

ASHA FOUNDATION BANGALORE



ANNUAL REPORT 2012-13

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BANGALORE**

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ASHA Foundation

Mailing Address: No.42, SBM Colony,
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Anand Nagar,
Bangalore –560024
Karnataka

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Website: www.ashaf.org

Contact person: Dr. Glory Alexander

Statutory requirements and registrations

- ❖ Registered on 7.3.1998 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 obtained on 1.5.1998 and No.is- Trust/718/10A/Vol.A.I/A.772/98-99/CIT-II
- ❖ Recognized U/S 80 G of IT Act 1961 latest recognition is from 1.4.2010 onwards.
- ❖ PAN No. is available. TAN No. is available.
- ❖ Registered under FCRA. FCRA no. is available.
- ❖ Recognition as Scientific and Industrial Research Organisation under DSIR, GoI from April 2009 to March 2014
- ❖ Registered with Regional provident Fund Commissioner-KN/41859
- ❖ Bankers name- Punjab National Bank ,Anand Nagar, Bangalore-560024

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 AIDS.

- 13.To provide opportunities to the old people to live comfortably in their old age with adequate care and medical facilities.
14. To help weaker section of the society irrespective of caste, creed and religion, for their socio-economic upliftment by all legitimate and constitutional means.
15. Generally to do such acts, deeds and other things which are incidental and conducive to the attainment of all or any of the above objectives.

Board of Trustees of ASHA Foundation

Sl.No	Name	Qualification	Occupation	Address
1.	Mr. George Ninan Member	M.A	Vice President, ICCC	1407, Hennur main Road Bangalore 560084
2.	Mr. Vijay Chandy Member	B.Sc, PGDIR&W(XLRI)	Management Consultant	161,19 th main,IV Block Koramangala Bangalore-560095
3.	Dr.Paul Salins Member	MD, FDSRCS,PGD (pall.care)	Medical Director & Vice President, Narayana Hrudalaya and the Mazumdar Shaw Cancer Center	No.258/A Bommasandra Industrial Area Hosur Road Anekal Taluk Bangalore-560099
4.	Dr. David Dass Member	B.Th, D.Min	Executive Director, IGL	No.7,MSH Colony 1 st Stage, Anand Nagar Bangalore-560024
5.	Dr.Alexander Thomas Member	D.Orth, MS Orth, M.Phil (HHSM) PGDML&E	Director & CEO, Bangalore Baptist Hospital	Bangalore Baptist Hospital, Bellary Road. Hebbal Bangalore-560024
6.	Ms. Thangam Rangala Member	MBA, BA	Head of Administration Bangalore Baptist Hospital	Bangalore Baptist Hospital, Bellary Road. Hebbal Bangalore-560024
7.	Dr. Glory Alexander Member	MBBS, MD	Director, ASHA Foundation	No.42,4 th main SBM Colony Anand Nagar

				Hebbal Bangalore-560024
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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.

This report is for the period April 2012 to March 2013. The following projects were continued during the financial year.

1. The AIDS Helpline and Telephone Counseling service and integrated counseling and testing service
2. Adolescent Sexual Health Education Project named Anmol Ashayein
3. The KNH-CAR Project - Children at Risk project
4. The KNH-PMTCT Project - Prevention of Mother to Child Transmission of HIV project
5. 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

The project has completed twelve years. Presently the **activities** under this project are

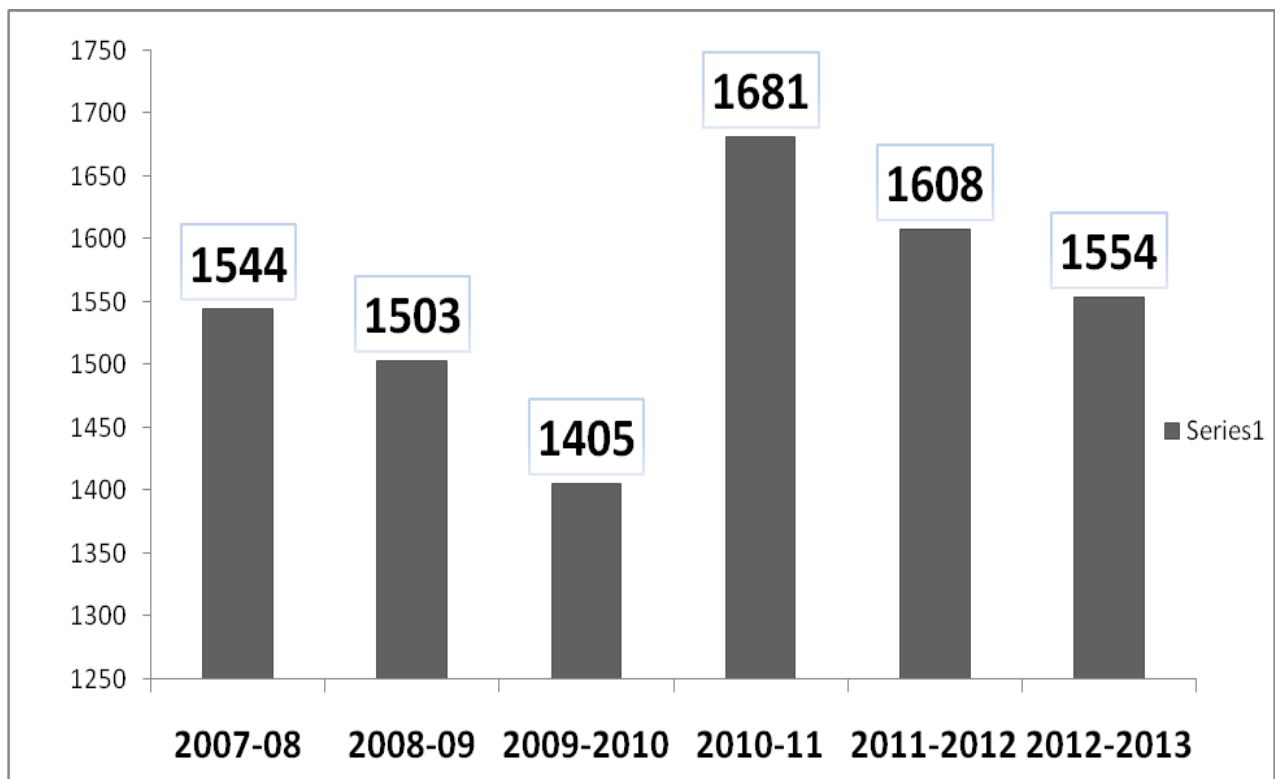
1. Telephone counseling
2. Face to Face counseling
3. E mail queries
4. Awareness programs with iVolunteers
5. Training
6. Research

1. Telephone Counseling

The manual telephone counseling numbers are 2354 3333 and 2354 2222 and they function from 9 am to 5 pm, Mondays to Fridays.

Item	No. of Calls
Number of calls received on 23543333 from April 2012- March 2013	1554
Cumulative total since 2000	16,635

Bar Chart on calls received on telephone helpline



2. Email queries :

Year	Queries
April 2012-March 2013	61
Total since 2008	282

Feedback from E-mail queries :

1. Re: Response to your query

Thursday, 28 February, 2013 12:40 PM

To: "ASHA Foundation Bangalore" ashafblr@yahoo.co.in

Hi, Thanks very much for your support and guidance in testing for HIV infection. I can go back peacefully now. I will be moving to qatar within couple of weeks time. As I told during the post counselling session, I am ready to act as a volunteer to your organisation if you permits.

All the very best to your organisation in achieving the precious goals of human life care.

Thanks & Regards,

XYZ

2. RE: Need urgent Help on HIV

Monday, 4 February, 2013 3:32 PM

From: ABC

To: "'ASHA Foundation Bangalore'" <ashafblr@yahoo.co.in>

Hi,

Sorry I didn't asked your name. But Thanks a lot for your help/support and the way of talking, you talk to me will give me moral support/confidence. I am very happy that people like you are still present. Thanks once again

Rgds, ABC

3. Awareness programs with ivolunteer

Year	Number of programs
April 2012- March 2013	05
Orientation to the new volunteers	02
Cumulative total since March 2006	68
Cumulative total since March 2006	63

4. Counseling sessions held during the year

Type of counseling	Apr 2012-Mar 2013
Pre test counseling	113
Adherence counseling	144
Follow-up counseling	185
Family counseling	117
People refd. to KNH-CAR	2
People refd. to other services	17
Total counseling sessions	578
No. of HIV tests done	104
No. of HIV tests Positive	36
No of HIV tests negative	70
Cumulative counseling sessions from 2000 to 2013	7206

Training programs attended

Sl No	Date	Topic	Name	Venue	No. of Days	Conducted by
01	03.07.2012 to 12.07.2012	Counsellors Training Workshop	1.Merlin Maria 2. Priyanka.M	ASHA Foundation	8	Staff of ASHA Foundation
02	28.02.2013 and 01.03.2013	PMTCT Update Workshop	1.Ms. Chitra 2.Ms. Merlin Maria 3.Ms. Priyanka.M	ASHA Foundation	2	Dr. Glory Alexander Dr. Reena Joy
03	07.02.2012	FPAI	Ms. Chitra & Mr. Ramu	Hotel Capitol	½ day	FPAI

Awareness programs by ASHA Foundation & I-Volunteers

Sl. No	Date	Topic	For whom	Venue	No. of participants	Conducted by	Timings
1	12.05.2012	HIV/AIDS Awareness session	Management staff	ACC Cements, Tondebhavi	15	Volunteers from iVolunteer	11am to 12.15 pm
2	12.05.2012	HIV/AIDS Awareness session	Auto drivers	ACC Cements, Tondebhavi	15	Volunteers from iVolunteer	1 pm- 2.30pm
3	12.05.2012	HIV/AIDS Awareness session	Construction employees	ACC Cements, Tondebhavi	50	Volunteers from iVolunteer	3.30pm- 4.30 pm
4	13.06.2012	HIV/AIDS Awareness session	Employees of AXA firm	AXA – Koramangala	50	Volunteers from iVolunteer	3.30 pm- 5pm
5	14.06.2012	HIV/AIDS Awareness session	Employees of AXA firm	AXA-BTM Layout	100	Volunteers from iVolunteer	3.30pm- 5 pm

2. Adolescent Health Education Project (AHE) -Anmol Ashayein

This program was started in 2000 and ASHA Foundation has trained eight master trainers to train teachers in teaching a curriculum to students in the age group of 13-15 years. The curriculum deals with -Understanding oneself, friendships, genuine and counterfeit friendships, companionship and faithfulness in marriage, practical skills of drawing boundaries in relationships and being able to say “NO” to negative influence. The courage to live ones values and be able to correct one’s life where mistakes have been made is discussed. An overview of sexually transmitted diseases and HIV/AIDS from the behavioral perspective to prevent risky behavior

is also dealt with.

Other issues such as drug and alcohol abuse are also part of the curriculum

The **activities** under this project include the following :

1. Training of teachers through Teachers Training workshops
2. Alumni meetings for teachers who had undergone training
3. Follow up of schools doing the AHE program
4. School visits for programs/seminars etc
5. Finalisation of the draft curriculum- Anmol Ashayein
6. Data entry
7. Research

A:Teachers’ Training Workshops

1. 7th - 9th June 2012 – 38th Teachers Training Workshop, Rebekah Ann Naylor , School of Nursing, Bangalore Baptist Hospital, Bangalore
2. 6th – 8th Dec 2012 – 6th Teachers’ Training Workshop – Pune.

	Up to 2008	2008 - 2009	2009 - 2010	2010 - 2011	2011 - 2012	2012 - 2013	Total
Teachers Training Workshops	31	3	2	2	2 Workshop Pune Bangalore	2 Workshops Bangalore Pune	40
Teachers trained	1765	117	52	74	67	49	2124
Schools	262	Pune-30 Blore-22	Pune-15 Mumbai-8 Vishak-20 Blore-45	Pune and Mumbai-65 K’taka-62 Shimla-2 Vizag-20 Nagpur-3	K’rataka-223 Mumbai - 8 Nagpur -4 Pune - 74 Shimla -1 Vizak- 3	K’taka-224 Mumbai 8 Nagpur 2 Pune 91 Shimla 1 Vishak 2	332

Students	50,000	Pune 4547 Mumbai 993	Vizak 8913 Pune 7147	Pune & Mumbai 8778 Vizak 8913 K'taka 12 980 Shimla 1000 Nagpur 90	K'Taka 44,600, Mumbai Pune 10,309 Nagpur 130 Shimla 1000 Vizak 449	K'taka 51752 Mumbai 3100 Pune 10750 Nagpur 80 Shimla 1000 Vizak 900	67582
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Follow-up

The follow up of schools in Pune and Mumbai continues by Mr. Biju Sebastian. Follow up in Karnataka, Mysore. The schools under the Ursulline Provincilate of both Mangalore and Mysore region continue to use our resource. They are trying to plan a date when all their teachers can come together for a refresher.

Follow up in Karnataka, Bangalore. One of the highlights was a report from a teacher at Janakshi Vidya Niketan. She informed us that the help given to their teachers on how to use the objectives given in Anmol Ashayein helped them with indicators for self esteem and were able to give proof to CBSE about the growth in self esteem. This was highly appreciated by the CBSE.

Project life that was doing our program as of the last two months has had a change in leadership. Their new staff has yet to be appointed. This will adversely affect our project since there would be no one to conduct these programs in the schools under the Bangalore Archbishop's diocese.

Follow up at Shimla, Nagpur, Vishakapatnam and Delhi (EFICOR staff) took place as and when time permitted through correspondence and telephone calls.

Nagpur: The EFICOR staff couple, Somy and Harshan who were giving leadership to the follow up in Nagpur was transferred to Delhi. Mr. AK Nanda took over from

them and was able to continue the classes in two of the World Vision hostels. He plans to follow up the 9 schools and 5 other institutions.

Seminars & Other meetings

The following meetings and seminars were conducted by ASHA Foundation staff.

Poster Painting Competition for High Schools 15th Nov 2012. A poster painting competition was conducted for High School students in Bangalore who had been doing the AHE program. It was sponsored by ASICON and the venue was Baldwin Girls' High School.

Acquainting Church leadership with the AHE program

22nd Nov 2012 "Understanding needs of adolescents" was a seminar conducted for the alumni of Union Biblical Seminary.

23rd Nov. 2012 'AHE Curriculum & Circle Time", was a seminar for the faculty and alumni of Union Biblical Seminary, Pune.

Every month an article was published in the AIM magazine with an emphasis on character building. This magazine addresses itself to the Christian community.

Value education in NITTEE College

9th Mar 2013 NITTEE First Grade College, Yelahanka had an ASHA staff make a presentation on value education in the 21st Century meant for its first year students.

Writing of Resource Manual

- A Writing of the Resource Material, Anmol Ashayein was completed.
- B The Students Manual units 1, 2 and 3 are in use in the schools.
- C The Parent Manual is being used in a very limited way

Feedback from teachers and students

Teachers said

After attending a work shop conducted by 'Asha Foundation', I find solving problems among students a lot easier. I introduced an activity called Peer Time during my value education class. We have circle time and we focus more on imparting values, character building etc. but this time I followed the resource manual. When I shared some of the problems I faced as a child, the students were more comfortable sharing theirs. Some common problems were, students feared staying alone at home after school, waiting for their parents. One of students told the class that he hated going home, because his parents kept fighting. Another student who was living with aunt told us how much he missed his mother, who is working abroad. The students were able to solve some of their problems. The resource manual provided by Asha Foundation is very useful. This manual will help us solve most of the problems faced by our students. -**A teacher of 7th & 8th standards in Bangalore**

Two teachers who teach a wide range of students who are out of school

My colleague and I attended the 3 days work shop and learnt many skills of teaching. I have applied some of the teaching techniques in my classes for Community College Students. I have learnt many things like keeping the classes lively and interesting, by using different teaching methods that I have learnt at the work shop. My colleague also tried the techniques in two schools and found it very useful. **An NGO in Bangalore**

Students said

“I am very thankful to my school and teachers for doing this wonderful program in my school. I had lot problems in the beginning of my adolescent period. I was hesitant to ask my parents and friends. It was at that time that my teacher taught all these things in a very simple and understanding manner. Now I am very happy. I do help students in my locality with the knowledge I have gained from my teachers”

A student from a school in Pune

“It was for the first time I here in my life that I am good, and important, everybody at my house and my classmates even the previous teachers brand me as a bad boy. And even I got the same belief. But my teacher in her one class taught me about

Who am I That has given rise to many questions and slowly I was interested in those classes . It was a wonderful experience in my life. Now I hear from parents and others that I have changed a lot”

A student from a school in New Bombay

Teachers at a Nursing school in Bangalore being trained 7.6.2012



Teachers training workshop Pune-6.12.2012



Students in a school in Pune with Joyce Davis- Dec 2012



Student receiving prize at ASICON 2012 from Mr. Oscar



3.The KNH-CAR Project- Children at risk project

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

The **activities** under this project include:

1. HIV testing
2. Educational support for HIV infected and affected children
3. Nutritional support for HIV infected children
4. Dry ration support for HIV infected families
5. HIV/AIDS Clinic for men, women and children
6. Empowerment of women through SHGs, job placements,
7. Empowerment of children
8. Advocacy and networking

Quantitative report

Sl.no	Particulars	Reached
1	Education	
a	No of Educational Support	112
b	ELE	10
c	PE	52
d	SE	24
e	IC	24
f	HE	02
	Total	112
2	HIV/AIDS Clinic	
a	No of testings	110
b	Positive Reported	34
c	Adults Reported Positive	32
d	Children Reported Positive	02
e	No of Patients Registered	34
f	No of Days clinic worked	147
g	No of Adult patient visits to clinic	1486
h	No of Children patients visits to clinic	457
i	Total no of patients visit to clinic	1943
j	General Investigations for children	80
k	CD4 Investigations for Children	53
l	TB treatment for Children	03
m	OI infections treated for Children	507
n	Children on ART	37
o	Children on 1 st Regimen	29
p	Children on 2 nd Regimen	06
q	Children on 3 rd Regimen	02
r	No of Children Hospitalized	04
s	No of Children Referred	01
t	Adults on ART	164
u	General Investigation for adults	179

v	CD4 investigation for adults	73
w	OI infections treated for adults	640
x	PLHA TB treatment for Adults	09
y	No of adult patients started on HAART	18
3	Socio Economic	
a	No of SHGs	05
b	No of SHG members	114
c	Nutritional Supplements for Children	40
d	No of Nutritional Poustic plus distributed	232
e	Dry ration support for Poor Families	45
f	SHG Internal Loans issued	18
g	Total SHG internal Loans issued	95
h	<p>SHG Monthly topics</p> <p>1.2011-12 Annual report shared with beneficiaries</p> <p>2.Legal Issues by - Advocate Surekha</p> <p>3.Government Programs by - Saroja .</p> <p>4.Government programs by - Advocate surekha</p> <p>5.World AIDS day program</p> <p>6.BHAF Meetings sharing by beneficiaries and Staff.</p> <p>7.Personal Hygiene by - Sister Mithulla</p> <p>8.Regarding Rajiv Gandhi Housing</p>	11

	<p>Board Corporation construction details and status by - Ramu</p> <p>9.Educational Support (OVC) scheme for the CABA children from Women and Child Welfare Department Government of Karnataka - Silvia</p> <p>10.Tailoring Classes for poor along with Stipend and with Buss pass by Ramu</p> <p>11.Women's Rights – Advocate Surekha</p>	
I	BHAF Meetings attended	11
J	Referred to Star Insurance through KNP+	06
K	Job Placement for Beneficiaries'	04
L	Referred to UNNATI Free Training & employment for under privileged youth & Job Placement	01
M	No of children details submitted for foster care support Department of women & child development	33
N	No of Children details submitted for scholarships under the backward caste scheme	02
O	No of beneficiaries' got allotment of Houses under RGHBC	20
P	No of beneficiaries' referred to legal aid	03
4	Celebrations & Events	

a	Sports day	--
b	Picnic (BigBanyanTree, Munchenbele dam & Ruppi'sResort)	01
C	Children	103
d	Mothers	53

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, 112 children were supported for their education. Most of the children received their educational support in the first two Quarters.

ELC (Early Learning Centre) LKG & UKG	10 (06 Boys & 04 Girls)
PE (Primary Education) 1 st std to 7 th Std	52 (31 Boys & 21 Girls)
SE (Secondary Education) 8 th std to 10 th std	24 (10 Boys & 14 Girls)
HE (Higher Education) 1 st PUC to Degree	24 (08 Boys & 16 Girls)
IC (Intellectually Challenged)	02 (01 Boy & 01 Girl)
Total	112 (56 Boys & 56 Girls)

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

HIV Testing

During the period totally 110 HIV tests have been done including testing for 17 children. Out of this 34 have been reported positive 19 adult males, 13 adult females and 01 female and 01 male child.

HIV/AIDS Clinic

Children:-

ASHA Foundation conducts a HIV/AIDS clinic thrice a week on Monday, Wednesday and Friday afternoons from 1.30 pm to 5.00 pm. The medical team consists of two Physicians, a Pediatrician, Nurse, Project coordinator, Medical Social worker & clinic support staff. Free Medical care 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 and TB treatment.

Presently 37 children are receiving ART treatment and 20 children are under OI treatment, and these children have increased their life span and their CD4 count has increased.

04 children have been started on HAART during the period. Totally there have been 457 children visits to the clinic and 507 infections have been treated. Fifty three children received CD4 investigation support and 80 children have received support for various investigations like CBC, Hemoglobin, Differential count, ELISA, Blood Picture, S.Creatinine and Culture & sensitivity tests.

Forty children received Nutritional support. Two hundred and thirty two Poustic plus packets were distributed during the period.

Adults

In total, 164 adult patients are on ART. The clinic operated for 147 days. There were 1,486 adult patients visits to the clinic. Seventy three patients have undergone CD4 test and 18 patients had been started on ART during the period. Six hundred and forty infections were treated and 179 patients had undergone other investigations like Hemoglobin, Differential count, Fasting Blood Sugar, Viral load, Hepatitis B antigen (ELISA), Reticulocyte count, PPBS/RBS, Sputum for AFB, PCR, Hepatitis C antibody (ELISA), Platelets, Blood Picture, S.Creatinine, Culture and Sensitivity, Total WBC count, ESR & Liver Function tests. Thirty four new HIV positive patients have been registered during the period.

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

Self Help Groups:-

Five Self help Groups (114 members) have been formed under the guidance of ASHA Foundation with on an average of 20 to 23 members in each group. Regular meetings are being held every month and minutes are maintained. The five groups are Shruti, Trupti, Preethi, Prakruthi & Nisarga. 21 beneficiaries have utilized the loan facilities during the period. Totally, 98 members have taken the internal loan of Rs 4,10,500 (four lakhs ten thousand & five hundred only). Out of this, 63 members cleared their loans and Rs. 74,390 is the outstanding loan amount with 35 Beneficiaries. They have been part of the group for last six years. They meet on the 3rd Sunday of every month.

SHG for Children:-

A Children's Self-Help Group has been formed under the guidance of ASHA Foundation with the intention of empowering them about HIV/AIDS and clarifying their doubts and concerns. This group initially started with 09 children from the age group 13 to 19 years. Every session consists of games, storytelling and interaction, followed by snacks, juice and lunch. The children meet on the third Sunday of every month. Until now there have been 18 meetings conducted with good participation of the children. The meetings commence with a welcome snack and drink and followed by ice breaker, a physical activity, and an interactive session which involves all the children. It concludes with feedback session and lunch. During the feedback session, the children discuss the day's activities and one of them volunteer to write a brief report in the log book maintained by them.

Dry Ration Support

Forty five HIV positive families with children were supported. Nutritional supplements like dry rations consisting of 6 kg rice, 1 kg Atta, ½ kg green gram, 1 kg oil, ½ kg dhal, were given to each family every month.

Picnic:-

The annual picnic for ASHA Foundation children was held on the 2nd October 2012. The venue decided was Big Banyan tree, Manchinebele Dam and Ruppi's Resort. Totally 103 children and 53 mothers and 12 staff were present. Badges, T-shirts and breakfast were distributed for the children and parents. At 9:45 a.m, the children, mothers and staff departed to the Picnic venue. The first venue was Big Banyan tree.

The Big Banyan tree situated on Mysore Road has a history of 500 years and is still growing. The children and parents took a walk around this huge tree, which took almost 15 minutes. The next venue for the day was Manchinebele backwaters. Manchinebele dam is built on River Arkavathi. At Ruppi's resort, lunch was served. After the lunch there were many entertaining games conducted for children following which tea was served. After the tea, we left the resort. On the whole, the picnic was enjoyed by all. The beneficiaries were very happy and extended their gratitude to ASHA Foundation and Funders for organizing the picnic.

Advocacy & networking:-

- All the meetings of the **BHAF (Bangalore HIV AIDS Forum)** were attended by the staff and some beneficiaries and the information have been shared to the beneficiaries during the SHG meetings.
- 06 Beneficiaries had been referred for the Star medical health Insurance
- During the period beneficiaries and staff attended the Bangalore HIV / AIDS Forum (BHAF) monthly meetings. The beneficiaries were actively involved in the Global AIDS week of Action (GAWA) Organized by Bangalore HIV AIDS Forum (BHAF) from 18th to 25th May which includes the press meet at press club on 18/5/12, Candle Light Memorial Day at Chikkalalbagh, Majestic to Bannappa Park via Mysore Bank road on 20th of May, Muka Muki" Program- (Children Affected By AIDS interacted with various Government Department officials) at SCM House on dated 24th May and finally on 25th CABA children Sports day was organized at Mari Nikethana School prevalence at Banasavadi.
- Three beneficiaries has been referred to Lawyers collective to get legal aid for the following:
 - Re-employment in Food and Civil supply department
 - Resolution of family dispute regarding property
 - Help for acquiring ration card from social welfare department
- The staff attended the dissemination meeting on 7th August at Hotel Capitol conducted by **Family Planning Association of India** to share the findings of the Research study for People Living with HIV/AIDS including young people, men who have sex with men, sex workers, sero discordant couple in the age

group below 30 years to know their views about whether they prefer stand alone or integrated HIV services.

- On the 30th of August, staff attended the conference held on Women Empowerment at Town hall, Bangalore. Many people from various Governmental and Non-Governmental organizations from Karnataka were present. The Programme was open for public as well. The programme was hosted by the Women and Child Welfare department of Karnataka. Various members from Women and Child Welfare Department, Women's Rights Commission were present.
- The staff attended the meeting on 21st September - 2012 organized by Swasthi with the support of UNDP and KSAPS where they discussed the "Single Window" model to facilitate social protection and employment access to People living with HIV & Most at Risk of HIV Population (MARPs). The Intervention model named "PROJECT UTKARSHA" aims to improve access to livelihood and entitlements to these beneficiary groups through the existing schemes within the government or Other donor programs.
- The staff attended the one day Conference for the Chief functionaries of NGOs working with Children & Families affected and infected by HIV/AIDS on 26th September at Hotel Capitol. All major NGOs shared their interventions in HIV/AIDS sector. Discussion on how NGOs can support each other and how to avoid duplication in extending support was held.
- The staff attended the seventh annual OWC charity information morning on dated 26th Sep at the New Park Plaza, Bengaluru, Sy. no. 9014 Marathhalli, Outer Ring Road, Munnekollalu Village, Bengaluru 560037. They shared the work of our organization with the OWC members. Many of them are keen to contribute in meaningful ways.
- Two children's application forms has been submitted to the Social Welfare Department, Government of Karnataka for the Student Scholarship under the backward caste Scheme and it is under process.
- One boy has been referred to the "UNNATI Free Training and Employment for under privileged youth" and he is training under the "Guest Care Relation ship" course. The boy lost both his parents and presently he is heading the family.

- Thirty three children's details have been submitted to the Child and Women welfare department to get sponsorship and foster care support. The child will get Rs. 9500/- under foster care and Rs. 8300/- under sponsorship annually from the concerned department. The list has been submitted through Karnataka Health Promotion Trust.
- World AIDS Day program was organized by the BHAF member Organizations on dated 10th of December 2012 at Vishranthi Nilaya, Chief Guest were from KSAPS and Child Welfare Committee, Government of Karnataka

Talk by Surekha, advocate on Government schemes for women



Houses built under Rajiv Gandhi Housing scheme. Twenty of our beneficiaries received houses here.



Picnic at Big Banyan Tree



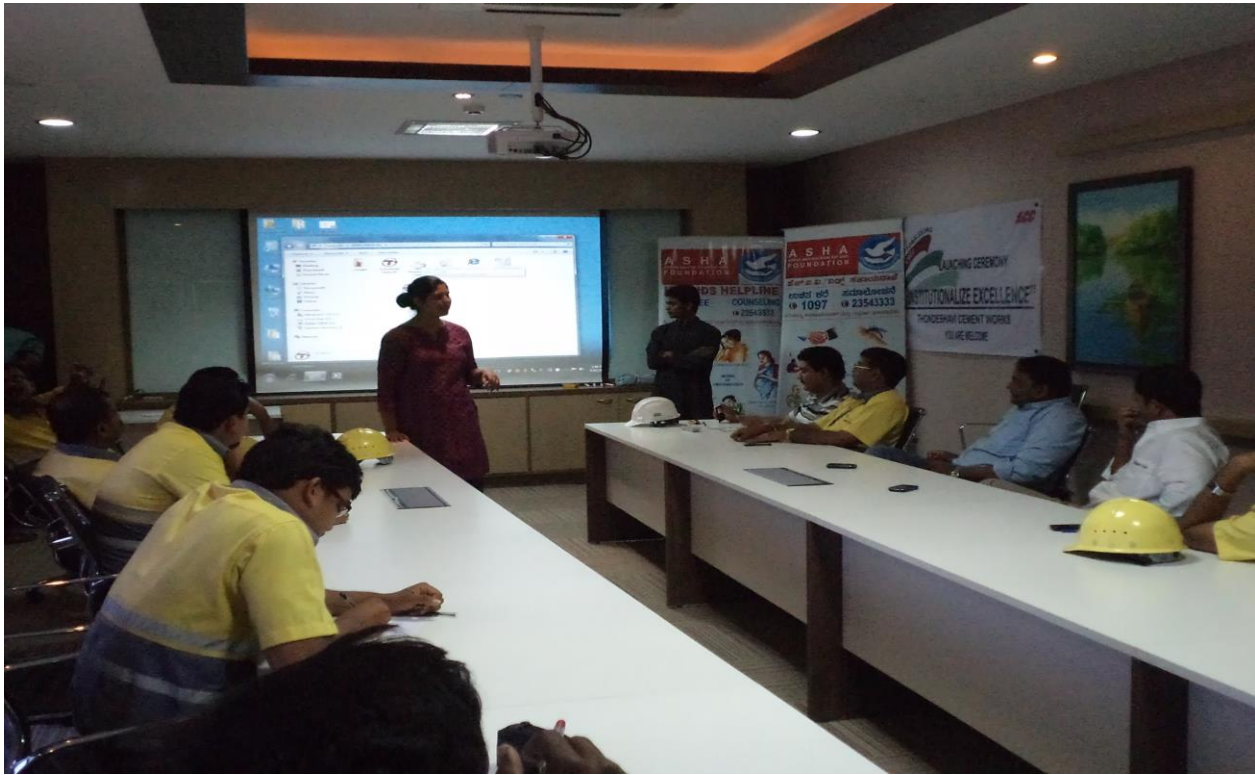
Picnic at Munchinebele Dam



At Ruppis Resort on Mysore Road on Picnic day



Awareness program on HIV/AIDS to ACC management staff



4.The KNH-PMTCT Project - Prevention of Mother to Child Transmission of HIV project

In India, annually, 27 million women become pregnant. At an average HIV seroprevalence of 0.24% about 65,000 of these pregnant women will be HIV positive. At an average transmission rate of 30% about 20,000 HIV positive children will be born HIV positive each year in India, and over a period of time this will negate all the progress that has been made in infant mortality rate and child mortality rate in our country.

However with the introduction of PMTCT (Prevention of Mother To Child Transmission of HIV) services, this transmission from pregnant mother to newborn child can be reduced drastically, resulting in the birth of HIV negative children who would then have a normal span of life and contribute to the growth of a vibrant and healthy India. We work with 18 Mission Hospitals in the private sector to initiate PMTCT services in these Hospitals. The process involves:

Targets and activities for the year 2012-2013

1. To provide counselling and HIV testing to at least 15,000 Pregnant mothers per year.
2. To provide PMTCT services to at least 90 HIV positive pregnant mothers per year.
3. To provide treatment, follow up and testing to 80 newborns.
4. To decrease the risk of transmission from 30% to < 5% in our cohort.
5. To make at least six hospitals sustainable this year.
6. To conduct trainings for nurse counselors and doctors
7. Site visits
8. Maintenance of records and data entry.

16, 835 pregnant mothers were tested for HIV this year till Mar 2013 in our partner hospitals. Of them, 80 were diagnosed HIV positive and started treatment. So far 65 liveborns have been born and treated. Of the 55 babies who have been tested at six weeks, 1 is positive. The table below gives the years and cumulative statistics.

Item	KNH PMTCT Apr '12 – Mar '13	ASHA PMTCT Cumulative Jan '03 – Mar'13
Total no. of deliveries	15,895	1,20,039
Total no. of ANC women	15,748	1,05,055
Total no. of women counseled	16,050	1,21,567
Total no. of women tested	16,835	1,23,206
Total no. of antenatal women identified HIV positive	80	729
No. of liveborns	65	589
Total no. of women awaiting delivery	24	24
Eligible women treated	65	562
No. of babies treated	65	574
PCRs or ELISAs done	55	470
Positive PCR	1	11
Negative PCR/ELISA	54	459
PCR/ELISA done after stopping EBF	53	53
Negative PCR/ELISA	53	53
Transmission rate	1.8%	2.3%

2. One training workshop was held from July 3rd to July 11th 2012 for new ASHA Staff. One doctor, one nurse and three counsellors were trained in workshop held at ASHA Foundation.

3. PMTCT update workshop for counsellors regarding new NACO guidelines was conducted on February 28th and 1st March for counsellors, 13 counsellors from 6 partner hospitals delivering HIV+ve mothers attended, including 4 ASHA Foundation staff.

4. PMTCT update workshop for Doctors regarding new NACO guidelines was conducted on 2nd March, 9 doctors from 6 partner hospitals delivering HIV+ve mothers attended.

5 Awareness among health care providers was increased among the hospitals as follows:

People Sensitised	By Trained Counselors in their Hospitals
Staff Nurses	279
Nursing Students	523
Ward Aides	95
Para medicals and Community Workers	18
Community	403
Total	1318

Site visits: A total of 3 site visits were made under the KNH PMTCT to streamline the project and evaluate the activities under the project. Financial accounts were also checked at these visits. ASHA Foundation staff sensitized staff members at the institutions at these follow-up visits.

Sl. no	Date	Hospital	State	Purpose of visit
1	26-Jun-12	BLH, Narsapur	Andhra Pradesh	Follow-up and evaluation
2	26-Jun-12	Women's Hospital, Ambajipeta	Andhra Pradesh	Follow-up and evaluation
3	27-Jun-12	St Joseph's hospital, Guntur	Andhra Pradesh	Follow-up, evaluation and hands-on training

The hospitals that have sustained the project on their own and are receiving only technological help, with financial support as needed for the care of HIV positive identified in their hospitals, IEC material and training of counsellors are:

1. The Bangalore Baptist Hospital, Karnataka
2. Church of South India Hospital, Bangalore, Karnataka
3. Christa Mitra Ashram Hospital, Ankola, Karnataka.

4. Hope Hospital, Kolar, Karnataka.
5. Seventh Day Adventist Hospital, Bangalore, Karnataka
6. Bishop Walsh Memorial Hospital, Coimbatore, Tamil Nadu
7. CSI Hospital, Kanchipuram Dt., Tamil Nadu
8. CSI Hospital, Codacal, Kerala
9. Dr. Somervell Memorial CSI Hospital, Karakonam, Kerala

Case study

Ms. Thava (Name Changed), aged 28yrs, married for 3yrs was diagnosed to be HIV positive when routinely tested during her second pregnancy in a hospital near her house. When she came to our clinic with her husband she was four months pregnant. The couple wanted to terminate the pregnancy because they were afraid that the baby would also get the HIV infection. After being counseled at ASHA Foundation and being informed that transmission to child can be reduced to less than 3% with ART treatment to mother, she was keen on continuing this pregnancy.

Her husband and her first son were tested at ASHA Foundation. While her son was found to be HIV negative, her husband was detected HIV positive. She was started on treatment to protect her baby from HIV infection.

Two weeks later she attempted suicide by consuming poison because of domestic fight at home. Fortunately she survived, and the poison did not have an adverse effect on the baby. On 31st August 2012 Thava delivered a normal baby girl weighing 2.8kg by elective cesarean session at our partner hospital. She opted for exclusive breast feeding. 6weeks later her baby was tested for HIV by DNA PCR which was negative. She decided to stop breast feeding before one year. 6weeks after stopping breast feeding the baby was tested by DNA PCR which was negative.

When the report was handed over to her she was extremely happy and relieved. The family is very grateful to God, KNH, CCCYC and ASHA Foundation for all the services rendered to them free of cost and for all the caring support that they received. Their biggest joy however was that their baby was born HIV negative!

ASHA Foundation and partner hospitals would like to thank KNH, Germany and Christian Council for Child and Youth Care for provision of funds and facilities that have resulted in the birth of HIV negative children from HIV positive mothers that will help these children to lead normal and healthy lives.

ASHA Foundation staff certified as counselors after the workshop



PMTCT Site visit to St. Joseph's Hospital - Guntur Andhra Pradesh



Role play at counsellors update workshop for partner hospitals at ASHA Foundation



PMTCT Site visit to Womens Hospital-Ambajipetta, Andra Pradesh



5 Research

ASHA Foundation is recognised as a Scientific and Industrial Research Organisation (SIRO) by Dept. of Scientific and Industrial research (DSIR). The present period of recognition is till March 2014.

ASHA Foundation also has a Research Advisory Board.

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

Current research projects at ASHA Foundation are as follows

1. Growth and development of HIV positive children.

Project period - 2011 to 2014

Investigators - Glory Alexander , Anuradha Nalli, Fehmida Visnegarwala, Sarita Rao, Ramu, Saranya Satish,

Project has been approved and funded by ICMR

Status - Data collection. Interim analysis has been done.

2. Profile of people attending an ICTC for pre-test counseling in an Urban center in Bangalore, Karnataka

Project period - 2011-2013

Investigators - Glory Alexander, Chitra .L.Kanth, Priyanka M, Merlin Maria

Status- Data collection.

3. An observational study to determine the coping mechanisms of HIV Positive widowed women

Project period - 2011-2014

Investigators - Glory Alexander, Chitra .L.Kanth, Priyanka M, Merlin Maria

Status - Data Collection

4. Experience and outcome in usage of extended PPTCT protocols in South India

Project period - 2009-2014

Investigators - Glory Alexander, MD Fehmida Visnegarwala, MD, MPH, Reena Joy MBBS, Philimol Philip, Jisha Pappachen

Status-Data collection is going on. The presentation of the preliminary findings were done at the International AIDS conference in Vienna, Austria in 2010. Another presentation on the interim analysis was done at the HIV congress in Mumbai in March 2012. Full data collection will be complete in March 2014.

5. Determination of perinatal transmission with 3 drug ARV prophylaxis in breast feeding population in private sector setting in South India

Project period- 2013 -2016

Investigators-Glory Alexander, Reena Joy, Philimol Philip

Status- Data collection

6. A study to assess the process and problems of change from the lecture method of teaching to interactive teaching for ASHA Foundation's value Education Program.

Project period -2013 – 2014

Investigators- Joyce Davis, Baiju Sebastian, Glory Alexander

Status – Data collection

7. A Survey on estimation of self esteem in school going adolescents in India

Project period- 2013 -2014

Investigators- Joyce Davis, Baiju Sebastian, Glory Alexander

Status – Data collection

Completed projects

1. Impact of Anti-retroviral Therapy (ART) on socio-economic productivity of HIV infected individuals in an urban Indian Setting.

Project period 2011 to 2013.

Investigators: Fehmida Visnegarwala, MD, MPH, Glory Alexander, MD Eileen Solomon, MD, Anuradha Nalli Ph.D, Ramu B.Sc, Saraya Satish MSW

Status- The data collection is over and conclusions have been presented at two national conferences in Dec 2011 and March 2012. The research was also presented at the International AIDS conference held in Washington in July 2012. The paper has been written up for publication and sent to AIDS Care journal for possible publication

2. Evaluation of teachers training workshop to assess difference in outcome of pre-service and in-service teachers in Karnataka and Maharashtra

Project period- 2011-2012

Investigators- Joyce Davis, Glory Alexander, Biju Sebastian

Status- Data collection and analysis is over and the paper has been written up and sent for publication to e-journal of teacher educators. It has been accepted for publication

3. Effectiveness of the HIV/AIDS helpline

Project period- 2009-2012

Investigators- Glory Alexander, Chitra .L.Kanth, Dippty Joseph

Status- Data collection - the analysis of data is over. The paper is being written up for publication.

4. Challenges to implementation of exclusive breast feeding in PPTCT services in private sector in South India.

Project period- 2010-2013

Investigators- Glory Alexander, Philimol Philip, Jisha Pappachen, Reena Joy

Status- data collection and analysis is over. The paper is being written up for publication

Oral presentation at International AIDS Conference: We were informed on 31.3.2012, by the scientific committee of the International AIDS Society that our research paper entitled "**Impact of Anti-retroviral Therapy (ART) on Socio-Economic Status and Productivity of HIV infected individuals/households in a Private-Setting in India**" and abstract number A-452-0401-11145, had been selected for presentation in an **Oral Poster Discussion Session** at the XIX International AIDS Conference (AIDS 2012) in Washington, D.C., 22-27 July 2012. Our presentation was on 23.7.2012 and was well received.

Publications in scientific and medical journals so far:

- 1. Assessment of workshop-based training of teachers for imparting value-based education to high school students -** Joyce Davis, Dr. Glory Alexander, Chitra Lancelot, Dr.PSS Sundar Rao - Journal of Educational Research and Extension; volume 43, Oct-Dec 2006, pp 10-17.
- 2. Exploring the barriers to accessing care and treatment for HIV infected children in India-A diagnostic study- Research update – April 2007 -** published by Population Council – collaboration of population Council, Avina Sarna, Jaleel ahmed, Glory Alexander, Vaishali Mahendra et al.
- 3. Counseling Needs Of Persons Exposed To Human Immuno-Deficiency Virus-** G. Alexander, B.G.Sunitha, K.L.Chitra. – Indian Journal of Medical Research 126, August 2007, pp152-155.
- 4. Value education for children - whose responsibility?** Joyce Davis, Glory Alexander, PSS Sundar Rao –New Frontiers in Education, Vol-40, No-3, July-Sept 2007 pp 246-250.
- 5. Mapping the future: Students’ response to Adolescent Health Education -** Joyce Davis, Glory Alexander – booklet June 2009

6. **Response of Indian School Students to Adolescent Health Education-** Joyce Davis, Glory Alexander, PSS Rao - New Frontiers in Education, Vol.43,No.4,October - December 2010, pp 494-499.
7. **Prevention of Mother to Child transmission of HIV- Our experience in South India** - Karthikeyan Vijaya, Alexander.Glory, Solomon Eileen,Rao Sarita, Rao PSS Sunder- Journal of Obstetrics and Gynaecology of India, Jan/Feb 2011, Pg.62-66
8. **A descriptive study on the users and utility of HIV/AIDS Helpline in Karnataka , India** – Alexander.G, Kanth.C, Thomas.R.- Indian J Community Med 2011; 36:17-20
9. **Demographic Predictors of HIV positivity among Women presenting for Obstetric care in South India- a case control study-** E. Solomon, F. Visnegarawla, P. Philip, G. Alexander – AIDS care journal . Vol-23, No.10, October 2011 pp-1336-1343
10. **Description of Comprehensive PPTCT Counsellors’ Training:The Backbone of PPTCT Services in India-**Solomon E, ; Visnegarwala F; Philip P; Pappachen JS, Alexander .G Journal of Health Management. Vol 14,No.3,Sept.2012 pp 369-374

Training programs conducted during the year

Sl. No	Date	Topic	For whom	Venue	No. of participants	Conducted by	Timings
01	04.07.2012-12.07.2012	Counselors’ Training Workshop	Staff of ASHA Foundation	ASHA Foundation premises	5	Counseling & PMTCT Staff of ASHA Foundation	9.30 am – 5pm

02	12.10.2012	Culture, tradition, values & attitudes	Pastoral Counseling Students	Bangalore Baptist Hospital	12	Chitra	9.30 am – 11.00 am
03	19.10.2012	Sex & Sexuality	Pastoral Counseling Students	Bangalore Baptist Hospital	12	Chitra	9.30 am – 10.45 am
04	26.10.2012	Counseling skills & stages in counseling	Pastoral Counseling Students	Bangalore Baptist Hospital	12	Chitra	9.30 am – 11.15 am
05	02.11.2012	Psycho-social impact & pre-test counseling	Pastoral Counseling Students	Bangalore Baptist Hospital	12	Chitra	9.30 am-11.15 am
06	09.11.2012	Post-test counseling	Pastoral Counseling Students	Bangalore Baptist Hospital	12	Chitra	9.30 am-11.00 am
07	16.11.2012	On going supportive counseling	Pastoral Counseling Students	Bangalore Baptist Hospital	12	Chitra	9.30 am – 10.30 am
08	07.12.2012	Crisis counseling	Pastoral Counseling Students	Bangalore Baptist Hospital	12	Chitra	9.30 am – 10.15 am
09	15.03.2013	Challenges in counseling OVC's	For Journalists / Media	KROSS	15	Chitra	11.15 am-1.45 pm
10.	23.7.2012	Impact of Anti-retroviral Therapy (ART) on socio-economic productivity of HIV	For scientists, doctors	IAS conference Washington		Dr.Fehmida Visnegrawla	1.00pm -1.30pm

		infected individuals in an urban Indian Setting.					
11.	7.6.2012-9.6.2012	Teachers training workshop	For nurses, teachers	Rebekah Naylor school of nursing	20	Joyce Davis Bharathi Moses	9 am-5 pm
12.	6.12.2012-8.12.2012	Teachers training workshop	For teachers	Pune	30	Joyce Davis Bharathi Moses Tharini	9 am-5 pm
13.	28.2.1013-1.3.2013	PMTCT update	Counselors	ASHA Foundation	13	Glory Alexander Reena Joy	10 am to 4 pm
14.	2.3.2013	PMTCT update	Doctors	ASHA Foundation	9	Glory Alexander Reena Joy	10 am - 4 pm
15.	23.11.2012	Impact of Anti-retroviral Therapy (ART) on socio-economic productivity of HIV infected individuals in an urban Indian Setting.	Doctors	Vivanta By Taj National AIDS conference Bangalore	40	Glory Alexander	4pm

Other matters

Strategy planning: The strategy planning for the period 2013 to 2017 was completed by the strategy planning committee and presented to the Board in March 2013. ASHA Foundation thanks Mr. Sunny Kuruvilla and Dr. Alex Thomas for providing expertise.

ASICON 2012: Dr. Glory Alexander was the organizing secretary of the National Conference of AIDS Society of India for the year 2012. The conference was held in Vivanta By Taj, Yeshwanthpur, Bangalore. The staff of ASHA Foundation were volunteers at the conference. The conference was well-received and appreciated by all the attendees. One of our regular philanthropists Mr. and Mrs. Krishna Chivukula were honoured during the conference.

Through ASICON 2012, an evening of entertainment and dinner was held for the HIV infected and affected children and families and was enjoyed by all the participants. Mr. Ramu of ASHA Foundation and his team co-ordinated all the efforts for this event.

Shifting of premises: After twelve years ASHA Foundation shifted its premises from No. 58, 3rd Main to No. 42, 4th Main, Anand Nagar.

During the year, three staff of ASHA Foundation resigned and five new members joined the organization.

International travel during the year

Name of person	Designation	Purpose of travel	Cost of travel	Sponsored by
Dr. Fehmida Visnagarawla	Research Consultant (part time)	Presentation of ASHA Foundation's research project that was selected as oral poster presentation at International AIDS Conference in Washington DC	Rs.30,000 /	ASHA Foundation

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
<2500	-	-	-
<7000	1	2	3
<15000	1	7	8
<30000	3	3	6
<50000	-	2	2
>/50000	-	1	1

Disclosure of salary and benefits of head, highest paid staff member and lowest paid staff member of organization

1. Head — Rs.57,003 per month. No benefits.
2. Highest paid - Project co-ordinator-AHE
Salary+ Provident fund+ Accident insurance
+ medical reimbursement + gratuity – Rs.44,027 per month
3. Lowest paid - Office Boy
Salary+Provident fund+ Accident insurance
+ medical reimbursement + gratuity –Rs.4,632 per month

Invocation song by women at the fun evening 4.11.2012



Children dancing on stage at the fun evening 4.11.2012





**Inaugural function of ASICON 2012 at Vivanta By Taj 23.11.2012
Mr. Shivraj Kumar – actor and chief guest lighting the lamp**



Dr. Mrs Krishna wife of Mr. Krishna Chivukula being felicitated at ASICON 2012



Closing ceremony with Mr. Oscar Fernandes



ASHA Staff as volunteers at the conference-ASICON 2012



New ASHA Foundation premises

Our heartfelt gratitude to the following:

- Members of the **Board of Trustees** of ASHA Foundation for their input and guidance
- Members of the **Research Advisory Board** of ASHA Foundation
- **Kindernothilfe, Germany** and **Christian Council for Child and Youth Care**, Bangalore for their support.
- **Mr. Krishna Chivukula** and **INDO-US MIM-Tech Pvt. Ltd.** for their unending generosity in supporting ASHA Foundation since 2005
- **Mr. Sankey Prasad**, CMD Synergy property development services for his support to ASHA Foundation this year.
- **Charities Aid Foundation (CAF) India** towards the support for investigations and drugs for HIV infected and affected individuals.
- **Lets Doof Charity – Mr. Hirwan** for his support in cash and kind.
- The **Overseas Women’s Club** and **Mrs. Victoria Sanders** for supporting the telephone counseling project publicity and equipment needs.
- Ms. Bina Devi Singh, Mr. S, Paravasudevan, Mrs. Kamlesh Pahwa, Mr. Anjan Roy, Mr. Madhu for their financial contribution to ASHA Foundation
- To all our other regular donors, volunteers and well-wishers who have always supported ASHA Foundation .

Asha Foundation
42, 4th Main Road, SBM Colony, Anandnagar, Bangalore - 560024

Balance Sheet as at March 31, 2013

(Amount in Rs.)

Liabilities	Amount	Assets	Amount
General Fund	67,03,641	Fixed Assets	8,67,979
Project Fund	15,30,726	(Refer Schedule 1)	
Current Liability:		Investment:	
Sundry Creditors	1,65,559	Fixed Deposit	19,31,498
Salary Payable A/c	7,336	Mutual Fund	45,00,000
		Deposits:	
		Deposit with BSNL	5,000
		Rent Advance	3,00,000
		ISD Connection	2,000
		LPG Deposit	500
		Gas Deposit A/c	600
		Loans & Advances (Asset):	
		Individual Venture Support	44,550
		Self Art - Asha-Vaman Pharma (P) Ltd.,	75
		Self Art - Ashrith Life Guard	26,001
		Self Art - Mercury Agencies	39,755
		Closing Balances:	
		Cash on hand	42,332
		Bank Balance-PNB	6,46,972
Total	84,07,262	Total	84,07,262

for ASHA FOUNDATION

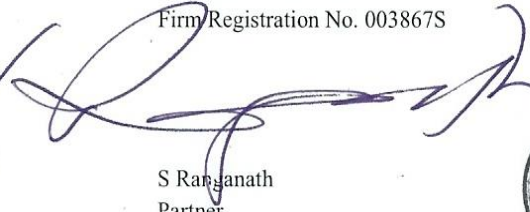


Dr. Glory Alexander
Trustee

Place: Bangalore
Date: 05-September 2013



As per our 12A(b) Audit Report of even date
for Singhvi, Dev & Unni,
Chartered Accountants
Firm Registration No. 003867S



S Ranganath
Partner
Membership No. 201191



Asha Foundation

42, 4th Main Road, SBM Colony, Anandnagar, Bangalore - 560024.

Income and Expenditure Account for the year ended March 31, 2013

(Amount in Rupees)

Expenditure	Amount	Income	Amount
Indirect Expenses:		Bank Interest Received	193,572
Assessment /Investigation for Children - Research	101,730		
Investigation charges for Children	9,466	Donation:	
Delivery charges reimbursed at Hospitals	47,816	Donations	358,309
Purchase of Dry Rations	211,400	Donations - Research	415,000
IEC Material Purchased	1,000	Donation - Indo US MIM Tec Pvt Ltd	840,000
		Donation - Indo US MIM Tec Pvt Ltd - Research	360,000
Investigation charges for Adults	111,494	Donation - Mr.Sankey Prasad - Research	1,500,000
Medicine Purchased(Refer Schedule 1)	1,557,369		
Medicine Purchased - Research	515,382		
		Contribution:	
Medical Reimbursement to beneficiaries(Refer Schedule 2)	209,950	Honorarium Receipts	5,650
Nutritional Supplements to Children	12,031		
PCR Testing Charges	55,705	Grants:	
SHG Monthly Meeting expenses	61,919		
		CAF - GAYE Grant Received	297,812
Start Up Costs for Clinic/Maintenace Cost at Hospitals	15,000	CCCYC Grant for KNH/PMTCT	3,122,992
Training for Administrative & Gynaecologists	38,404	CCCYC Grant for KNH/PMTCT - Research	385,000
Training for Counselors	40,786	CCCYC Grant for KNH/CAR - Research	700,000
		CCCYC Grant for KNH/CAR	1,877,349
Workshop Expenses:		OWC Grant	171,313
6th Pune Teachers Training Workshop - Research	99,105		
		Grant for ICMR - Research	364,755
2nd Mumbai Teachers Training Workshop - Research	24,304		
		Asicon Workshop - 2012	5,450
41st Bangalore Teachers Training Workshop - Research	3,966		
KSAPS Workshop Expenses	5,000		
Follow Up - AHE Expenses	13,229	Write Backs:	
		Telephone charges - Expenses Provision	
Follow Up - AHE Expenses - Research	1,885	Written back	111
		Stale Cheque reversed	9,627
Educational Expenses:		Enroll children to Education Written back	750
Enroll Children to Education	191,285	Salary Payable Written back	7,765
Enroll children to Higher Education	83,878		
Education Expenses for IC Children	6,000		
Annual Day out - Expenses	67,418		
Admin Expenses			
Accidental Insurance for Employees	6,699		
Administratrave expenses for Institutions	54,000		
Advertising and Publicity	107,299		
Advocacy and Networking	5,250		
Membership Fees	3,025		
Audit Fees	40,000		
Audit Fees - Research	4,944		
Bank Charges	4,590		
Broad Meeting Expenses	4,257		
Bonus Paid to Employees	30,000		
Clinic Expenses	14,817		
Consultation for Legal Issues	750		



Electrical Work	24,670		
Electricity & Water charges	51,097		
Internet Charges	20,426		
Internet Charges - Research	11,722		
Local Travel & Vehicle Maintenance	55,109		
Local Travel & Vehicle Maintenance - Research	39,670		
Medical Reimbursement for Employees	3,000		
Miscellaneous Expenses	114,858		
Miscellaneous Expenses - Research	17,405		
Mumbai Alumni Meeting	7,125		
Office Expenses - Research	17,154		
Painting Expenses	35,000		
Photo copying charges - Research	1,173		
Postage & Courier Charges	9,880		
Postage & Courier Charges - Research	277		
Printing & Stationery charges	71,828		
Printing & Stationery charges - Research	15,004		
Rent for Premises	337,768		
Rent for Premises - Research	147,028		
Salary Paid	2,867,880		
Salary Paid to Research Officer - Research	2,319,202		
Salary Paid to Support Staff - Research	269,844		
Shifting Charges	47,840		
Site Visits Expenses	41,659		
Social Security	189,597		
Social Security - Research	137,351		
Software Maintenance charges	15,900		
Telephone charges	24,777		
Telephone charges - Research	6,651		
Vehicle Insurance	12,285		
Depreciation	138,690		
Depreciation - Research	913		
		Excess of Expenditure Over Income	198,481
Total	10,813,936	Total	10,813,936

for ASHA FOUNDATION

Dr. Glory Alexander
Trustee

Place: Bangalore
Date : 05-Sept-2013



As per our 12A(b) Audit Report of even date
for **Singhvi, Dev & Unni,**

Chartered Accountants
(Regn. No. 003867S)

S Ranganath
Partner
Membership No. 201191

Place: Bangalore
Date : 05-Sept-2013



Asha Foundation
42, 4th Main Road , SBM Colony, Anandnagar, Bangalore - 560024

Receipts and Payments account for the period April 1, 2012 to March 31, 2013

(Amount in Rupees)

Receipts	Amount	Payments	Amount
Opening Balances:		Investments:	
Cash on hand	10,214	Investment in Fixed Deposit	15,00,000
Bank Balances	11,09,337		
Investments:		Loans & Advances:	
Maturity of Fixed Deposits	11,95,380	Advance to Mr. Biju (Project Co-ordinator)	7,871
Loan Recovery		Purchase of Fixed Assets:	
Individual Venture Support Loan	1,200	Steel Almirah	10,268
		Aluminium Fabrication	8,000
		Power supply	66,000
		Batteries	34,500
Indirect Income:		Indirect Expenses:	
Bank Interest Received	1,11,605	Investigation Charges	1,45,097
Donation:		OI Treatment	84,208
Donation and contribution	11,03,200	Art for children	1,29,012
Donation -TC	9,000	Pg 7/32 Follow up-BFTW	12,513
Donation and contribution from others	4,96,109	Purchase of medicines	22,12,021
Donation - Indo US MIM Tech Pvt Ltd.,	3,00,000	HIV Testing	2,03,666
Donation-Sankey Prasad	15,00,000	Clinic Maintenance Cost	29,817
Grants:		Self Help Group Meeting	61,919
CAF-GAYE	2,97,812	PLHA TB Treatment	20,442
Grant-KNH-PMTCT Project	35,07,992	TB & Medical Care for Infected children	8,983
Grants - Research		Nutritional Supplements & Dry Ration supplied at clinic	2,23,431
Grant From CCCYC/KNH_CAR	25,77,349	Rebate Nursing School	13,581
Grant From ICMR	3,64,755	ICMR Expenses	77,580
OWC Grant	1,71,313	PMTCT Drugs	4,66,977
Social Security - AHE & TC	1,37,352	PCR Testing expenses	55,705
Rebate Nursing School	13,581	IEC Material purchased	1,000
Telephone charges written back	111	Delivery charges reimbursed	47,816
Vehicle expenses (Reimbursements)	50,875		
Employer's Contribution to PF	2,06,969	Workshops and Seminars Expenses:	
ESI Contribution	44,795	2nd Mumbai Teachers Training Workshop	24,304
ICMR Social Security	46,764	41st Teachers Training Bangalore Workshop	3,966
Ascion 2012	1,92,874	6th Pune Teachers Training Workshop	99,105
Honorarium Received	8,050	Follow up expenses	1,885
Miscellaneous	3,946	Training for Counselors	40,786
Employer's Contribution to ESI	-	KSAPS workshop expenses	5,000
SELF ART Medicines	7,62,624	Ascion 2012	1,87,424
Advance to Biju recovered	7,871	Follow Up - AHE	717
Other Receipts	22,334	Training for Administrators & Gynaccologists	38,404
		Honorarium Paid	2,400
		Educational Expenses:	
		Enroll Children to Education	1,91,285
		Provide Facilities for Higher education	83,878
		Education Expenses for IC Children	6,000
		Annual Day out	67,418
		Admin Expenses:	
		Electricity and water charges	51,097
		Bonus Paid to Employees	30,000
		Employers Provident Fund	61,510
		Professional Fees	6,15,636
		Professional Tax	12,750
		Provident Fund Employees Contribution	3,67,308
		Tax deducted at source remitted	79,489
		Rent for Premises	5,09,796
		Vehicle/Accidental Insurance	18,984
		Bank Charges	4,590
		Painting Expenses	35,000
		Consultation for legal issues	750
		Advertisement & Publicity	1,07,299
		Audit Fees	44,944
		Board Meeting Expenses	4,257
		Telephone and internet Charges	69,767
		Local Travel and Vehicle Maintenance	1,47,169



(Amount in Rupees)			
Receipts	Amount	Payments	Amount
		Social Security	1,55,028
		Postage and Courier	10,157
		Printing, Photocopy & Stationery	88,004
		Salaries paid	45,35,764
		Miscellaneous Expenses	1,48,910
		Employee State Insurance	78,217
		PF EDLI LIC	8,236
		Mumbai Alumini Meeting	7,125
		Medical Reimbursement for Staff	7,000
		Advocacy and Networking	5,250
		Membership Fees	3,025
		Software Maintenance	15,900
		Site Visits	41,659
		Admin Expenses for Institution	54,000
		Electrical Work	24,670
		Shifting Charges	47,840
		Closing Balances:	
		Cash on hand	42,332
		Bank Balance-PNB	6,46,972
Total	1,42,53,412	Total	1,42,53,412

for ASHA FOUNDATION

As per our 12A(b) Audit Report of even date for Singhvi, Dev & Unni, Chartered Accountants (Regn. No. 003867S)



Glory Alexander

Dr. Glory Alexander
Trustee

S Ranganath

S Ranganath
Partner
Membership No. 201191

Place: Bangalore
Date: 05-September-2013

Press coverage received by ASHA Foundation during the year

DR GLORY'S MANTRA: ACTION, SERVICE AND HOPE

ANGEL INVESTOR

LIANA DEWAN DC

It was a line that the society taught her to 'stand proud', as Dr Glory Alexander puts it. She speaks from with HIV (PLHIV), that led her to a turning point in her life. In the 1980s, she witnessed a wave of HIV positive kids seeking treatment at the city-based hospital where she then worked, which motivated in Dr Alexander starting the Action Service Hope for AIDS (ASHA) Foundation in Bengaluru. Founder Director Dr Glory, an alumnus of the renowned Christian Medical College (CMC), Vellore and a gold medal graduate from University of Madras, who holds an MBBS and M.D. in Internal Medicine, turned her back on her career as a banking and turned to philanthropy.

Large groups of children being positive had struck, but it's the parents who suffer most, having to bear a huge amount of trauma and social stigma as well as with their aging kids. Putting an end to their pain and reducing a large emotional drain is a primary goal of ASHA. The ASHA Foundation aims to help, with the help of a few hundred people.

The Foundation is going beyond helping PLHIV. ASHA is helping people, especially positive kids and their families. The services include vision, education, counselling, career support and rehabilitation of PLHIV and their families with special focus on women and children.

"At ASHA Foundation, we are active in areas through projects such as Karnataka, with a program to reach out to other parts of India," says Dr Glory. "The projects cover a range of pertinent areas, especially the imparting of value-based sexual education to the children of more than 100 schools, prevention of child marriages through counselling, the conduct of awareness camps and the generation of better livelihoods."

Dr Glory says, "In 1986, we started off with an AIDS helpline and education counselling services. It was an unorganised system that provided information about HIV/AIDS in English and Kannada. Meanwhile, we were up with a manual helpline opened up in 1990 and have received about one call a day since then. There are two lines - English and Kannada - through which the work has steadily grown from 100 to 1000 calls a day."

"Out of all the projects that we currently handle, the imparting of value-based sexual education to the children of more than 100 schools (PMS) is closest to Dr Glory's heart. "Through this project we have been able to save kids and provide them with a chance to lead a long life, together with career opportunities," she says. "We also provide training to our 27 staff and counsellors, who then introduce the PLHIV positive people to essential clinics, where they get the HIV testing for free and get their HIV testing for free and get their HIV testing for free and get their HIV testing for free."

Another project is the Care and Support services for children at risk (COSA-CAR). This aims at improving living conditions of children and their families affected by HIV/AIDS. "We provide financial assistance in education of children of PLHIV positive parents. It also provides nutritional supplements to them. About 100 children receive support for education and also support older children for vocational training," Dr Glory explains.

Work, vision and devotion



Dr. Glory Alexander of Action Service Hope for AIDS

4 BANGALORE
SATURDAY, DECEMBER 1, 2012

A heroic shift from a doctor

Y Maheswara Reddy
BANGALORE

A few decades ago, Glory Alexander was serving as a doctor at the Baptist Hospital, where her husband Alexander holds a key position. She was content with her work until she met a patient who altered the course of her life and made her start an organisation that now serves a multitude of HIV-positive people and their families.

In 1987, a person from San Francisco was admitted to the hospital. Within two days, his condition deteriorated. "I was surprised when he asked me whether he has AIDS. I sent his blood samples for testing to a hospital in Vellore since there was no such facility in Bangalore," recalls Dr Glory.

After two days, the patient breathed his last and the report of the blood samples revealed that he was HIV positive. "I came to know he was staying at Puttappa with his friends. He came to the hospital when his health deteriorated. His friends told me that he was a homosexual," Dr Glory recalls.

This incident turned her attention to people who suffer from similar illness. It was the catalyst for the formation of the ASHA Foundation, which was established in 1988 by her and a few other like-minded people. It stands for Actor Service and Hope for AIDS. It is a charitable trust help HIV/AIDS infected people and their families. The range of services offered by it include preventive services, awareness, treatment, care, support and rehabilitation of HIV-infected and affected people with special focus on women and children. "I am lucky and proud to have a dedicated team. My husband is my inspiration and strength. I got a lot of support from him," she says.

Dr Glory wants people treat HIV-positive people par with those suffering from other ailments like TB, diabetes and cancer and is working towards it.

yreddy@indiaid.

I am lucky and proud to have a dedicated team. My husband is my inspiration and strength. I got a lot of support from him.

BANGALORE, SATURDAY, DE

ASHA a ray of hope for HIV-affected

My brother gave me blood when I was admitted to government hospital in Hindupur. He was a HIV positive but doctors did not bother to test his blood samples

Latha (name changed) from Channarayana was in a dilemma after coming to know that she was HIV positive. Latha's status, as HIV positive made her in-laws to have negative attitude towards her. She had no one to look after when her husband too abandoned her.

For women like Latha, ASHA Foundation is a beacon. Once, an abandoned, Latha looks a happy life with, thanks to ASHA Foundation that had helped more than 100 HIV positive women in Bangalore.

According to her, lack of awareness on transmission of HIV was main reason for her becoming HIV positive. "My brother gave me blood when I was admitted to government hospital in Hindupur. He was HIV positive but doctors did not bother to test his blood samples. I approached ASHA Foundation for help in 2009. Now I am confident of leading life without any hassles," she said.

She is one among the 113 HIV positive women who formed the self-help groups (SHGs) with the guidance and help from ASHA Foundation. "We organise regular meetings for members of SHGs every third Sunday of the month. They share information and discuss about problems and try to find solutions," said Kamru, Project Co-ordinator, PMS-CAM Project, ASHA Foundation.

Padmaraj of Jeevanahalli was in a big shock when she came to know that her two children and husband are HIV positive. "I was shocked when I too tested positive for HIV. Future seemed bleak but now I am confident of being life without any problems," said Padmaraj. The story of Latha is different. Her husband tested of AIDS and she managed to ensure her son pursue higher studies with support and guidance of ASHA Foundation.

The SHGs have been formed under the guidance of ASHA Foundation with an average of 25-30 members in each group. Regular meetings are being held every month and minutes are maintained. The four groups are Shreebhari, Tripathi, Preethi and Pokruthi. "Each group meets every month and will present ASHA. The minimum amount of loan is ₹1,000 and maximum ₹5,000. We have to repay it in 10 equal installments," said Bhargya.

So far, CLM-500 was disbursed for 91 beneficiaries. Among the beneficiaries, 54 have cleared the loan and 37 are yet to clear the loan. The 128 of these SHGs members is that some of them have failed to repay the loan. The percentage non-performing asset (NPA) is zero. Priority will be given to health of members while sanctioning loans. The second priority will be education for children and third one is payment of arrears while making loans," said Kamru.

Member of SHGs discussing about destitute widow pension, Super Gender Hearing Board Scheme and other issues related to treatment facilities and stigma.

Apart from forming SHGs, ASHA Foundation has facilitated the formation of SHGs for children with the aim to get together the children infected with HIV in order to make their friends and share their emotions and feelings with each other and realise that there are others like them. The SHGs initially started with nine children from the age group 13-18 years. Every session consists of games and interaction, followed by snacks, jokes and songs.

The meetings start with a welcome drink and followed by ice breaker, a physical activity, and an interactive session which involves all the children. It concludes with feedback sessions and lunch. During the feedback session the children discuss about the day's activities.

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A curriculum propelled by hope

ASHA Foundation designs a detailed curriculum for adolescent health education

DNA Correspondent
BANGALORE

ASHA Foundation has been working in the field of adolescent health education (AHE) for the last 11 years. The process has involved convincing the school managements and training teachers in three day workshops. These teachers, in turn, have educated their students for over a period of one to two years.

The AHE which focuses on providing the adolescents with a positive understanding of relationships between sexes, within the framework of abstinence from sex before marriage and fidelity in marriage.

The curriculum content of the AHE resource, major on, fidelity character development. It is from one's convictions that choices are made and choices reflect character. Character development would involve one's values and world view. Secondly, the curriculum deals with life skills associated with relationships.

And fourthly, with corrective measures where mistakes have been made.

The title of this curriculum was selected by one of the students. We rewarded him with a cash," said Joyce Davis, Education Coordinator, ASHA Foundation.

Volunteers show red ribbons on World AIDS Day. The rally was cancelled following former prime minister I.K. Gujral's death

ASHA Foundation was selected by one of the students. We rewarded him with a cash," said Joyce Davis, Education Coordinator, ASHA Foundation.

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This woman talks about sex with courage

Chitra gets inconvenient queries about HIV, but answers everything with ease

DNA Correspondent
BANGALORE

Meet Chitra who handles AIDS helpline, telephone counselling service and integrated counselling and testing service at ASHA Foundation. It will be a pleasure to chat with this young and energetic lady who answers even inconvenient queries with a smile. Before joining ASHA Foundation, Chitra held a key position at a garment factory.

After joining ASHA Foundation she got an inconvenient query from a person. The query was about oral sex but she had answered it with ease.

"A man called me over. During the conversation, I realised that he had met with a few sex workers. He has asked me what type of disease he will get by indulging in oral sex. I had explained the precautions to be taken while indulging in oral sex," said Chitra.

Most of the women will hesitate even to discuss about sexually transmitted diseases, but Chitra does telephone counselling, face-to-face counselling, answers e-mail queries involves in awareness programs with volunteers, training and research.

Around 9,82% of all telephone calls translated into face-to-face counselling. The helpline had received 15,091 from 2000 to March 2012.

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INDIAN EXPRESS
Home • States • Karnataka
New hope for HIV positive babies
By Sharadha Kalyanram | EMS - BANGALORE
06th March 2013 08:25 AM

City-based doctors said University of Mississippi Medical Centre's claims on treating a two-and-a-half-year-old girl born with HIV offer hope to thousands of people, specially pregnant women and newborn babies in the state, who are suffering from the infection.

The baby, Jackson, treated at the University of Mississippi Medical Centre, was reportedly cured because the "treatment was given soon after the birth." The ART drugs used at that specific instance are widely used in India. Doctors said that the method would aid in two cases: One, when the mother is HIV positive without taking treatment and gives birth to a HIV positive baby, and two, if she is not aware that she is HIV positive, but wants early treatment and cure for her infected baby.

"If approved and standardised, the same line of treatment could come to the rescue of babies born with HIV in the state," said Manoj Tripathi, project director, Karnataka State AIDS Control Society.

According to data from the society, nearly 0.22 per cent of the pregnant women in the state are HIV positive. Tripathi said that the state has 12 lakh pregnancies every year and 3,000 of them are HIV positive. "Even when we put these pregnant women from ART from the time they are diagnosed, the baby is born with HIV in 10 per cent of the cases," he said.

Dr Glory Alexander, Action Service Hope for AIDS or ASHA Foundation which is carrying out a research on 'Prevention of Mother to Child Transmission of HIV', said more tests need to be done on similar high-risk babies before accepting this method.