	BE	23	Site engineer in construction company	22000
46	S	BCom	25	Works in Ujjivan as tele caller	15000
47	P	ITI	22	Works in PU board D group	12000
48	K	BCom	27	Marketing in M fitness gym	22000
49	H	BBA	28	Works in HMT	25000
50	D	Masters in Tourism	30	Works in Tourism office	23000
51	M	M com	28	Accountant in Reddy college	20000
52	G	2nd PUC	26	works in Event management	22000
53	H	BE	28	works in private company	45000
54	A	BCom	28	Computer operator in PUB	15000
55	H	ITI	27	Electrician	18000
56	R	BCom	28	Receptionist in OMEGA	10000
57	C	BE	28	Assistant Technical Engineer in IBM	25000
58	S	ITI	29	works in Hayagreeva Temple	20000
59	Y	Diploma	29	works in Toyota	25000
60	R	BCom	30	works as a tele caller	16000
61	N	ITI	28	Electrician	22000
62	S	MA	29	English teacher in PVT school	21000
63	S	11th std	24	works in jewellery shop	12000
64	S	BE	29	implementation and QA engineer in Empire software solutions	45000
65	A	BCom - CA	20	Works in Auditor office	22000
66	S	12th Std	20	Married - House wife	
67	H	BE- computer science	25	completed in May-2024 searching for Job	
68	G	MCA	23	Works in private firm	20000
69	S	Job oriented course - computer	21	Married - House wife	
70	G	2nd PUC	21	Operation executive TYLT	12000
71	V	BCom	27	Married - House wife	

72	A	BCom	28	App developer	15000
73	A	Nursing	30	Male Nurse	25000
74	H	NTT (Diploma)	27	Works as a Teacher (Kennet George school)	8000
75	U	BCom	29	Works in cement factory	12000
76	S	BCom	30	Digital relationship manager Axis bank	18000
77	R	BCom	29	Works in Amazon	17000
78	S	B pharma	26	works in Med plus	15000
79	P	BCom	26	Accountant	18000
80	V	MCA	35	Great learning part time job	15000
81	U	BCom	33	Sales officer	24000
82	S	BBM	30	Working in a PVT company in jiggani industrial area	15000
83	S	BCom	28	Accountant	16000
84	M	Medical records division	30	Works in MRD section in Bangalore Baptist Hospital	15000
85	N	BCom	22	Process Associate	25000
86	H	BE	25	Working as a Executive Technical support in Startek company	20000
87	Y	BCom (MBA)	23	Photo designer own business	20000
88	R	BCA	23	Works in BPO	22000
89	V	BA	34	Tele caller in SBI bank	15000
90	V	Mcom	23	Accountant in Insurance company	25000
91	S	BCom	24	Works in Ujjivan as tele caller	15000
92	K	Diploma in civil engineer	24	Site engineer in construction company	20000
93	G	BE	23	BE in computer science -works in Asbeen	56000
94	H	BE	24	BE in computer science- Executive technical support in STARTEK company	22000
95	A	2nd puc	22	Works in Dunzo	14000
96	S	2nd puc	20	Works in private firm	12000
97	J	B Tec -CS	28	Works in DXC technologies	30000
98	N	B com	24	Works in Kempe Gowda International Airport under contract	18000
99	K	BBA	22	Married -House wife	
100	S	TCH	33	Teacher in a private school	28000
101	R	10 <sup>th</sup> Std	26	Car driver	20000
102	P	BBA	21	Searching for Job	

In the above table, 52 children are females and 50 children are males and 23 of the 102 children are living with HIV while the others are siblings affected by HIV but not infected.

## CHILDREN AT RISK PROJECT PHOTOS



An education support cheque is being issued to beneficiaries



Anti-retroviral therapy medication was issued to a patient at ASHA Foundation



ASHA Foundation Medical social worker is evaluating a child through an educational assessment.  
on 20-11-2023



Blood being drawn for HIV viral load test at ASHA Foundation



Dr. Saritha Rao, a paediatrician, is examining a child at the ASHA Foundation clinic.



Mr. Ramu, CAR Project Coordinator, explaining government schemes at the SHG meeting on 18-6-2023



Mr. Tejaswi and Mrs. Shubratha from Wipro visited ASHA Foundation on 23-06-2023



A counsellor from Family Planning Association of India held a meeting with SHG group women at the ASHA Foundation on 15-10-2023





Star Health Insurance information given at SHG meeting on 21-01-2024



Sports day at ASHA Foundation conducted on 26-01-2024



On sports day, children are being divided into age-based groups to play games



Children are enjoying the 'Fill the Bottle with a Holey Cup' game during Sports Day



Musical chair game at Sports day on 26-01-2024



Prizes were distributed to children at Sports Day on 26-1-2024



Gifts were distributed to the children during Sports Day



Deepavali gifts for ASHA Foundation children, sponsored by Altimetrik Digital Marketing Pvt. Ltd., through YRG Care, Chennai on 4-11-2024

#### **4. PMTCT Project-Prevention of Mother to child Transmission of HIV Project**

The National AIDS Control Organization (NACO) guidelines on Prevention of Mother-to-Child Transmission (PMTCT) provide a comprehensive framework for healthcare professionals to effectively prevent the transmission of HIV from mother to child during pregnancy, childbirth, and breastfeeding. These guidelines encompass various strategies and interventions aimed at reducing the risk of HIV transmission and improving the health outcomes of both mothers and infants.

According to the NACO guidelines on PMTCT, key components include HIV testing and counseling, starting all HIV positive pregnant women on lifelong antiretroviral therapy (ART), counselling on safe infant feeding practices, giving antiretroviral prophylaxis to HIV exposed infants, promoting institutional delivery and postnatal care, providing family planning and contraceptive services, and the implementation of a stringent monitoring and evaluation system. These guidelines includes PMTCT key approach and have been periodically updated to reflect the clear evidences and best practices and to deliver high-quality PMTCT services across India.

.India, which has committed to achieve elimination of vertical transmission of HIV (EVTH) by 2025, has increased HIV testing of pregnant women and mothers, has broadened the parameters of coverage of related services, and has reduced the estimated number of HIV-positive pregnant women/mothers requiring EVTH services by 34% from 2010. By 2022, the mother-to-child transmission (MTCT) rate was estimated at 19.91% - representing success towards the EVTH goal.

The ASHA Foundation in the same period is tracking and managing the issue of HIV positive pregnant women in Bangalore and surrounding areas with the objective of "eliminating new HIV cases in children of HIV +ve mother and increasing the quality and quantity of life of the HIV +ve mothers.

**Introduction:** The ASHA Foundation's Prevention of Mother-to-Child Transmission (PMTCT) project is dedicated to reducing the transmission of HIV from mothers to their children during pregnancy, childbirth, and breastfeeding. . Over the past year, our commitment to reducing HIV transmission from mothers to children has driven our efforts to new heights .This annual report highlights the progress and achievements of the project during the period from April 2023 to March 2024.

## **Progress and Achievements**

### **1. Antenatal Care and HIV Testing:**

- During this period, the PMTCT project conducted routine HIV testing for 7,677 pregnant women in partner hospitals.
- 26 women were diagnosed as HIV-positive and immediately started treatment.

These efforts highlight the importance of early detection and intervention in preventing mother-to-child transmission.

### **2. Treatment and Care:**

- 32 HIV-positive mothers delivered 33 infants, all of whom received treatment.
- 31 babies tested at six weeks of age were found to be HIV-negative.
- 34 babies underwent a 6-month antibody test, and 34 babies had a 12-month antibody test, all resulting in negative for HIV.

These outcomes reflect the success of the project in providing effective antiretroviral therapy and care for both mothers and infants.

### **3. Outreach and Awareness:**

- The project's outreach worker made significant efforts to raise awareness about ASHA Foundation's PMTCT programs.
- The worker reached out to 486 institutions, including government centers and 28 networks, leading to 22 new patients being registered in the program.

These efforts demonstrate the project's commitment to identifying and treating HIV-positive pregnant women.

### **4. Counseling and Support:**

- A total of 84 counseling sessions were conducted by the program officer at ASHA Foundation.
- These sessions included antenatal care (ANC) counseling, pre- and post-test counseling, pre-ART and adherence counseling, and follow-up counseling.

### **5. Collaboration with Partner Hospitals:**

- The PMTCT project collaborated with several partner hospitals that showed remarkable commitment to sustaining the project.

- These partner hospitals played a crucial role in providing quality care to HIV-positive patients.
- Their partnership has been essential for the successful implementation of PMTCT services and improved health outcomes for the individuals served.

#### **6. Representation and Participation:**

- The PMTCT outreach worker attended the Bangalore HIV and AIDS Forum meeting, enabling the exchange of knowledge and experience with international stakeholders, further enhancing the project's impact and effectiveness.

This report illustrates the dedication and hard work of the ASHA Foundation's PMTCT project team over the past year, highlighting significant strides made in the fight against mother-to-child transmission of HIV.

**The table below provides cumulative statistics for the year April 2022-March 2023 and the period from January 2003 to March 2024**

<b>Particulars</b>	<b>ASHA PMTCT April'23-March'24</b>	<b>ASHA PMTCT Cumulative Jan '03 – Mar2024</b>
<b>Total no. of deliveries</b>	<b>6589</b>	<b>2,29,160</b>
<b>Total no. of ANC women registered</b>	<b>7405</b>	<b>2,25,905</b>
<b>Total no. of women counseled</b>	<b>5437</b>	<b>2,19,134</b>
<b>Total no. of women tested</b>	<b>7677</b>	<b>2,41,812</b>
<b>Total no. of antenatal women identified HIV positive</b>	<b>26</b>	<b>1128</b>
<b>No. of live born</b>	<b>33</b>	<b>968</b>
<b>Total no. of women awaiting delivery</b>		
<b>Eligible women treated</b>	<b>32</b>	<b>936</b>

<b>No. of babies treated</b>	<b>33</b>	<b>947</b>
<b>PCRs or ELISAs done</b>	<b>31</b>	<b>820</b>
<b>Positive PCR</b>	<b>0</b>	<b>13</b>
<b>Negative PCR/ELISA</b>	<b>31</b>	<b>807</b>
<b>Babies had final 3 antibody test under EBF at 15 months</b>	<b>24</b>	<b>222</b>
<b>Babies had final 3 antibody test under ERF at 15 months</b>	<b>3</b>	<b>20</b>
<b>Transmission rate</b>		<b>1.5%</b>

**The table below presents the counseling sessions conducted during the specified period April 2023 to March 2024 by ASHA PMTCT counselor**

<b>Type of counseling</b>	<b>April2023-March 2024</b>
ANC counseling((Supportive counseling(Pregnancy and drugs ,Delivery, Infant feeding options)	17
Pre &post test counseling(Infant testing)	23
Pre-ART and Adherence counseling	9
Follow-up counseling	35
<b>Total counseling sessions</b>	<b>84</b>



## Awareness:

### Sensitization Initiatives Led by Trained Healthcare Professionals in Hospitals

Throughout the period from April 2023 to March 2024, our partner hospitals have undertaken substantial efforts to sensitize individuals, spearheaded by trained doctors and counselors. These initiatives have been pivotal in enhancing awareness and advocating for well-being both within hospital settings and across the broader community. We extend our heartfelt appreciation to the committed doctors, nurses, nursing students, ward aides, paramedics, community workers, and community members who actively engaged in these endeavors. Together, we remain steadfast in our commitment to prioritize education and empowerment, fostering a healthier and more enlightened society.

**The following is a cumulative summary of the sensitization efforts conducted within this timeframe:**

<b>People Sensitized</b>	<b>By Trained Doctors/Counselors in their Hospitals April23-March24</b>	<b>Cumulative Total</b>
Doctors	14	527
Staff Nurses	56	2959
Nursing Students	184	4535
Ward Aides	19	1685
Para medicals and Community Workers	32	802
Community	120	10487
<b>Total</b>	<b>425</b>	<b>20995</b>

The following hospitals have shown exceptional dedication in sustaining the project independently, while also receiving technological assistance and financial support as required for the care of HIV-positive individuals within their facilities. Additionally, they have benefited from Information, Education, and Communication (IEC) materials and counselor training:

1. St Joseph's General Hospital, Guntur.
2. Women's Hospital, Ambajipeta.
3. The Bangalore Baptist Hospital, Karnataka
4. Church of South India Hospital, Bangalore, Karnataka
5. Seventh Day Adventist Hospital, Bangalore, Karnataka
6. Rural Health Training Centre, Kazhakuttom.
7. Dr Somervell Memorial CSI Hospital, Karakonam, Kerala.
8. LMS Boy's Brigade Hospital, Kundara, Kollam Dt, Kerala
9. Christian Fellowship Hospital, Oddanchatram, Tamil Nadu

These hospitals have demonstrated outstanding commitment to the sustainability of the project and have played a crucial role in delivering quality care to HIV-positive patients. The collaboration between ASHA Foundation and these hospitals has led to the successful implementation of PMTCT services, resulting in improved health outcomes for the individuals served.

**Conclusion:** In summary, the ASHA Foundation PMTCT project has achieved remarkable progress in its goal to prevent mother-to-child transmission of HIV. Through innovative strategies, strong collaborations, and steadfast dedication, we have positively impacted the lives of numerous mothers and children, enabling them to live healthier, HIV-free lives. Moving forward, we are resolute in our commitment to sustaining this crucial initiative, ensuring that every child has the chance to thrive, irrespective of their HIV status.

#### **Case Study:**

Meenu, a 38-year-old woman, is currently in her fourth pregnancy. She was first married at the age of 15 and had two children from that marriage. After 15 years of marriage, she and her husband began experiencing severe interpersonal problems, leading to their separation. Her husband left her and their children. Three years after the separation, Meenu remarried.

During her third pregnancy, Meenu was tested for HIV at two different hospitals, both of which returned negative results. However, her first child from the second marriage developed recurrent health issues after six months, ultimately leading to pneumonia. Unfortunately, by the time the baby's positive HIV test results were received, the child had passed away. Subsequently, Meenu also tested positive for HIV and her husband tested negative. She was prescribed antiretroviral therapy (ART) from a government hospital, but she was not consistent with her treatment.

During her fourth pregnancy, Meenu sought care from ASHA Foundation. At that time, her baseline viral load was measured at 1,318,400 HIV-1 RNA copies/ml. After this, she began taking her ART medication regularly. Within three months of consistent ART, her viral load became undetectable. In October 2023, Meenu delivered a healthy baby girl.

The baby was given Syrup Nevirapine for 6 weeks. The six weeks DNA PCR for baby was HIV negative. The baby is now 10 months old, and repeated HIV antibody tests at six months have also been negative.

She now has three children, all are HIV negative and she is living a happy life with her husband and family.

#### **TRAININGS ATTENDED BY PMTCT PROJECT 2023-24**

<b>Sl No</b>	<b>Date</b>	<b>Topic</b>	<b>Name</b>	<b>Venue</b>	<b>No. of Days</b>	<b>Conducted by</b>
1	18.08.2023	BHAF meeting	Shivamma	Sadhana office, sanjay nagar	3 hrs	Bangalore HIV and AIDS Forum
2	29.09.2023	Updates from 12 <sup>th</sup> IAS-Conference for Science 2023” (Held in Brisbane in July 2023)”	Remya Alan Thomas	Virtual Platform	1 day	IAS – EF and ASHA Foundation
3	13.10.2023	BHAF meeting	Shivamma	Samara office Nagashetty halli	3 hrs	Bangalore HIV and AIDS Forum

## PREVENTION OF MOTHER TO CHILD PROJECT PHOTOS



PMCT program officer providing ANC counselling on 26-9-2023



PMCT Outreach worker attending BHA meeting on 13-10-2023 at Samara office Nagashettyhalli



Blood being drawn from baby for 1year HIV antibody test at AF premises on 11-12-2023.



PMTCT Out reach worker attending World AIDS day program conducted by Government of karnataka on 01-12-2023



PMTCT Program officer providing ART adherence counselling on 31-5-2023.



PMTCT Program Officer giving Adherence counselling and 6weeks PCR report of baby to mother on 25-05-2023



Blood being drawn from baby for 6weeks DNA PCR test at AF premises on 5-1-2024



PM

TCT Program Officer giving baby's HIV negative report of 6 months baby to mother on 19-01-2024



World AIDS Day being celebrated At PMTCT Kerala Partner hospital of ASHA Foundation on 01-12-2023



World AIDS Day health talk by Trained counsellor at PMTCT partner hospital, Andhra Pradesh on 01-12-2024



## **5. Camp Rainbow Project :**

Camp Rainbow is a psycho-social program to provide opportunities for children living with HIV to participate in HIV education, traditional camp activities through the vehicle of residential and day camps. It aims at enhancing campers' adherence to treatment and medication, to improve their quality of life with the primary focus on providing children with serious fun!

These structured psycho-social programs are in collaboration with the SeriousFun Children's Network, USA, started by actor Paul Newman. The SeriousFun Children's Network evolved from their year round camps in US and Europe to a Global Partnership Program serving children in Africa, Asia and South America.

2023 was the tenth year of Camp Rainbow Bangalore and 8<sup>th</sup> season of residential camps, since camps were not conducted in 2020 and 2021, due to the pandemic of Covid. About 4 sessions of camp was conducted in the year 2023 .The first three sessions of camp for the year, was conducted in the month of May at Krishnagiri, Dharwad and Koppal. Another session of camp was conducted in the month of October in Bijapur. These camps were a shortened version of the 5 day residential camps.

The first session of camp in 2023 was conducted at Snehagram, Krishnagiri .This camp was conducted in collaboration with 'I M Possible' fellowship, Snehagram. About 33 children participated in the programme. The second session of camp was conducted at Sevalaya, Dharwad. This camp was also conducted in collaboration with Snehagram. About 37 children participated in these camps.

For the camp in Koppal, Calvary Chapel trust supported in mobilizing children. About 28 children participated in camp. The fourth session of camp was conducted at Navasanidya girls' home, Bijapur and about 29 girls participated in camp, that was conducted in October. Including the year 2023, 668 children living with HIV have been served through camp.

The volunteers' recruitment for 2023 camp was also a little different. One of the highlights was that, most of them were youth living with HIV. Some of them were previous years' campers, who transitioned to volunteers. Some of them have also been a part of LIT (Leaders' in training) programme. About 28 youth living with HIV participated in camp sessions as volunteers.

Another important component of CRB is the LIT programme. LIT stands for ‘Leaders’ in training’. It is a program for youth living with HIV in the age group of 18 to 24 years. LIT programs are conducted as 1.5 day residential program and also as a 1 day non-residential program. During LIT program, important life-skills topics like decision-making, peer pressure, goal setting, true-love vs Infatuation, marriage etc. are conducted. About 223 youth participated in LIT program, in the year 2023. A total of about 541 youth have participated in the LIT program, so far.

In the year 2023, CRB team also conducted Capacity building workshops. There were no Capacity building workshops conducted after 2019, due to Covid. Post Covid, it was the first time Capacity building workshop was conducted. About 22 staff from different institutions and networks from north Karnataka participated in the programme. The networks which participated in the programme were- KNP+ Bangalore, Bijapur, Bidar, Gulbarga, Belgaum, Raichur, Koppal, Chitradurga, Haveri, Gadag, Hubli. Also representatives from institutions that work with children and youth living with HIV like Shiva Foundation-Belgaum, Saiujyam-Hubli, Navasanidya Girl’s home Bijapur were present for the event. It was a 2.5 day programme. During the programme, different topics like B.E.S.T-Behavior empowerment and support techniques, Appropriate touch and safety protocol, Caring adult relationship, Zones of learning, Revealing HIV status-what children would like to know etc.. were facilitated.

Follow-up day camps are another important part of CRB programmes. These are usually half a day or one day programmes and these are conducted for those attended camp and their siblings, *if any*, each year. For the year 2024, follow-up day camp was conducted at Dharwad in the month of July and at Bijapur in October.

#### **FEEDBACK from children at camp :**

1. “I liked all the akkas and annas. Thank you so much for inviting us for the camp. We enjoyed all the games. Please call me once again for camp”-Camper.
2. “What I learnt is to choose good friend and also be a good friend. I am not supposed to get into unnecessary activities because of peer pressure” – LIT participant.
3. “I knew about love. But Infatuation is something I didn’t know that much. Differentiating these both helped me a lot. This session helped me to know about not falling into infatuation and focus on my needs and goals”- – LIT participant.

4. “Experience was very good. I learnt a lot from children. Camp was good. Conduct in other districts also. It will be helpful for a lot of children. These kind of programmes will help to encourage children” –Volunteer.
5. “It was too good. As it was my first experience in this 3 days camp. I enjoyed a lot being with kids. Overall a good memory to carry out from this”-Volunteer.
6. “This programme was very helpful. Please conduct such programmes in north Karnataka”- Caregiver.

**TABLES:**

<b>TABLE 1: TOTAL NO.. OF CHILDREN PARTICIPATED IN RESIDENTIAL CAMP</b>	
<b>Session 1-Snehagram,Krishnagiri</b>	33
<b>Session 2-Sevalaya, Dharwad</b>	37
<b>Session 3-Calvary chapel trust, Koppal</b>	28
<b>Session 4-Navasnidya Girls home, Bijapur</b>	29
<b>Total</b>	<b>127</b>

<b>TABLE 2: CAMPERS’ DETAILS</b>	
<b>Boys</b>	72
<b>Girls</b>	55
<b>Total</b>	<b>127</b>

<b>TABLE 3: CAMPERS’ DETAILS</b>	
<b>Children from institutions</b>	79
<b>Children from community</b>	48
<b>Total</b>	<b>127</b>

<b>TABLE 4: TOTAL NO.. OF YOUTH PARTICIPATED IN LIT PROGRAMME</b>	
<b>ASHA Foundation, Blr</b>	22
<b>Chikballapur Network</b>	12
<b>ASHA KIRANA, Mysore</b>	31
<b>Infant Jesus children's home, Kothanur</b>	27
<b>St.John's hospital, Blr</b>	21
<b>Dayabhavan, Kunigal</b>	46
<b>Bijapur</b>	58
<b>ASHA Foundation, Blr</b>	6
<b>Total</b>	<b>223</b>

#### **TRAINING PROGRAMMES CONDUCTED 2023-24**

<b>Sl. No</b>	<b>Date</b>	<b>Topic</b>	<b>For whom</b>	<b>Venue</b>	<b>No. of participants</b>	<b>Conducted by</b>
1	12.04.2023	Volunteers' training session 1	Volunteers from Snehagram	Online-Zoom	11	CRB Leadership Team
2	19.04.2023	Volunteers' training session 2	Volunteers from Snehagram	Online-Zoom	10	CRB Leadership Team
3	26.04.2023	Volunteers' training session 3	Volunteers from Snehagram	Online-Zoom	10	CRB Leadership Team
4	28.04.2023 to 30.04.2023	Volunteers' training	Volunteers from Snehagram	Snehagram, Krishnagiri	13	CRB Leadership Team and SeriousFun programme manager
5	03.05.2023 to 05.03.2023	Camp session 1	Children living with HIV in the age group of 10 to 17years	Snehagram, Krishnagiri	33	CRB Volunteers and Leadership Team
6	09.05.2023 & 10.05.2023	Dharwad volunteers' orientation session	Volunteers	Sevalaya, Dharwad	28	CRB Leadership Team
7	11.05.2023 to 13.05.2023	Camp session 2	Children living with HIV in the age group of 10 to 17years	Sevalaya, Dharwad	37	CRB Volunteers and Leadership Team

8	17.05.2023 to 19.05.2023	Camp session 3	Children living with HIV in the age group of 10 to 17years	Calvary Chapel trust, Koppal	28	CRB Volunteers and Leadership Team
9	02.07.2023	LEADERS' IN TRAINING (LIT) PROGRAMME	Youth living with HIV in the age group of 18-24 yrs	ASHA Foundation, Banaglore	22	CRB Leadership Team
10	21.07.2023 to 22.07.2023	Capacity building workshop	Organization staff working with children and youth living with HIV	Sevalaya, Dharwad	22	CRB Leadership Team
11	23.07.2023	Follow-up day camp	Children who attended camp in the month of May, at Dharwad	Sevalaya, Dharwad	29	CRB Volunteers and Leadership Team
12.	12.08.2023	LEADERS' IN TRAINING (LIT) PROGRAMME	Youth living with HIV in the age group of 18-24 yrs	Chikballapur network	12	CRB Leadership Team
13	27.08.2023	LEADERS' IN TRAINING (LIT) PROGRAMME	Youth living with HIV in the age group of 18-24 yrs	ASHA Kirana, Mysore	31	CRB Leadership Team
14	09.09.2023	LEADERS' IN TRAINING (LIT) PROGRAMME	Youth living with HIV in the age group of 18-24 yrs	Infant Jesus children's home, Kothanur	21	CRB Leadership Team
15	15.09.2023	LEADERS' IN TRAINING (LIT) PROGRAMME	Youth living with HIV in the age group of 18-24 yrs	St.John's hospital, Sarjapur road	21	CRB Leadership Team
16	23.09.2023 to 24.09.2023	LEADERS' IN TRAINING (LIT) PROGRAMME	Youth living with HIV in the age group of 18-24 yrs	Dayabhavan, Kunigal	46	CRB Leadership Team
17	22.10.2023 to 24.10.2023	Camp session 4	Children living with HIV in the age group of 10 to 17years	Navasanidya girls' home, Bijapur	29	CRB Volunteers and Leadership Team
18	25.10.2024	Follow-up day camp	Children who attended camp in the month of May, at Krishnagiri	St.Teresa's boy's home, Bijapur	29	CRB Leadership Team
19	26.10.2023 to 27.10.2023	LEADERS' IN TRAINING (LIT) PROGRAMME	Youth living with HIV in the age group of 18-24 yrs	Hotel Madhuvan, Bijapur	58	CRB Leadership Team
20	08.12.23	LEADERS' IN TRAINING (LIT) PROGRAMME	Youth living with HIV in the age group of 18-24 yrs	ASHA Foundation, Banglore	6	CRB Leadership Team

### OTHER TRAININGS/PROGRAMMES ATTENDED 2023-24

SI No	Date	Topic	N0. of participants	Venue	No. of Days	Conducted by
1	29.09.2023	Updates from IAS 2023, 12 <sup>th</sup> IAS Conference on HIV Science (Held in Brisbane, in July 2022)	HIV Science and Community in South Asia- Series 2	Online-Zoom	1	IAS – EF and ASHA Foundation

### CAMP RAINBOW – TOTAL SESSIONS AND NO.OF PEOPLE SERVED FROM THE YEAR 2014

Year		2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	Total
Residential Camps	Total camp sessions	2	2	2	3	2	2	0	0	1	4	1	19
	Total volunteers /Camp staff trained	19	31	28	48	32	35	0	0	8	34	19	254
	LT served	5	7	6	7	6	7	0	0	3	3	4	48
	Total children participated in Residential camp programme	57	85	65	120	69	92	0	0	53	127	50	718
Outreach Programmes (Follow-ups/CBP day camps and Re-unions)	Total no. of sessions	3	5	8	13	15	16	0	0	0	2	0	62
	No. of campers participated in outreach	65	171	218	328	199	224	0	0	0	25	0	1230
	No. of non-campers participated in outreach	4	42	91	99	112	294	0	0	0	4	0	646
	No. of caregivers participated in outreach	30	70	83	75	57	69	0	0	0	0	0	384
	No. of trained staff/LT participated in outreach	44	102	130	90	99	67	0	0	0	0	0	532

	No. of volunteers participated in outreach	10	24	29	38	11	0	0	0	0	6	0	<b>118</b>
LIT(Leaders' in Training Programme)	Total no. of sessions	0	2	2	2	2	2	0	2	9	8	3	<b>32</b>
	No. of adolescents & youth participated in LIT	0	20	21	16	30	26	0	22	184	223	52	<b>594</b>
	No. of trained staff /LT participated in LIT	0	8	14	11	12	12	0	7	3	3	3	<b>73</b>
Capacity building programme	Total no. of sessions	1	0	0	1	1	1	0	0	0	1	0	<b>5</b>
	No. of organization staff/participants	19	0	0	15	16	32	0	0	0	22	0	<b>104</b>
	No. of trained staff /LT participated	5	0	0	6	4	4	0	0	0	3	0	<b>22</b>

OVERALL HIV POSITIVE CHILDREN AND YOUTH SERVED THROUGH RESIDENTIAL CAMPS AND LITS: **1312(718+594)**

TOTAL CHILDREN (CAMPER/ NON-CAMPER) AND YOUTH SERVED THROUGH RESIDENTIAL CAMPS, OUTREACH(FOLLOW-UPS,RE-UNIONS) AND LITS: **3188(718+594+1230+646)**

TOTAL CAMP STAFF/VOLUNTEER/LT TRAINED: **302**

CAREGIVERS SERVED: **104**

## CAMP RAINBOW PROJECT PHOTOS



Camp tour activity during Camp in Snehagram, Krishnagiri, from 3 – 5 May 2023



Volunteers orientation session at Dharwad on 10 -05-2023





Arts and Crafts activity at camp in Sevalaya-Dharwad, from 11<sup>th</sup> - 13<sup>th</sup> May 2023



Capacity building workshop conducted at Dharwad on 2st- 22nd July 2023



.Group picture at Camp in Calvary Chapel trust- Koppal, from 17 - 19 May 2023



LIT(Leaders' in training ) programme at ASHA Foundation, Bangalore, on 02.07.2023



Follow-up day camp at Sevalaya, Dharwad, on 23.07.2023



LIT(Leaders' in training ) programme at ASHA Kirana, Mysore, on 27.08.2023



LIT(Leaders' in training ) programme at Infant Jesus children's home, Kothanur, on 09.09.2023



LIT (Leaders in training) programme at Bijapur, on 27.10.2023 & 28.10.2023

## Research :

The primary areas of Research are:

- Clinical research in Prevention of mother to child transmission of HIV infection
- Clinical research in Adults with HIV
- Clinical research in children with HIV
- Adolescent Health Education
- Counseling in HIV
- Socio economic aspects of HIV

## List of publications :

1. Dr. Glory Alexander- Original author of Unit **HIV/AIDS and Women** under Block 1- HIV and vulnerable populations for Certificate course(CAFÉ) and Diploma in HIV and Family Education (DAFE) for the Elective on HIV/AIDS BFEE-101 conducted by **IGNOU university** and member of the original expert committee that formulated these courses.
2. Dr.Glory Alexander original author of unit - **HIV/AIDS and its implication for infected person, family and community** under Block 2 HIV/AIDS Education and care for Certificate course(CAFÉ) and Diploma in HIV and Family Education (DAFE) for the Elective on HIV/AIDS BFEE-101 conducted by **IGNOU university** and member of the original expert committee that formulated these courses.
- 3 Joyce Davis, Dr.Glory Alexander, Chitra Lancelot, Dr.PSS Sundar Rao **Assessment of workshop-based training of teachers for imparting value based education to high school students.**-Journal of Educational Research and Extension; volume 43,Oct-Dec 2006,pages 10-17.
- 4 Avina Sarna, Jaleel Ahmed, Glory Alexander, Vaishali Mahendra et al.  
**Exploring the barriers to accessing care and treatment for HIV infected children in India-A diagnostic study- Research update –April 2007.**
5. G. Alexander, B.G.Sunitha, K.L.Chitra **Counseling Needs Of Persons Exposed To Human Immuno-Deficiency Virus**-Indian Journal of medical research 126, August 2007,pp152-155.

6. Joyce Davis, Glory Alexander, PSS Sundar Rao – **Value education for children- whose responsibility ?** New Frontiers in Education, Vol-40, No-3, July-Sept 2007 pp246-250.
7. Joyce Davis, Glory Alexander **Mapping the future-Students response to Adolescent Health Education** booklet June 2009
8. Joyce Davis, Glory Alexander, PSS Rao **Response of Indian School Students to Adolescent Health Education**-New Frontiers in Education, Vol.43, No.4,October -December 2010 pp 494-499.
9. Joyce Chitra Davis, Glory Alexander, Divya Alexander, Pearly Benjamin **Character building and Life Skills Education – Teachers Resource Manual – Volume -1 (Understanding myself and Friendships)**
10. Joyce Chitra Davis, Glory Alexander, Divya Alexander, Pearly Benjamin **Character building and Life Skills Education – Teachers Resource Manual – Volume -2(Marriage, a lasting friendship and Managing Emotions)**
11. Joyce Chitra Davis, Glory Alexander, Divya Alexander, Pearly Benjamin **Character building and Life Skills Education – Teachers Resource Manual – Volume -3 (Praticing good character and Courage to turn around)**
12. Karthikeyan Vijaya, Alexander Glory, Solomon Eileen, Rao Sarita, Rao PSS Sunder- **Prevention of mother to Child transmission of HIV- Our experience in South India-** Journal of Obstetrics and Gynaecology of India, Jan/Feb 2011, Pg.62-66
13. – Alexander.G, Kanth.C, Thomas.R.- **A descriptive study on the users and utility of HIV/AIDS Helpline in Karnataka , India-** Indian J Community Med 2011; 36:17-20
14. E. Solomon, F. Visnegarawla, P. Philip, G. Alexander- **Demographic Predictors of HIV positivity among Women presenting for Obstetric care in South India- a case control study-** AIDS care journal . Vol-23, No.10, October 2011 pp-1336-1343

15. Visnegarwala, F., Nalli, A., Babu, R., Satish, S., Pradeep, L., & Alexander, G **Impact of antiretroviral therapy (ART) on socio-economic status and productivity of HIV-positive individuals/households in a private setting in India.**Journal of the International Aids Society - Vol. 15, (Suppl 3) October 2012 pp. 257-258 J Int AIDS Soc. 2012; 15(Suppl 3): doi: [10.7448/IAS.15.5.18443](https://doi.org/10.7448/IAS.15.5.18443)-40
16. -Solomon E, ; Visnegarwala F; Philip P; Pappachen JS, ; Alexander .G **Description of Comprehensive PPTCT Counsellors' Training:The Backbone of PPTCT Services in India-**Journal of Health Management. Vol 14,No.3,Sept.2012 pp 369-374
17. Glory Alexander, Chitra L.Kanth, Priyanka Manoharan, Merlin Maria, Dipty Joseph. **The HIV/AIDS Helpline is an effective tool of communication** – World Journal of AIDS Vol 4, Aug 2014, pp 305-310
- 18 Davis, Joyce Chitra; Sebastian, Biju; Alexander, Glory,.**Teachers training workshops: a capacity building strategy for mainstreaming HIV/AIDS prevention education among adolescents.** New Frontiers in Education,Vol 47, No.4. Oct-Dec 2014 pp 54-66
19. Gadavalli Vera Venkata Satyakiran, Radhika Manoj Bavle, Glory Alexander, Saritha Rao, Reshma Venugopal, Sreelatha S Hosthor **A relationship between CD4 count and oral manifestations of human immunodeficiency virus-infected patients on highly active antiretroviral therapy in urban population.** J Oral Maxillofac Pathol. 2016 Sep-Dec; 20(3): 419–426. doi: 10.4103/0973-029X.190934
20. - Glory Alexander, Sarita Rao, Saranya Satish, Ram Babu **Growth and Development of children living with Human Immunodeficiency virus in South India –A comparative study-** Glory–Indian Journal of Child Health- Vol 4, Issue 2, Apr-June 2017 PP 162-169.
21. Visnegarwala, F., Alexander, G. and Babu, R. **Improvement in Socio-Economic Productivity of HIV Positive Individuals on Anti Retroviral Treatment in a Private Setting in South India.** World Journal of AIDS, 9, 23-32. <https://doi.org/10.4236/wja.2019.91003>
22. **Covid 19 and HIV -a Tale of two pandemics** published in New Indian Express on 10.4.2020 under the column Expert Opinion by Glory Alexander

23. Glory Alexander and Dr. Nandimath, **Confidentiality and Medical Treatment** , Chapter written in the book titled **Health Law and Ethics published in 2021.**

24. **Guidelines for reopening of schools** – member of expert committee and contributor to this document published as document in June 2021

25. Alexander, G. and Thomas, R. (2022) **Health-Related Quality of Life in HIV-positive Women on Long-Term Antiretroviral Therapy—A Study from Bangalore, South India.** *World Journal of AIDS*, 12, 97-110. doi: [10.4236/wja.2022.122008](https://doi.org/10.4236/wja.2022.122008)

#### TRAININGS ATTENDED 2023-24

Sl No	Date	Topic	Name	Venue	No. of Days	Conducted by
01	29.04.2023	National Healthcare Conference Happy and Healthy Ageing... The Best is Yet to Come	Dr.Glory Dr,Saritha Mrs.Tarini Maya Singh	Hotel Hilton, Embassy Manyata Business Park, Bengaluru	1	AHPI Association of Healthcare Providers (India)
02	12.07.2023	Development communication in the context of India	Mr.Baiju Sebastian	Christ college. Pune	1	De Paul College Mysore, Don Bosco College Wayanad,Kerela
03	18.08.2023	BHAF meeting	Shivamma	Sadhana office,sanjay nagar	3hrs	Bangalore HIV and AIDS Forum
04	14.09.2023 - 15.09.2023	Inter Religious interactive session. Respecting the others for Inter Religious	Mr.Baiju Sebastian	St.Xavier college Mumbai	2	The Western Region of Xavier Board of Higher Education
05	29.09.2023	Updates from IAS 2023, 12 <sup>th</sup> IAS Conference on HIV Science (Held in Brisbane, in July 2022)	ASHA Staff	Online- Zoom	1	IAS – EF and ASHA Foundation
06	13.10.2023	BHAF meeting	Shivamma	Samara office Nagashetty halli	3hrs	Bangalore HIV and AIDS Forum
07	15.12.2023	International Virtual conference on commerce trade & sustainable	Mr.Baiju Sebastian	Christ college. Pune	1	Christ college Pune& St.Alosious College Elthuruth, Kerela



### TRAININGS CONDUCTED 2023-24

Sl. No	Date	Topic	For whom	Venue	No. of participants	Conducted by
01	12.04.2023	Volunteers' training session 1	Volunteers from Snehagram	Online-Zoom	11	CRB Leadership Team
02	19.04.2023	Volunteers' training session 2	Volunteers from Snehagram	Online-Zoom	10	CRB Leadership Team
03	26.04.2023	Volunteers' training session 3	Volunteers from Snehagram	Online-Zoom	10	CRB Leadership Team
04	28.04.2023 - 30.04.2023	Volunteers' training	Volunteers from Snehagram	Snehagram, Krishnagiri	13	CRB Leadership Team and SeriousFun programme manager
05	03.05.2023 - 05.03.2023	Camp session 1	Children living with HIV in the age group of 10 to 17years	Snehagram, Krishnagiri	33	CRB Volunteers and Leadership Team
06	11.05.2023 - 13.05.2023	Camp session 2	Children living with HIV in the age group of 10 to 17years	Sevalaya, Dharwad	37	CRB Volunteers and Leadership Team
07	13.05.2023	HIV Overview	under the Confederation of Medical Associations of Asia and Oceania	Webinar	275 views	Dr. Glory Alexander
08	17.05.2023 - 19.05.2023	Camp session 3	Children living with HIV in the age group of 10 to 17years	Calvary Chapel trust, Koppal	28	CRB Volunteers and Leadership Team
09	26.05.2023	Teachers' orientation	Teachers from Ganabodhini school	Gananabodhini High school Kengeri	13	Mrs.Tarini Mrs.Bharathi Mrs.Maya Singh.
10	02.07.2023	Leaders In Training (LIT) Program	Youth living with HIV in the age group of 18-24yrs	ASHA Foundation, Bangalore	22	CRB Leadership Team
11	20.07.2023	New Master Trainer's Orientation	Ms.Nina Amurtha and Ms.Juanita	ASHA premises	3	Mrs.Tarini Wilson Mrs. Bharathi Moses Mrs.Maya Singh
12	21.07.2023 - 22.07.2023	Capacity building workshop	Organization staff working with children and youth living with HIV	Sevalaya, Dharwad	22	CRB Leadership Team
13	23.07.2023	Follow-up day camp	Children who attended camp in the month of May, at Dharwad	Sevalaya, Dharwad	29	CRB Volunteers and Leadership Team
14	05.08.2023	AHE- Master trainers Meeting	Master trainers and AHE staff	ASHA premises	6	ASHA Foundation

15	12.08.2023	Leaders In Training (LIT) Program	Youth living with HIV in the age group of 18-24yrs	Chikballapur network	12	CRB Leadership Team
16	27.08.2023	Leaders In Training (LIT) Program	Youth living with HIV in the age group of 18-24yrs	ASHA Kirana, Mysore	31	CRB Leadership Team
17	09.09.2023	Leaders In Training (LIT) Program	Youth living with HIV in the age group of 18-24yrs	Infant Jesus children's home, Kothanur	21	CRB Leadership Team
18	15.09.2023	Leaders In Training (LIT) Program	Youth living with HIV in the age group of 18-24yrs	St.John's hospital, Sarjapur road	21	CRB Leadership Team
19	23.09.2023 - 24.09.2023	Leaders In Training (LIT) Program	Youth living with HIV in the age group of 18-24yrs	Dayabhavan, Kunigal	46	CRB Leadership Team
20	29.09.2023	4 talks U=U (by Dr. Glory Alesander)	South East Asia	Webinar	185	IAS – EF and ASHA Foundation
21	16.10.2023 - 18.10.2023	70 <sup>th</sup> - Teachers' Training Workshop- SALEM	Teachers	Anderson Campus, Yercaud main road, Opp Govt ITI , Periya Pudur, SALEM	56	ASHA Foundation Dr.Glory, Bharathi Moses, Bethesa Jacob, Tarini Wilson, Baiju Sebastian , Maya Singh , Ms.Nina Amrita and Ms.Juanita
22	18.10.2023	Latest update on HIV	Teachers, master trainers and ASHA staff	Salem, Tamil Nadu	56	Dr. Glory Alexander
23	22.10.2023 - 24.10.2023	Camp session 4	Children living with HIV in the age group of 10 to 17years	Navasanidya girls' home, Bijapur	29	CRB Volunteers and Leadership Team
24	25.10.2024	Follow-up day camp	Children who attended camp in the month of May, at Krishnagiri	St.Teresa's boy's home, Bijapur	29	CRB Leadership Team
25	26.10.2023 - 27.10.2023	Leaders In Training (LIT) Program	Youth living with HIV in the age group of 18-24yrs	Hotel Madhuvan, Bijapur	58	CRB Leadership Team
26	21.11.2023	The work of ASHA Foundation	Department of Medicine, CMC	CMC, Vellore	50	Dr. Glory Alexander
27	08.12.2023	Leaders In Training (LIT) Program	Youth living with HIV in the age group of 18-24yrs	ASHA Foundation, Bangalore	6	CRB Leadership Team

28	08.02.2024 - 10.02.2024	71 <sup>st</sup> Teachers Training Workshop- 3 <sup>rd</sup> AMRAVATI	Participants from Amravati Municipal school teachers	Podar International School, Amravati	120	Dr.Glory, Bethesa Jacob, Tarini Wilson, Baiju Sebastian ,Vrushali Gawande, Maya Singh , Ms.Nina Amrita and Ms.Juanita John
29	09.02.2024	Latest update on HIV	Participants from Amravati Municipal school teachers	Podar International School, Amravati	120	Dr. Glory Alexander
30	23.03.2024	Talk on women's health in HIV	Delegates at ASICON	ASICON, Cochi, Kerala	100	Dr. Glory Alexander

### Other Matters:

#### Resignation and new staff:

During the year, two staff resigned and one staff joined.

**International Travel during the year:** As Dr. Glory Alexander is a member of the AIDS2024 Organizing Committee, she was invited by the International AIDS Society to attend two preparatory meetings for the 25th International AIDS Conference (AIDS2024) in Munich, Germany. The meetings took place on November 2-3, 2023, and March 18-21, 2024. All expenses, including travel, accommodation, and food, were fully covered by the International AIDS Society.

#### Information on distribution of staff by gender and Salary:

Slab of gross monthly Salary(in Rs) plus benefits paid to staff	Male staff	Female staff	Total staff
<15000	-	-	-
<30000	2	9	11
<50000	3	3	6
>50000	-	1	1

#### Disclosure of salary and benefits of head, highest paid staff member and Lowest paid staff member of organization:

1. Head – Rs.78,554/- per month
2. Highest paid - Project Coordinator-CAR  
Salary+ Provident fund + Accident insurance+ Health insurance + Gratuity  
= Rs.47,475/-per month
3. Lowest paid -- Outreach worker  
Salary + Provident fund+ Accident insurance + Health care + Gratuity  
= Rs.18,828/- per month.

**Our heartfelt gratitude to the following for the year April 2023 to March 2024**

1. Members of the Governing Board of ASHA Foundation for their input and guidance.
2. Mr. Krishna Chivukula and INDO-MIM-Tech Pvt. Ltd for their unending generosity in supporting ASHA Foundation since 2004.
3. Dr. Molly Kurian, Mr. Thampi Kurian and Kurian Foundation Trust for their donation to ASHA Foundation
4. Serious Fun Network, USA for their partnership and support in Camp Rainbow.
5. WIPRO cares for educational support to our children for the last eight years.
6. Mr.SD Reuban and Scripture Gift Mission for their generous donation to ASHA Foundation
7. Ms. Angela and Hans Roojimans, Ms. Sytze Huizinga and Stichting Kettingreactie, Netherlands for their contribution to ASHA Foundation.
8. Overseas Women's Club for financial support to projects at ASHA Foundation
9. Mr. Madhu, for his regular contribution to ASHA Foundation.
10. Mrs. Sheila Isaac, for her regular contribution to ASHA Foundation.
11. Mr. Prabindh Sundareson for his generous contribution to ASHA Foundation and Online Giving Foundation for their generous donations to ASHA Foundation..
12. Mr. Mattam Basavaraj for his regular contribution to ASHA Foundation.
13. Mr. Yarava Ramesh for his regular contribution to ASHA Foundation.
14. Dr. Ravi, Mr. Yogesh Sewak, Mr. Subramani and Mr. Vikram Bhagat, for their generous contributions to ASHA Foundation.
15. All our other regular donors, volunteers and well wishers who have always supported ASHA Foundation.

# PHOTOGRAPHS

## MISCELLANEOUS



ASHA Foundation Director Dr. Glory Alexander presented on "Women's Health in HIV" at 14th National ASICON 2024 Conference, Kochi Marriott Hotel, Kerala, on 24-03-2024



Dr. Glory receiving the Memento from Chairman of the session at ASICON 2024 in Kerala.



Dr.Glory with the speakers and Co- Chairs at NHC conclave – Dr.AB Dey AIIMS, Dr.Prathima Murthy,NIMHANS, Ms. Sheena Chabra, World Bank, Dr.Srinath Reddy, PHFI.



Dr. Glory co chairing her session at the National Healthcare Conference on “Happy and Healthy Ageing: conducted by AHPI at Hilton Hotel, Embassy Manyata Business Park, Bengaluru,on 29-04-2023



Mrs Tarini Wilson, Dr. Glory Alexander and Mrs. Maya Singh at the National Healthcare Conference on “Happy and Healthy Ageing: The Best is Yet to Come,” conducted by AHPI at Hilton Hotel, Embassy Manyata Business Park, Bengaluru, on 29-04-2023.



ASHA Foundation Board meeting held on 05-10- 2023





Dr. Alexander Thomas Board member felicitated Ms. Bethesa Jacob on 05-10- 2023 for her decade of service as Master Trainer at ASHA Foundation.



Mr. Vijay Chandy, Board Member, felicitated Mrs. Tarini Wilson on 05-10- 2023 for her twenty years of service as Master Trainer at ASHA Foundation



Mr. George Ninan, Board Member, felicitated Ms. Bharathi Moses on 05-10- 2023 for her twenty years of service as Master Trainer at ASHA Foundation



Dr. Glory Alexander with Master Trainers Bethesa Jacob, Bharathi Moses, Tarini Wilson, and Maya Singh AHE program of ASHA Foundation



ASHA Staff at Board Meeting on 05.10.2023



Dr.Glory receiving the IMA National President Appreciation Award at the National IMA Conference in Trivandrum on 27.12.2023.



Dr. Glory Alexander Received 6th Annual- KWAA - Karnataka Women Achievers Award on 23-12-2023



Dr. Glory receiving the Dr. Mary Kane Award instituted for the first time at her alma mater CMC Vellore on 21.11.2023



Dr. Glory Alexander receives Dr. Mary Kane Award for service in needy areas - A close-up view



Dr. Glory Alexander was honoured at the Women's Day celebration at Vayah Vikas, held at The Karnataka State Cricket Association Club House



At the International AIDS Society Organising Committee Meeting in Munich, Germany on 01.11.2023



Organising committee members for AIDS 2024 at Munich Germany 02.11.2023



ASHA Team at AIDS 2024 at their Networking Zone in Global Village 22.7.2024 to 25.7.2024.with President Emeritus ASI -Dr.Gilada and Secretary General- Dr.Kumarasamy, Mary Silvia- Serious Fun Network USA.



ASHA Team at AIDS 2024 .Munich Germany 22-7.2024 to 26.7.2024



Dr. Alexander Thomas and Dr. Glory Alexander with Stichting Kettingreactie founder Mr. Hans in Amsterdam.



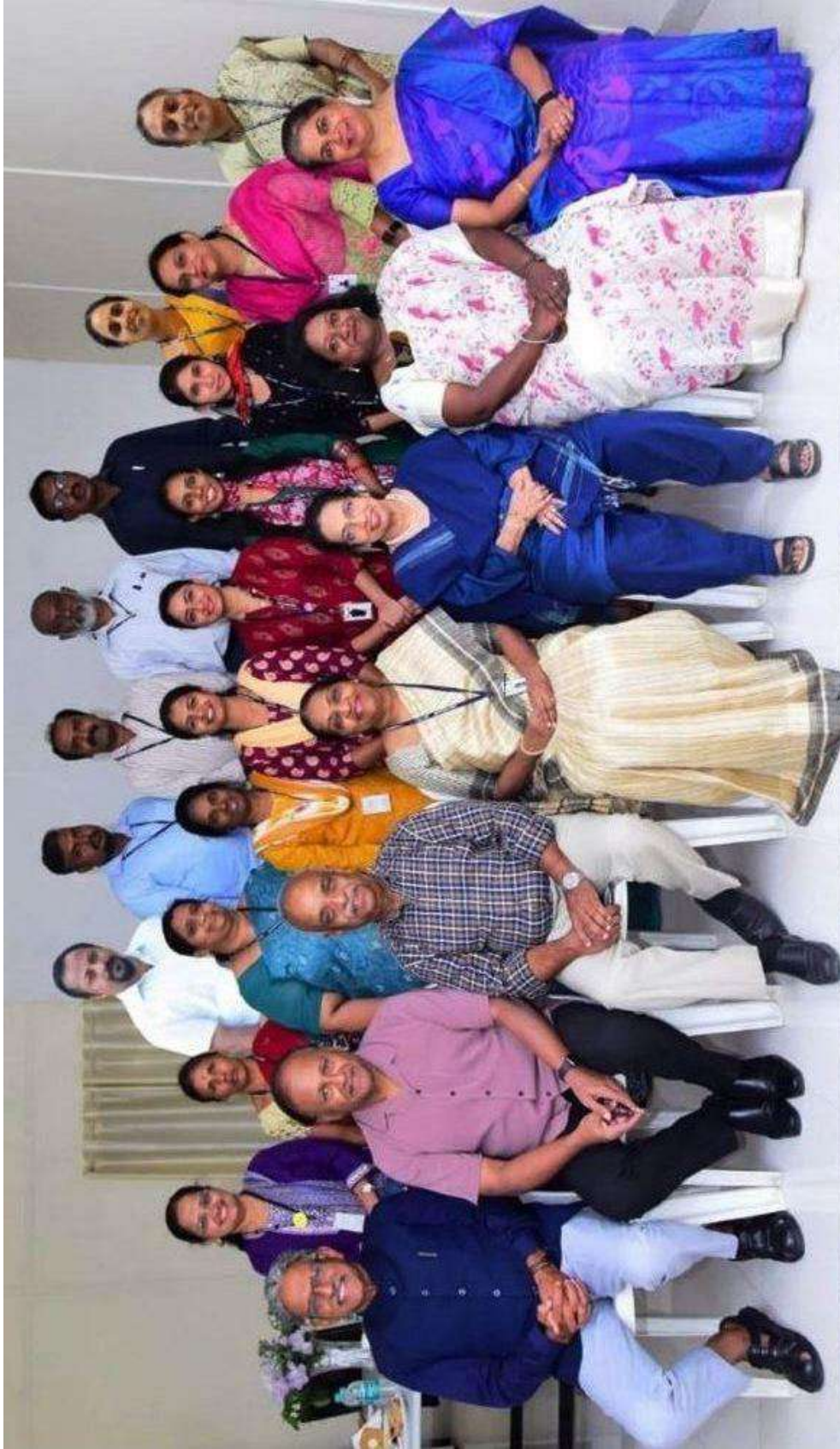


Inagural - Regional Webinar by ASHA Foundation and IAS Educational Fund, titled "Updates from IAS - Conference for Science 2023" (Held in Brisbane in on 29-09-2023)"

**Dr. S. N. Mothi**

- Consultant Pediatrician, Mysore - since 1981
- Founder, Trustee - Asha Kirana Charitable Trust
- Hon. Pediatric Consultant - YRG Care, Chennai
- Organizing Chair – India International Pediatric
- Organizing Chair - HIV e Mysuru National Conf
- Governing Council Member – AIDS Society of In
- Member - Technical Resource Group of National AIDS Control Organization (NACO)
- Adjunct Faculty – Saveetha Medical University, Chennai
- More than 40 publications - International and National Journals

Welcome & Introduction by Dr.Glory during Regional Webinar by ASHA Foundation and IAS Educational Fund, with updates on "HIV Science & Community in South Asia," on 29-09-2023



Front row: L-R: Dr. Alexander Thomas, Mr. Vijay Chandy, Mr. George Ninan, Dr. Glory Alexander, Mrs. Bharath Moses, Ms. Bethesa Jacob, Mrs. Tarini Wilson.  
Middle row: L-R: Maya Singh, Malliga, Elizabeth, Rebecamma, Shruthi, Mercy, Silvia, Supriya, Remya Alan, Shivamma.  
Third row Standing L-R: Baiju Sebastian, Daniel, Charles Calvin, Ravi Kanth and Ramu.

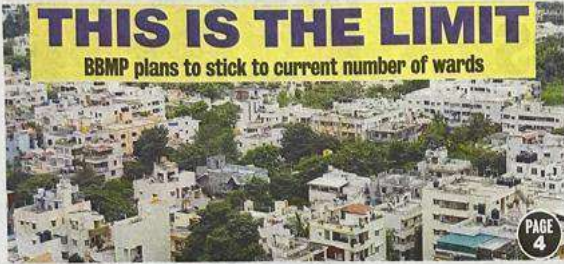
# **PRESS CUTTINGS**

# Bangalore Mirror

TEMP Max 28 | Min 20 | Humidity 68%

Mostly Cloudy

Sensex 62,970 | Nifty 18,691 | Gold 58,520 | Silver 68,890 | Dollar 82.02 | Euro 89.51 | GBP 104.21



### THIS IS THE LIMIT

BBMP plans to stick to current number of wards

PAGE 4



### METRO ZIPS BY

No effect of free bus rides on Metro ridership as yet

PAGE 5

## Nobody in BBMP's anti-tobacco cell has any clue when contact number on its notice board was tampered with or about tobacco products being sold at its head-office premises

# HARD TO KICK THE HABIT

### Raids conducted, fines collected: 'All measures taken' to curb menace

**I Y Maheswara Reddy**  
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

It is not clear why the anti-tobacco cell of the Bruhat Bengaluru Mahanagara Palike (BBMP) hits the headlines frequently for the wrong reasons. A few years ago, the anti-tobacco cell was on the verge of closure due to the lack of funds. Now, it has become pretty evident that people working with anti-tobacco cells are getting inattentive towards their responsibilities.

Here is exhibit A to substantiate our claim. The notice board put up on the stairs of the first floor of the annex building on BBMP Head Office premises. This notice board was put up on the stairs to inform the public and BBMP employees on the ban on smoking and using tobacco products on the BBMP premises. The purpose of putting up the notice board was to facilitate health-conscious public or BBMP employees to inform the District Tobacco Control Programme Officer if they come across violation of ban on smoking and usage of tobacco products. The notice board has the contact number of Hemanth, District Tobacco Control Programme Officer. The public have to contact Hemanth through the mobile phone number - 86189 54396.

CONTINUED ON PAGE 8 >>



**"We have created awareness among the employees working at the BBMP head office about the ban on usage and sale of tobacco products"**

- Anti-tobacco cell employee

## Tracking AIDS

Anti-retroviral therapy helping keep HIV numbers in check, but self-testing will help more, say experts



**I Melvin Mathew**  
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMIRROR

As compared to last year, there has been an increase of 2,000 in the number of HIV cases in the state. However, experts say HIV numbers are on the decline due to anti-retroviral therapy, but we are yet to meet the targets. Testing numbers for HIV too are yet to get back to pre-covid levels.

As per data shared by the Karnataka State AIDS Prevention Society, Karnataka saw 11,256 cases in 2021-2022 and 13,382 cases in 2022-2023. The increase has been accounted to the rise in testing rates right after covid era. Number of tests conducted in 2019-20 was 25,82,946, which dipped to 16,34,419 in 2020-2021. While in 2019-2020, there were 16,306 HIV-positive cases, the numbers have been on the decline since 2017-2018, which had 19,743 cases.

In 2022-2023, Bengaluru Urban saw the highest number of cases (1,268), followed by Belagavi (1,252), 974 cases in BBMP limits, and 904 cases in Bagalkot.

Experts say that cases have been on the decline due to anti-retroviral therapy (ART). "Overall, from 2010, there has been a significant decline in HIV cases and deaths across the country. During covid time, people could not freely access ART and visit clinics. There was also a decline in HIV testing. ART has made all the difference for AIDS patients. When one is on ART, the viral load is undetectable; it does not transmit to

CONTINUED ON PAGE 8 >>

conducted five raids on those selling or using tobacco products at Raja Rajeshwari Nagar, Bommanahalli, and

selling of tobacco products by tea vendors. I will look into the matter," said Dr Bala Sundar.

## ART of keeping HIV in check

**CONTINUED FROM PAGE 1**

another person. People are living longer lives and reintegrated into society," said Dr Glory Alexander, Director of the Asha Foundation.

"As per the UNICEF Target, 95 per cent of people estimated to be HIV positive should know their status, 95 per cent of people who are aware of their status should be on ART, and 95 per cent of them should have an undetectable viral load. We are yet to achieve those targets. Self-testing for HIV should be adopted. Using adequate counselling through video or online, increasing self-testing could be beneficial. It's a screening test, and if it turns positive, the person has to report to the doctor for the other three tests. Self-testing will help

increase the number of people getting tested. It's already a successful model in other SAARC countries," she added.

She further added that wider use of Pre-exposure prophylaxis (PrEP) could help prevent the spread of HIV infection.

There are 60 ART centres in the state, with over seven in Bengaluru alone that provide free anti-retroviral therapy, which involves medicines for HIV and counselling for HIV-positive patients.

NGOs working with children with HIV-positive cases say that there has been a decline among cases in children.

"Even in cases where both parents are infected, they can give birth to healthy children. With large-scale awareness, parents are protecting their offspring," said Subash, Vice President of DESIRE Society.

## Bengaluru FC will go down as biggest turnarounds in ISL history: Head Coach

**B**engaluru FC head coach Simon Grayson claimed that his side's journey from the bottom half of the table to the final during the Indian Super League (ISL) 2022-23 season will be remembered as one of the biggest turnarounds in the league's history.

Bengaluru FC endured a difficult

the favourites for the ISL title before the start of the season as they beat Mumbai City FC to win the Durand Cup. With a strong squad on paper, Grayson side's had momentum in their favour, but things just didn't go their way. They struggled for consistency despite open-

# Home to 9th-highest no. of HIV patients, state targets zero transmission by 2030

## Treatment Can Be Prevention, Say Experts

Mini.Thomas@timesgroup.com

**Bengaluru:** With 1,83,383 people under active care, Karnataka has the ninth-highest number of HIV patients in the country. The state's target is to achieve zero transmission of AIDS/HIV by 2030, the year when the Joint United Nations Programme on HIV/AIDS (UNAIDS) hopes to end the epidemic.

As many as 2,785 female sex workers, 2,123 male sex workers, 61 transgender persons, and 21 intravenous drug users in the state were diagnosed with HIV in 2022-23, according to data from Karnataka State AIDS Prevention Society (KSAPS).

"We are aiming at achieving zero transmission by 2030 and zero transmission

### HOW TO PREVENT INFECTION

PrEP (pre-exposure prophylaxis), an important mode of HIV prevention, is especially effective for men who have sex with men. PrEP is recommended for couples when one partner is positive and the other negative, especially when they are looking at pregnancy. PrEP protects the uninfected partner against infection.

Voluntary Male Medical Circumcision (VMMC) is another mode of prevention in men who are at risk of acquiring HIV, said Dr Glory Alexander. "It reduces the surface area exposed to the



virus and is a one-time primary prevention intervention and reduces the risk of transmission from women to men by about 60%."

Vaginal rings coated with anti-retroviral drugs, and female and male condoms are other barrier methods for prevention of infection.

from mother to child by 2025," Dr Ramesh Chandra Reddy, additional project officer, KSAPS, told TOI.

An HIV-positive woman can prevent transmitting the disease to the baby during pregnancy, labour and deliv-

ery, if precautions are taken. She can even breastfeed the child. "Among the 37 mothers with HIV we had last year, 35 opted for breastfeeding. We haven't had an HIV-positive baby in nine years," said Dr Glory Alexander, director

and founder of ASHA Foundation, a city-based NGO.

"We put women on ART (antiretroviral therapy) so their viral load becomes undetectable and they don't transmit the infection to their babies during pregnancy and later on. If an HIV-positive woman is already on ART before pregnancy and her viral load is undetectable, her chances of giving the infection to her newborn would be less than 0.1%," she said. "We test the babies for HIV at six weeks, six months, one year and one-and-a-half years."

But if the mother is not treated, the risk of transmission is as high as 45% in the breastfeeding population.

#### Making load undetectable

Treatment itself can be prevention, say experts. If a patient is put on ART and follows it scrupulously, his or her viral load becomes undetectable and even if they have unprotected sexual contact, they do not transmit the in-

fection. This is called treatment as prevention (TasP). Efforts are now being made to put everyone who is living with HIV under ART.

Injectable ART drugs are available for both prevention and treatment of HIV. Injectables can be used to prevent HIV among key populations. For treatment, long-acting injectable drugs can be given every eight weeks. "So you don't have to take a tablet every time, every day. If you take an injection once in two months, that controls your infection. It helps reduce stigma," said Dr Alexander.

"Once someone is found positive at an integrated counselling and Testing Centre, they will be referred to the ART Centre for counselling on taking medicines. Those missing doses will be contacted over phone and asked to come and take their medication, which is given monthly. We have 71 ART centres and link ART centres," Dr Reddy explained.

# Prophylactic drugs decrease HIV risk from unprotected sex by 86%: Study

## Cost A Hurdle To Its Use In Battling AIDS

Mini.Thomas@timesgroup.com

Bengaluru: Data from a clinical trial involving 24,000 people in England has confirmed that Pre-exposure Prophylaxis (PrEP) can significantly reduce the risk of getting HIV from unprotected sex. The assurance of not getting infected with HIV despite having unprotected sex has created a buzz abroad, but stakeholders involved in combating HIV/AIDS in India, particularly Karnataka, aren't exactly enthused.

The PrEP Impact Trial conducted at 157 sexual health clinics in England, said to be the largest real-world study of its kind, was led by the UK Health Security Agency. The study found that PrEP, if taken regularly, can reduce

### PrEP, a boon for key populations

Sex workers, gay people, transgenders and those injecting drugs but lacking regular access to sterile needles and syringes can use PrEP. General population can take PrEP too. It is recommended particularly for those having an HIV-positive partner. But if the

HIV-infected person is undergoing ART, the viral load will be undetectable and the partner doesn't have to take PrEP

**Dr Glory Alexander**  
HIV SPECIALIST

### Social stigma, cost & other factors

PrEP not taking off in India could be because of lack of awareness, the cost and social stigma associated with using it. It's important to understand the significance of these drugs in considerably reducing the risk of transmission... It also needs to be understood that PrEP offers protection against HIV, but not other sexually transmitted infections. Hence, condom usage, along with medications, offers a greater benefit. Sex education and safe sex practices need to be further emphasised

**Dr Suchismitha Rajamany**  
LEAD CONSULTANT & HOD, INTERNAL MEDICINE,  
ASTER WHITEFIELD HOSPITAL

the risk of HIV infection by around 86%.

PrEP is currently available in India in the private sector. While it has not taken off in a big way here, Antiretroviral Therapy (ART) is widely used in the country among people with HIV and is at the heart of the authorities' anti-AIDS strategy.

HIV experts in India say drugs used for PrEP have be-

en around for about 15 years in the country and are used in the ART combination, which, however, is administered only to the infected.

"Pharmacologically, it is the same as what is available in the UK. The drug is manufactured in India," said Dr Glory Alexander, an HIV specialist. "TLD, the most commonly used ART combina-

tion, comprises tenofovir, lamivudine and dolutegravir. A combination of dolutegravir/emtricitabine/tenofovir also can be used for ART. Drugs used for PrEP are Tenofovir/lamivudine or tenofovir/emtricitabine as a single pill. For ART, we add dolutegravir — all three drugs in a single pill," she explained.

"PrEP is not offered in government's ART program-

me. The reasons for not offering PrEP to low-risk groups could be that they may become complacent and may not follow preventive measures. Also, these drugs are costly," said Dr Ramesh Chandra Reddy, additional project officer, Karnataka State AIDS Prevention Society (KSAPS), department of health and family welfare.

### For those at high risk

PrEP can be taken as injection, tablet or gel. The cost varies from Rs 1,200 to Rs 2,500 for a month's dosage (30 tablets). According to Dr Reddy, PrEP is for high-risk people. "PrEP can be offered to health professionals who handle positive cases," he said.

The UK study is unique because of the number of participants involved, said Dr Vinay D, consultant, infectious diseases, Apollo Hospitals, Bannerghatta Road. "Apart from that, it does not offer anything that we are not aware of," he added.

## Medical Postgraduates Graduation 2023

Continued from Page 3

He reminded them that professional success is meaningless without a sound knowledge of the code of medical ethics and the practice of ethical medicine.

The faculty from the various disciplines presented the following postgraduates to the Principal, Dr. Solomon Sathishkumar.

- 194 candidates - broad specialty Diploma / MD / MS
- 14 candidates - Master of Science
- 2 candidates - Master of Public Health
- 6 candidates - MS in Bioengineering and
- 4 candidates - Ph.D degrees.

The chief guest honoured the recipients of various special postgraduate, faculty and alumni prizes that were presented by Dr. Tripti Jacob, the Vice Principal for postgraduates. Dr. Infant Beraro A., was the first recipient of the Dr. Annamma Abraham award for excellence in Psychology by an MD Psychiatry postgraduate. Dr. Glory Alexander, alumnus of the MBBS Batch of 1970 and the MD General Medicine Batch of 1983 was the first winner of the Dr. Mary Kane award for Service in Needy Areas by a General Medicine alumnus.

The College Chapel service held the day before the Graduation Day, was a special Baccalaureate service in honour of and conducted by the graduating batch of postgraduates. Dr. Vinod Abraham, Professor of Community Medicine and Vice Principal (undergraduates) gave the message at the service. As we celebrate the accomplishments of our students and wish them well in their journeys ahead, we pause in gratitude for their lives and God's providence to our institution.



Chief guest, Dr. Vijay Oza addresses the gathering



Principal, Dr. Solomon Sathishkumar delivers the charge to the postgraduates and administers the pledge



Dr. Glory Alexander, first recipient of the Dr. Mary Kane award



Associate Director, Dr. Kenny David presides over the ceremony



Special invitee, Dr. K. Senthil



**Dr. Glory Alexander: A Pioneer in HIV Advocacy and Transformative Philanthropy**  
account circle Shanti Rao 29-Feb-2024



In the annals of medical history, certain individuals emerge as beacons of change, driving transformation through unwavering dedication and compassion. Dr. Glory Alexander stands prominently among these figures, a visionary medical professional whose journey has been marked by pioneering efforts in HIV advocacy and philanthropy. Her story is not merely one of medical breakthroughs but a saga of resilience, empathy, and the relentless pursuit of societal change.

### **Early Encounters with the AIDS Epidemic**

The late 1990s witnessed the AIDS epidemic gripping nations worldwide, presenting complex challenges that demanded innovative solutions. Dr. Glory's journey began with a poignant encounter at Bangalore Baptist Hospital, where she treated a foreign patient battling a severe lung infection compounded by HIV. Witnessing the struggles faced by AIDS patients, particularly women marginalized by societal stigma, Dr. Glory's resolve solidified to address the multifaceted challenges posed by the virus.

### **Establishing the Asha Foundation**

In 1998, Dr. Glory Alexander set up the Asha Foundation, a testament to her commitment to ushering in hope and support for women affected by HIV. This groundbreaking initiative extended beyond conventional medical support, encapsulating social, economic, and educational dimensions. Monthly meetings at Asha became more than medical consultations; they evolved into forums for shared experiences, fostering a sense of community and empowerment among the women grappling with the virus.

### **Comprehensive Support Beyond Medical Boundaries**

Dr. Glory's vision expanded to address the holistic needs of women affected by HIV. Beyond medical treatment, Asha Foundation's initiatives included microcredit programmes, job placements, and educational support. These initiatives aimed not only to combat the virus but to empower women economically, socially, and educationally. Through these programmes, women emerged as contributors to society defying societal norms that often painted them as victims.

## **Breaking Down Barriers to Antiretroviral Therapy (ART)**

The exorbitant costs of antiretroviral therapy (ART) presented a formidable barrier to treatment for many. Dr. Glory Alexander and the Asha Foundation played a pivotal role in procuring and providing these life-saving medications, significantly reducing obstacles to accessing treatment. The foundation's impact is not confined to medical statistics but resonates in the transformed lives of countless women who, once burdened by the virus, emerged as resilient contributors to their communities.

## **Transformative Power of Education and Awareness**

One of Dr. Glory's key initiatives was addressing the silence surrounding HIV, especially among the younger generation. Recognizing the hesitancy to openly discuss the topic, she initiated comprehensive awareness programmes, including a pioneering AIDS helpline in 1998. This helpline provided a confidential and anonymous space for individuals to seek information, breaking down the barriers of stigma and fear associated with HIV.

As part of the foundation's multifaceted approach, Dr. Glory also championed the cause of adolescent health education. The Asha Foundation developed a comprehensive curriculum covering various aspects of self-appreciation, friendships, sexuality, and life skills. Thousands of teachers were trained to deliver this curriculum, reaching students across diverse cities and regions. The impact of this educational initiative extended beyond HIV, addressing broader issues like peer pressure, mental health, and the impact of social media.

## **Prevention of Mother-to-Child Transmission (PMTCT)**

Understanding the unique challenges faced by pregnant women with HIV, Dr. Glory Alexander initiated partnerships with 25 mission hospitals across South India. This initiative, spanning from 1998 to 2015, identified and treated HIV -positive pregnant women, drastically reducing the risk of transmission to less than 1.5%. The PMTCT programme not only saved lives but also contributed to destigmatizing the disease in medical settings.

## **Psychosocial Intervention for Children Living with HIV**

Children born with HIV face unique emotional challenges due to societal stigma and a lack of understanding. Dr. Glory addressed this gap through the Psychosocial intervention for children living with HIV. Camps and leadership training programmes provided a structured yet fun environment for children aged 10 to 17. Beyond traditional education, these initiatives addressed HIV awareness, life skills, and emotional well-being, fostering a sense of belonging and resilience among the younger generation affected by the virus.

## **Impact Beyond Borders: A National Endeavour**

Dr. Glory's impact extended far beyond the borders of Karnataka. Asha Foundation's initiatives reached diverse regions. The Adolescence Health Education Programme runs in Nagaland, Mumbai, Pune, Amravati, Akola, Chikaldara, Salem, and many districts in Karnataka. The PMTCT programme has partners in Guntur, Ambajipetta, Chinglepet district, Kollam, and Trivandrum. In Karnataka, Asha Foundation has conducted camps in Hubli, Koppal, Belgaum, Krishnagiri, and Mysore, taking their reach and efforts to a national level.

The success of these programmes lies not just in their scale but in the collaborative efforts with local and national organizations and communities. Dr. Glory acknowledges the collaborative spirit, emphasizing the collective role of various NGOs working towards a common goal.

### **Evolution of HIV Treatment Approaches**

Over the years, Dr. Glory Alexander has kept the Asha Foundation at the forefront of progress in HIV treatment. From relying on CD4 counts to monitor patients, the foundation now utilizes viral load testing, a more sophisticated approach that measures the number of viruses in a patient. This shift in methodology reflects the foundation's commitment to staying abreast of medical advancements and providing the best possible care to those affected.

### **Government Support and Collaborative Efforts**

Dr. Glory underscores the support received from the Government of India in handling the HIV epidemic. The establishment of 638 (antiretroviral therapy ) ART centers across the country, providing free ART to those in need, reflects the collaborative efforts between governmental and non-governmental organizations. Dr. Glory's humility shines through as she acknowledges the collective impact of various organizations, emphasizing that her work is just one thread in the rich tapestry of efforts against HIV.

### **International Women's Day: A Celebration of Strength**

As we celebrate International Women's Day, Dr. Glory Alexander's story serves as a testament to the strength and resilience of Indian women. She believes that women, given the right opportunities, can break through societal barriers and achieve remarkable feats. Dr. Glory emphasizes that empowerment is the key, and stories of countless women whose lives have been transformed through Asha Foundation are living proof of this empowerment.

### **Continuing Legacy of Dr. Glory Alexander: A Triumph Over Adversity**

In conclusion, Dr. Glory Alexander's journey epitomizes the triumph of the human spirit over adversity. From her early encounters with AIDS patients to founding the Asha Foundation and pioneering comprehensive initiatives, her impact extends far beyond the realm of medicine. Dr. Glory has not merely treated a virus; she has instilled hope, shattered stereotypes, and empowered individuals to reclaim their lives. Her legacy is a story of compassion, innovation, and societal change.

*Vayah Vikas salutes Dr. Glory Alexander and wishes her strength to continue illuminating the path toward a world where HIV is not just a medical challenge, but a societal issue that demands collective empathy, understanding, and action.*

**This Bangalore doctor has been treating people with HIV since 1998**

*Dr Glory Alexander's motto is to save lives, improve the quality of life and eliminate the stigma associated with HIV*

**Written by Sunitha Rao R**



Photo by Anantha Subramanyam K / Happiest Health

It was in 1987 when a very sick, unmarried, American man was admitted to Bangalore Baptist Hospital. His deteriorating condition led him to the ICU where he asked his treating doctor, Dr Glory Alexander, an infectious disease specialist, if he had AIDS, adding that his HIV test was negative in the US. His blood sample was sent to CMC, Vellore as there was no HIV testing facility at that time in Karnataka. The man breathed his last in a few days, after which the doctors received his HIV Positive test report. Since nobody claimed his body, it was handed over to the American embassy. Despite knowing he was HIV positive; the man hid it. He had chosen to spend his last days at an Ashram in South India and to stay away from the stigma in the US. “His death perturbed me,” recalls Dr Glory, now in her 60s.

She has been working for the cause of HIV for the last 26 years. It was his case which motivated her to dedicate herself to the cause. In 1998, Dr Glory with like-minded supporters, established the Action, Service and Hope for AIDS (ASHA foundation), a charitable Trust helping HIV/AIDS-infected people, their families and society in Bangalore. “The fact that he chose to die away from his

family, society and country to avoid discrimination, shook me. When he asked me if he had HIV, he perhaps gave me a hint,” says Dr Glory.

### **Launched Karnataka’s first AIDS helpline**

One of the first initiatives of ASHA was the AIDS helpline, an Interactive Voice Recording System (IVRS) was launched in June 1998. They have marked 4 lakh calls so far on the helpline. “Most of the callers initially were of the age group 19-35 years. It included those who were concerned about contracting the infection after sexual contact,” says Dr Glory.

In the initial phase of her work, Dr Glory observed a pattern of HIV-positive men transmitting the infection to their wives and to kids in some cases. There were young widows left with no hope. “The in-laws would blame the woman for the man’s death and refuse to take care of her and her children. The response would be no different in her parent’s house. The young HIV-positive widows faced rejection and were left with no support and financial aid. This was the pattern until early 2000. Our services catered to their medical needs and assisted them in building self-help groups and to live a dignified life,” says Dr Glory.

### **ASHA’s five service projects include:**

1. HIV counselling and testing services
2. Adolescent Health Education Project (workshops conducted in schools)
3. Children-at-Risk Project (catering HIV infected and affected children)
4. The Prevention of Mother-to-Child Transmission (PMTCT) of HIV Project
5. Camp Rainbow Project (for children living with HIV)

For her unwavering dedication, Dr Glory has been honoured with multiple accolades including the Dr B C Roy Award in 2016, the highest Indian award in the medical category.

### **ART, the magic bullet**

Dr Glory emphasises that the most significant support for [people living with HIV](#) (PLHIV) has been Antiretroviral Therapy (ART) available in India since 2004. Initially, the ART was restricted to those whose Cd4 count was below 250 cells. Cd4 count is the measure of Cd4 cells in the body that fight an infection. It reflects the fight against the immunity system and it should ideally be between 500 - 1400 cells per cubic millimeter of blood.

“Earlier, due to the side effects of the medicines, the ART was not given to every PLHIV, unless one meets the threshold criteria of Cd4 counts. Now the policy is to ‘test and treat’ every positive case as the side effects of the medicine are minimal,” says Dr Glory, who firmly believes that ART is the magic bullet.

“ART is the lifeline of hope, which has made a huge difference. Adherence to daily medicine is a must. ART has resulted tremendously in bringing down the viral load to undetectable levels. If the viral load is undetectable, the infected person does not spread the infection to anyone. In HIV, undetectable= untransmittable, as described by [the joint United Nations Programme on HIV/AIDS, \(UNAIDS\)](#)” she adds.

The highest viral load, 77 lakh, was seen in a man aged 42 years, in 2017 at ASHA, recalls Dr Glory. With strict adherence to the ART regime, his viral load came down to undetectable

levels. “Counselling requires adherence to medicine and to take it every day at the same time,” she adds.

### **HIV: No more a life-threatening disease**

Dr Glory is content that, in her lifetime, a once life-threatening disease associated with stigma and discrimination has now become a manageable infection with medicine and the person integrating to society, without spreading the infection to others.

PLHIVs need to be on ART every day to ensure viral suppression and be at zero risk of transmitting HIV. “Apart from taking ART, it is important to check the viral load regularly,” she adds.

Dr Glory and her team played a vital role in preventing mother-to-child transmission of HIV. “HIV-positive pregnant women are treated so that their babies are born HIV-negative. So far, over 2.3 lakh pregnant mothers have been tested for HIV under our project, of which 1102 were HIV positive. The risk of transmitting HIV from mother to child has been reduced from 45% to 1.6% in our cohort,” says Dr Glory, adding that the last HIV-positive baby born was in 2013 in ASHA’s network.

ASHA also conducts a five-day residential camp for children with HIV, to teach them life skills, counselling HIV awareness and medication adherence. “In the same camp, we train volunteers,” says Dr Glory, whose motto remains saving lives, improving quality of life and eliminating the stigma associated with HIV.

**ASHA FOUNDATION**  
[#42, 4th Main SBM Colony, Anand Nagar, Bangalore - 560024]

**CONSOLIDATED BALANCE SHEET AS ON 31.03.2024**

PARTICULARS	SCHEDULE	AMOUNT	AMOUNT
<b>I. LIABILITIES:</b>			
1. Local Funds	1		1,16,26,613.92
2. Foreign Funds	2		1,07,96,041.74
3. Provisions & Current Liabilities	3		2,18,711.65
<b>TOTAL</b>			<b>2,26,41,367.31</b>
<b>II. ASSETS:</b>			
1. Fixed Assets	4	11,88,503.08	9,73,721.57
Less: Depreciation		2,14,781.51	
Net Block			
<b>2. Current Assets:</b>			
Cash & Bank Balances	5	2,08,15,718.17	2,16,67,645.74
Other Current Assets	6	8,51,927.57	
Notes to Accounts	7		
<b>TOTAL</b>			<b>2,26,41,367.31</b>

As per our report of even date.  
for Sunil Fernandes & Associates



Sunil Fernandes  
Chartered Accountant  
Member No.202532  
FRN. 009405S  
UDIN: 24202532BKCLTZ7342


Place: Bangalore  
Date: 13.09.2024



for ASHA Foundation



Dr. Glory Alexander  
Trustee



Dr. Alexander Thomas  
Trustee



**CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31.03.2024**

PARTICULARS	SCHEDULE	AMOUNT	AMOUNT
<b>I. INCOME:</b>			
<b>1. Receipts During the Year</b>			
Foreign Contributions Received		58,88,709.68	1,34,86,871.78
Local Contributions Received		75,98,162.10	
<b>2. Other Income</b>			
Savings Bank Interest		75,089.00	11,59,543.00
Fixed Deposit Interest		10,84,454.00	
<b>TOTAL INCOME</b>			<b>1,46,46,414.78</b>
<b>II. EXPENDITURE;</b>			
<b>1. Local Project Expenses</b>			
<b>RESEARCH PROJECT EXPENSES - RECOGNISED AS SIRO-DSIR, DEPT OF DST, GOVT OF INDIA:</b>			
a) Research Project Expenses - PMTCT	8	9,65,656.62	
b) Research Project Expenses - AHE & TC	9	26,77,877.76	
c) OWC Project Expenses	10	1,88,826.00	
<b>Other Health Project:</b>			
c) CAR Project Expenses	11	29,21,918.83	83,28,157.21
d) CAR - Wipro Cares	12	10,63,000.00	
e) General Local Expenses	13	85,000.00	
f) Krishna Medicine Expenses	14	4,25,878.00	
<b>2. FC Project Expenses</b>			
<b>RESEARCH PROJECT EXPENSES - RECOGNISED AS SIRO-DSIR, DEPT OF DST, GOVT OF INDIA:</b>			
a) PMTCT Research Project Expenses	15	15,41,165.89	
b) Research Project Expenses		-	
<b>Other Health Project:</b>			
c) CAR Project Expenses	16	5,18,053.69	60,62,326.44
d) General Project Expenses	17	40,03,106.86	
Depreciation		2,14,781.50	2,14,781.50
Notes to Accounts	7		
<b>TOTAL EXPENDITURE</b>			<b>1,46,05,265.15</b>
<b>Excess of Income/(Expenditure) transferred to Balance Sheet</b>			<b>41,149.63</b>

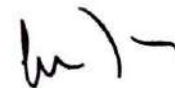
As per our report of even date.  
for Sunil Fernandes & Associates

  
Sunil Fernandes  
Chartered Accountant  
FRN. 009405S  
UDIN: 24202532BKCLTZ7342



for ASHA Foundation

  
Dr. Glory Alexander  
Trustee

  
Dr. Alexander Thomas  
Trustee



Place: Bangalore  
Date: 13.09.2024



**CONSOLIDATED RECEIPTS AND PAYMENTS ACCOUNT FOR THE PERIOD FROM 01.04.2023 TO 31.03.2024**

PARTICULARS	SCHEDULE	AMOUNT	AMOUNT
<b>I. RECEIPTS:</b>			
<u>1. Opening Balances</u>			
Cash and Bank Balances		16,03,400.33	
Fixed Deposits		1,88,61,050.00	
TDS Receivable		2,86,394.00	
Loans & Advances		-	
Deposits		4,46,570.00	2,11,97,414.33
<u>2. Receipts During the Year</u>			
Donation - Indo US MIM TEC (P) LTD		60,00,000.00	
Grant received from Wipro Cares		10,63,000.00	
Donation & Contribution Others		3,97,266.10	
Overseas Women Foundation		1,37,896.00	
Grant from International AIDS Society		31,58,239.00	
Grant from Molly Kurian Foundation		20,73,345.00	
Grant from Goodnews Trust - Scotland		3,11,100.00	
Grant from M/s UK Online Giving		1,04,325.68	
Stichting Kettingreactie		2,41,700.00	1,34,86,871.78
<u>3. Other Income</u>			
Savings Bank Interest		75,089.00	
Fixed Deposit Interest		10,84,454.00	11,59,543.00
<b>TOTAL RECEIPTS</b>			<b>3,58,43,829.11</b>
<b>II. PAYMENTS:</b>			
<u>1. Local Project Expenses</u>			
<b>II. RESEARCH PROJECT EXPENSES - RECOGNISED AS SIRO-DSIR, DEPT OF DST, GOVT OF INDIA:</b>			
a) Research Project Expenses - PMTCT	8	9,65,656.62	
b) Research Project Expenses - AHE & TC	9	26,77,877.76	
c) OWC Project Expenses	10	1,88,826.00	
<u>Other Health Project:</u>			
a) CAR Project Expenses	11	22,41,187.89	
b) CAR - Wipro Cares	12	10,63,000.00	
c) General Local Expenses	13	85,000.00	
d) Krishna Medicine Expenses	14	4,25,878.00	76,47,426.27
Purchase of Fixed Assets		13,207.00	13,207.00
<u>2. FC Project Expenses</u>			
<b>II. RESEARCH PROJECT EXPENSES - RECOGNISED AS SIRO-DSIR, DEPT OF DST, GOVT OF INDIA:</b>			
<u>2. Research Project Expenses</u>			
1. PMTCT Project Expenses	15	15,41,165.89	
<u>Other Health Project:</u>			
4. General Project Expenses	16	37,63,308.11	
3. CAR Project Expenses	17	12,23,409.69	65,27,883.69
<u>3. Closing Balances</u>			
Cash and Bank Balances		18,81,441.15	
Fixed Deposits		1,89,34,277.00	
Deposits		3,08,100.00	
Loans & Advances		-	
TDS Receivable		5,31,494.00	2,16,55,312.15
Notes to Accounts	7		
<b>TOTAL PAYMENTS</b>			<b>3,58,43,829.11</b>

As per our report of even date.  
 for Sunil Fernandes & Associates

for ASHA Foundation

*Sunil Fernandes*  
 Sunil Fernandes  
 Chartered Accountant  
 FRN. 0094055  
 UDIN: 24202532BKCLT7342



*Glory Alexander*  
 Dr. Glory Alexander  
 Trustee

*Alexander Thomas*  
 Dr. Alexander Thomas  
 Trustee



Place: Bangalore  
 Date: 13.09.2024



**OFFICE ADDRESS:  
ASHA FOUNDATION  
NO.42, 4TH MAIN, S.B.M.COLONY, ANANDANAGAR,  
BANGALORE-560024**

**PHONE:(080)-2333 2921/2354 5050  
COUNSELLING NO: (080)-2354 2222/ 2354 3333  
EMAIL: ASHAFBLR@YAHOO.CO.IN  
WEBSITE: WWW.ASHAF.ORG**

**PLEASE NOTE: ALL DONATIONS TO ASHA FOUNDATION  
ARE EXEMPT U/S 80G OF IT. ACT VIDE ORDER NO.  
AAATA3993DF20214 VALID FROM 22-23 TO AY 2026-27**

**DONATIONS TO ASHA FOUNDATION CAN BE MADE BY  
USING THE ONLINE PAYMENT PORTAL AT ASHA  
FOUNDATION WEBSITE: WWW.ASHAF.ORG  
DONATIONS CAN ALSO BE MADE THROUGH CHEQUE  
OR DD IN FAVOR OF ASHA FOUNDATION AND SENT  
TO THE ABOVE MENTIONED ADDRESS**