

**AMAR SAATH FOUNDATION****(Reg No.382/IV/2023 39/37OA,Darsha1om,Kainath Road, Edappally,Po, Pin:-682024****BALANCE SHEET AS AT 31.03.2024**

<b>LIABILITIES</b>	<b>As at 31.03.2024</b>
<b>Capital Fund</b>	
Capital Fund	10,000.00
Add: Surplus/(Deficit) as per Income & Expenditure account	17,511.48
<b>Closing Balance</b>	<b>27,511.48</b>
<b>Current Liabilities</b>	<b>3,10,000.00</b>
	-
<b>Total</b>	<b>3,37,511.48</b>
<b>ASSETS</b>	<b>As at 31.03.2024</b>
<b>Fixed Assets (Less : Depreciation)(As per Schedule 1)</b>	<b>45,250.00</b>
<b>Current Assets :</b>	
Loans And advances(Rent Advance)	20,000.00
Cash at South Indian Bank Ltd. Thrikkakara Branch ( SB A/c No:052207300000503)	2,72,261.48
Cash in Hand	-
<b>Total</b>	<b>3,37,511.48</b>

For Amar Saath Foundation



Authorised Signatory

**AMAR SAATH FOUNDATION****(Reg No.382/IV/2023 39/37OA,Darsha1om,Kainath Road, Edappally,Po, Pin:-682024****INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31.03.2024**

<b>INCOME</b>	<b>Schedule Number</b>	<b>For ThePeriod From 01.04.2023 to 31.03.2024</b>
Donation received		3,84,776.00
Other Income	1	51.44
<b>TOTAL</b>		<b>3,84,827.44</b>
<b>EXPENDITURE</b>		
Charity	2	2,94,766.90
Administrative Expenses	3	67,999.06
<b>TOTAL</b>		<b>3,62,765.96</b>
<b>Surplus / (Deficit) before Depreciation</b>		<b>22,061.48</b>
Depreciation on Fixed Assets		4,550.00
<b>Net Surplus / (Deficit) transferred to Capital Account</b>		<b>17,511.48</b>

For Amar Saath Foundation

  
Authorized Signatory

# **ANNUAL ACTIVITY REPORT**

## **2023 – 2024**

By

**AMAR SAATH FOUNDATION**

**Reg No: 382/IV/2023**

**39/370 A, Vattekunnam,  
Edappally North P.O  
Kochi - 682024**



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## INTRODUCTION

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AMAR SAATH is a non-profit organization (REG NO: 382/IV/2023), founded by like-minded individuals from various walks of life and professions, dedicated to supporting marginalized and migrant people in society. AMAR SAATH, translated as "eternal companionship," is founded on the principle of reciprocal relationships, where individuals give and receive, fostering an environment of empathy and empowerment.

**Vision:** Our vision at Amar Saath Foundation is to uplift the marginalized and migrant populations in India, ensuring a life of dignity, security, and equal opportunities, irrespective of religion, language, or gender.

**Mission:** Amar Saath Foundation is committed to serving the underserved by providing shelter, food, clothing, education, medical care, and vocational training. We envision a society where every individual, regardless of their background, enjoys access to essential services and the opportunity to build a brighter future.

The Amar Saath Foundation was registered in October 2023. Within the last 6 months, an array of activities were conducted for the benefit of migrant workers in various geographical locations. The immigrants benefitted under the following programs -:

1. Amar Ayush
2. Amar Jyothi
3. Amar Yuva
4. Amar Daan - Thrift Store

## I. AMAR AYUSH

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Migrants are exposed to various health risks including communicable diseases, sexually transmitted diseases, occupational health hazards, and malnutrition. Although the Kerala Government has better medical facilities, there are many barriers for interstate migrants to access, which include a lack of confidence in accessing the health services or fear of the system, local language problems, cultural bias, distance from hospitals, and lack of awareness about the provision of health facilities. As a preventive measure, Amar Saath Foundation launched a project named “Amar Ayush” which focuses on educating and preventing health-related issues among the immigrants and marginalized populations in the remote and hard-to-reach areas of Kerala.

The main strategy to reach out is by conducting medical camps in different parts of Kerala, providing awareness about health and hygiene, and also conducting free medical screening camps.

### **Activities:**

In the year 2023-2024, a total of 6 medical camps were conducted under the umbrella of Amar Ayush at Aluva, Peringala, Kalamassery, Chembarakky, Aroor, and Ramamangalam for the migrant workers who are residing in the district of Ernakulam in the State of Kerala.

***The medical camp consisted of three phases, which included treatment, awareness, and medicine distribution.***

The majority of the workers were from the states of Orissa, Jharkhand, Uttar Pradesh, West Bengal, Bihar, Assam, and Nepal. Overall, 408 people including men, women, and children benefitted from the camp. A team of doctors along with Amar Saath team volunteers were the ones to facilitate the camp in the field.

## Total outreach:

- State wise:

Sl.No.	State	Number of Migrants
1.	Orissa	158
2.	Assam	107
3.	West Bengal	38
4.	Nepal	32
5.	Uttar Pradesh	26
6.	Jharkhand	15
7.	Bihar	13
8.	Kerala	10
9.	Tamil Nadu	4
10.	Rajasthan	3
11.	Uttarakhand	1
12.	Nagaland	1
	<b>Total</b>	<b>408</b>

Table 1: Total outreach of Amar Ayush (State wise representation)

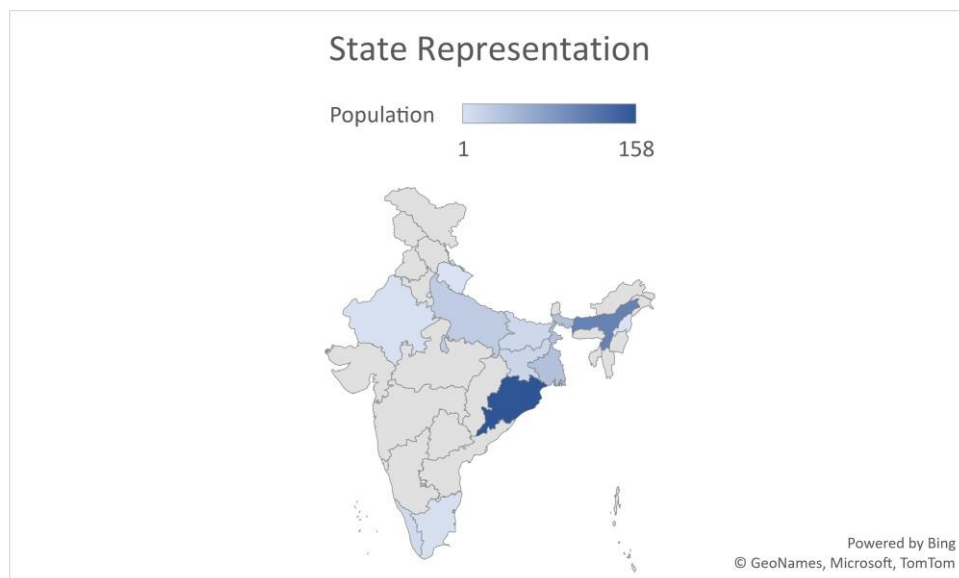


Figure 1: Total outreach of Amar Ayush (State wise representation)

- **Area Wise**

Sl. No.	Areas in Ernakulam district	Number of migrant workers
1.	Peringala	29
2.	Kalamassery	77
3.	Chembarakky	93
4.	Aroor	68
5.	Ramamangalam	76
6.	Aluva	65

*Table 2: Total outreach of Amar Ayush (Ernakulam area-wise representation)*

- **Gender wise:**

Sl. No	Gender	Migrant workers
1.	Male	290
2.	Female	101
3.	Girls	9
4.	Boys	8

*Table 3: Total outreach of Amar Ayush (Gender representation)*



## MEDICAL CAMP DETAILS

### ● **Peringala Medical Camp**

Peringala Medical Camp was conducted on 28 October 2023 in the district of Ernakulam. In that area, migrants were located in 3 housing colonies. Most of them were working in match stick companies. Amar Saath volunteers went to their houses and did the medical camp. A total of 29 migrant workers were reported, mainly from Orissa, out of which 16 were males and 13 were females. Free medicines were also provided to them.



*Figure 2: Peringala Medical Camp, in which 29 migrant workers were benefitted*

### ● **Kalamassery Medical Camp**

Amar Saath Foundation organized a medical camp in association with Kalamassery Development Industrial Estate for the migrants in the Kalamassery area of Kochi on November 18th, 2023. A total of 77 migrants, both male and female were the beneficiary (Male – 62; Female -14 and Child -1). Most of them were working in the paint, furniture, bread, and IT companies. Free medicines were distributed to all participants. Three Hindi-speaking doctors have volunteered for this cause. We have also given awareness to migrant workers about the dangers of alcohol/drug use and addiction, in which the

sessions were conducted using simple videos, mainly in Hindi. In addition, awareness sessions on health and hygiene were also done.

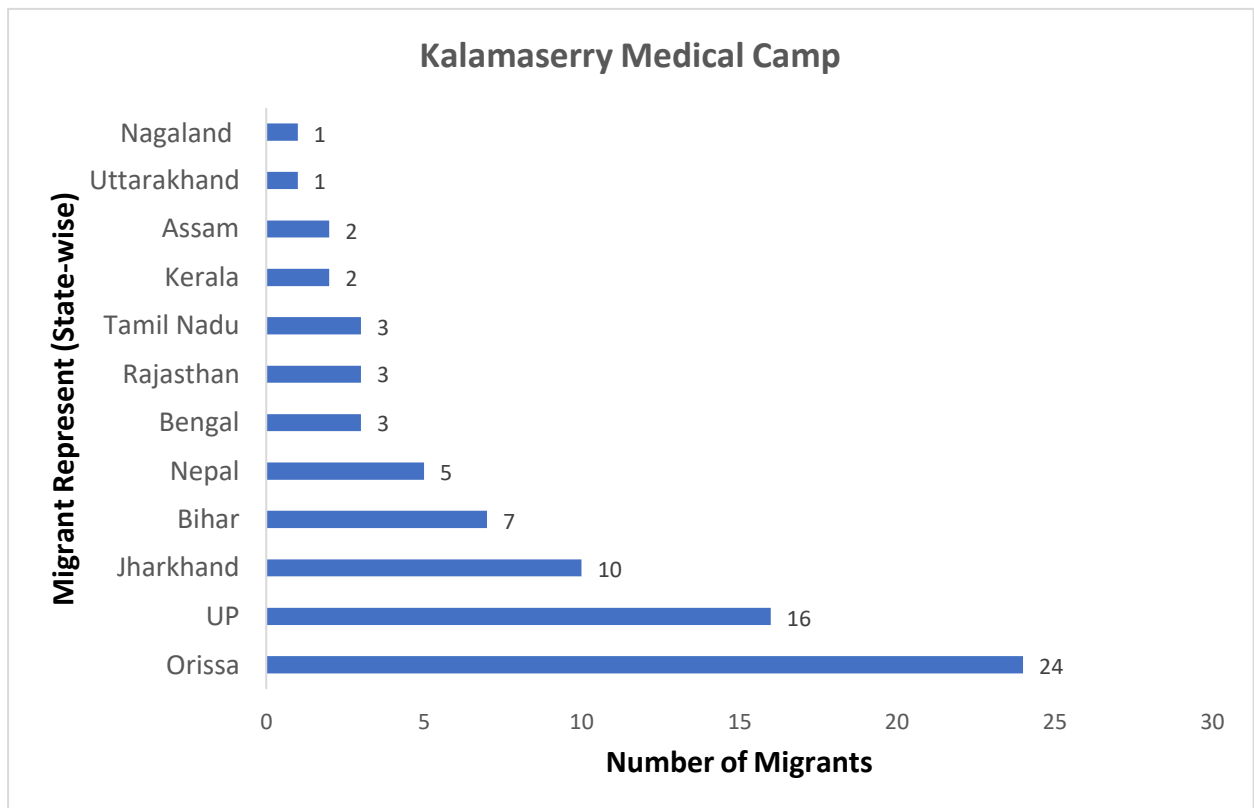


Figure 3: Bar Graph showing the state-wise distribution of people who came for Kalamassery medical camp



Figure 4: Medical Camp at Kalamassery Region (77 migrants were benefitted)



*Figure 5: Awareness about Drug/Alcohol - Kalamassery Region*

- **Chembarakky Medical Camp**

On 21<sup>st</sup> January 2024, the Amar Saath Foundation organized a medical camp for migrants in the Chembarakky region. This medical camp had 2 Hindi-speaking doctors and 10 volunteers. 93 migrants attended the camp and every migrant received free medicines. Relatively, the population of women and kids was higher in this area.

In addition to medical assistance, we conducted sessions to raise awareness about alcohol/drug addiction. Around 50% of the people in that area were using gutkha, tobacco, and pan masala. The serious health risks, especially oral cancer, related to the use of tobacco were discussed. Moreover, awareness towards vaccination for children was given. In the future, educational campaigns aimed at drug/alcohol awareness along with health and hygiene have to be enhanced in that area.

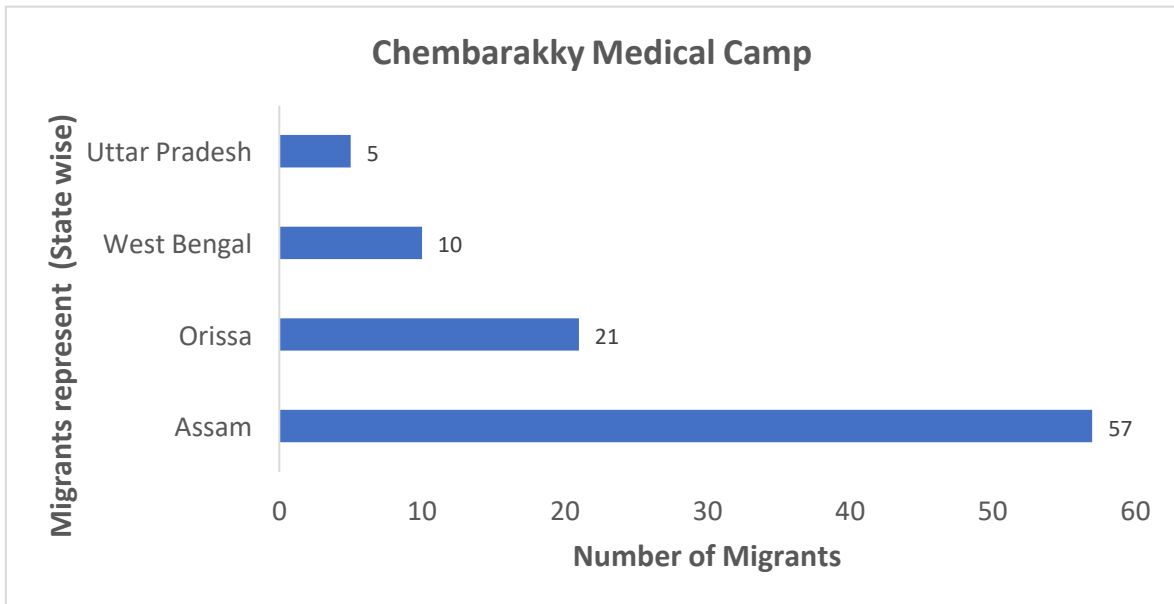


Figure 6: Bar Graph of state-wise distribution of people who attended Chembarakky medical camp



Figure 7: Medical Camp at Chembarakky Region (Total 93 migrants were benefitted)



Figure 8: Awareness about Drug/Alcohol - Chembarakky Region

- **Aroor Medical Camp**

Aroor medical camp was conducted on 25th February 2024. in which a total of 68 migrant workers, both male and female were the beneficiaries (Male - 39 and Female - 26). 3 children were also benefitted from this camp. This medical camp had 3 Hindi-speaking doctors and 20 volunteers. The services of medical camps include basic screening for any sort of medical issues, awareness generation on the prevention of alcohol/drug usage in their language, and free drug distribution.

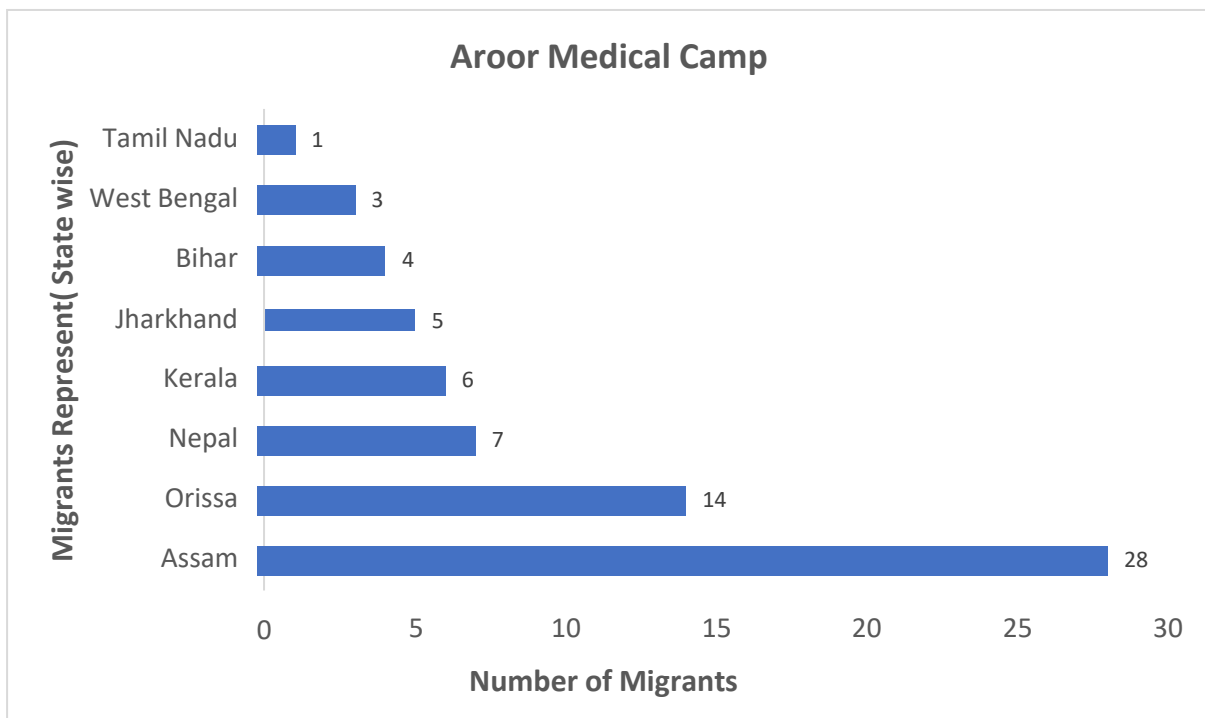
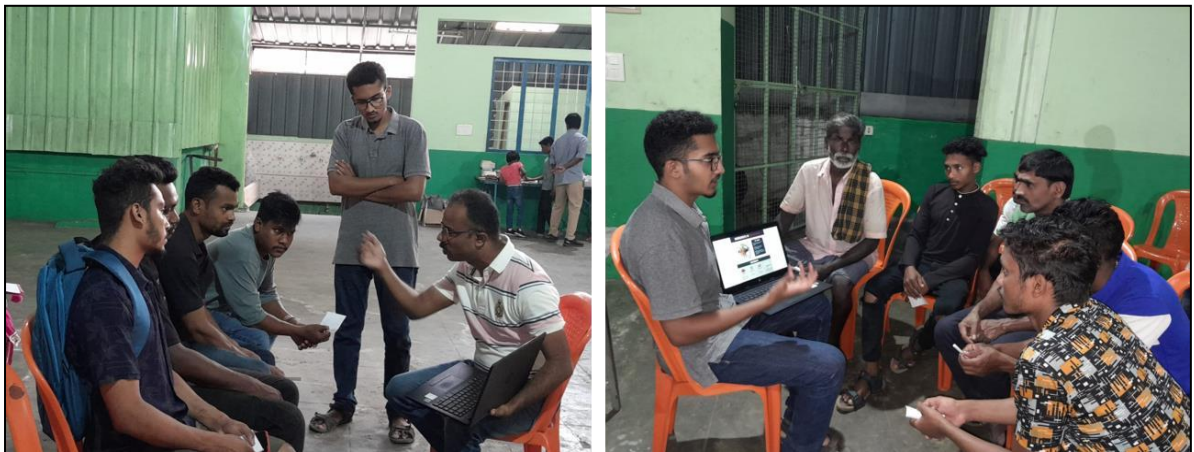


Figure 9: Bar Graph of state-wise distribution of people who attended Aroor medical camp



*Figure 10: Medical Camp at Aroor Region (Total 68 migrants were benefitted)*

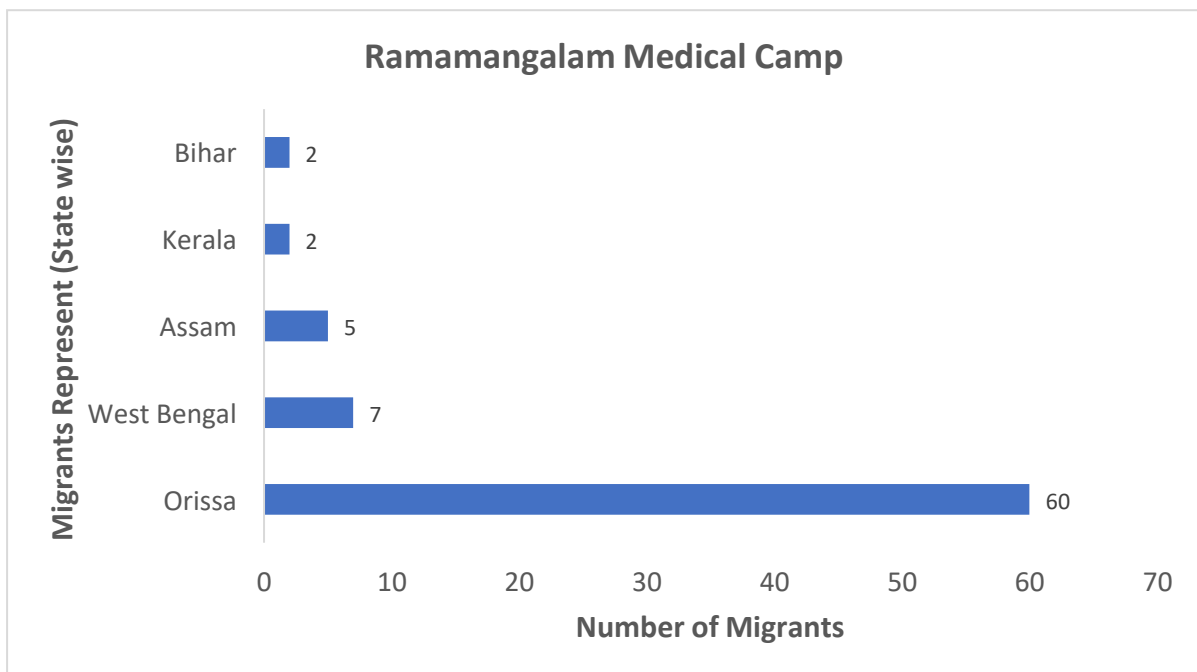


*Figure 11: Awareness about Drug/Alcohol - Aroor Region*

- **Ramamangalam Medical Camp**

Ramamangalam medical camp was conducted on the 23<sup>rd</sup> of March 2024 evening. A total of 76 migrants had visited our camp. All of them were males with ages ranging between 19 and 61 years. The clinic provided primary care and was run by 3 Hindi-speaking doctors, 5 social workers, and 5 MBBS students.

The camp followed a general procedure of identifying the patient and obtaining general information (age, state of origin, gender), performing diagnosis, and providing treatment according to the available resources. In this camp, the diagnosis was recorded based on the history and physical examination of each patient.



*Figure 12: Bar Graph of state-wise distribution of people who attended Ramamanglam medical camp.*





Figure 13: Medical Camp at Ramamanglam Region (Total 76 migrants were benefitted)



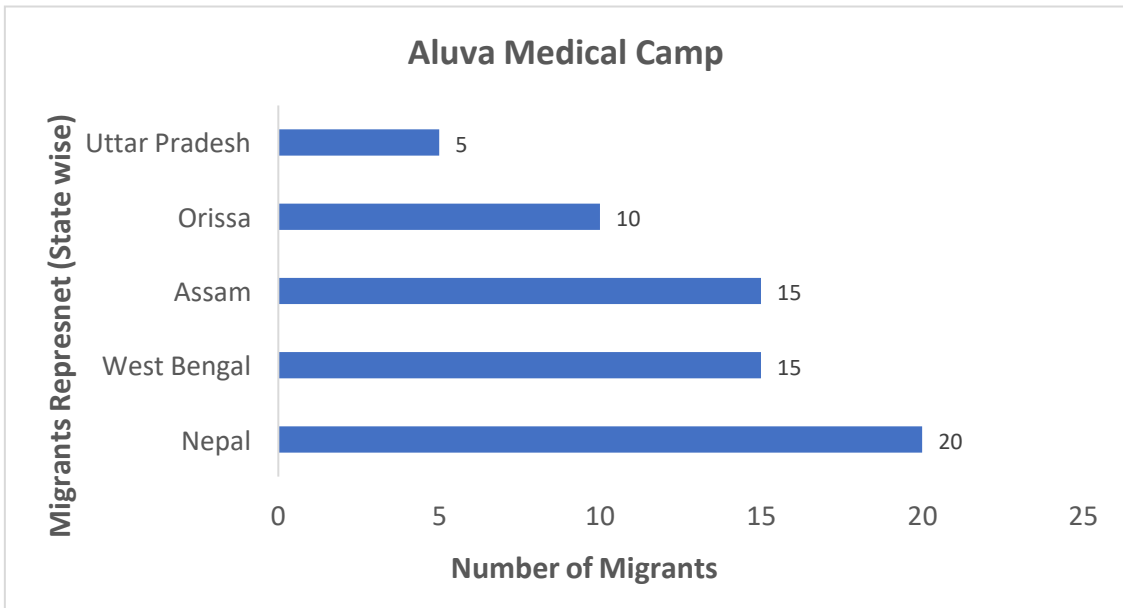
Figure 14: Awareness on Drug/Alcohol - Ramamanglam Region

- **Aluva Medical Camp**

In the Aluva Medical camp, approximately 65 individuals, including men, women, and children, received assistance. Doctors proficient in Hindi across various specialties, along with a pharmacist and nursing staff, volunteered for this initiative. Free medications were also distributed to these patients. Subsequent monitoring of one migrant woman who attended the camp led to the diagnosis of cancer. She received further treatment through the Amar Saath community.



*Figure 15: Medical Camp at Aluva Region (Total 65 migrants were benefitted)*



*Figure 16: Medical Camp at Aluva Region (Total 65 migrants were benefitted)*

**Summary:**

Amar Saath organized multiple medical camps in various locations to provide free medical aid and support to the underprivileged. These camps were executed with the help of experienced doctors and volunteers, providing diagnosis, treatment, and medication to people suffering from various illnesses. Health check-ups and awareness programs were also executed. The camps aim to educate people about the importance of maintaining good health. The medical camps were undeniably successful, helping many migrants and marginalized workers in need.

## II. AMAR JYOTHI

According to the UNESCO Global Education Monitoring Report 2019, in India, up to 40% of children of seasonal migrants are likely to end up in work rather than in schools. There is an overlap of academic sessions in schools (June-April) and the seasonal migration cycle (November-June), on account of which migrant children who have been enrolled in school end up attending only between June and November. And in their destination, there are other learning challenges, like language barriers and differences in academic curricula. The project aims to bring back children of migrant labourers and other children, who are dropping out of school into mainstream education.

Our strategy is to provide tuition support for children; help bridge the language gap in accessing education and provide career and Moral support

### Activities:

Amar Saath Foundation has extended its educational support to a total of 20 children between October 2023 and March 2024. Among them, 8 hail from the rural region of Khandamal, Orissa, while 12 reside in Kolkata, West Bengal. These children, ranging from class 1 to 10, have been provided with essential resources such as clothing, books, and other necessary items, facilitating their access to education. This comprehensive support not only enhances their immediate educational experience but also holds the promise of breaking the cycle of poverty they might otherwise be trapped in.



Figure 16: Educational (Tuition) Support to Children

### III. AMAR YUVA

The majority of the migrant people do not have any special skills and the drawback may stem from poor education, lack of fluency in the host country language, cultural barriers etc. At the same time, most of the work (construction, hospitality and retail sectors like hotels, restaurants and shops) demand skilled work force. The aim of this project aims to implement vocational training and skill development among youth and women from migrant and marginalised families to enhance job opportunities. Our Strategy includes Language training, Training in manual skills (driving, painting, plumbing, electrical work, stitching) and supporting in entrepreneurship initiative.

#### Activities:

In last year, we have given skill development training to 7 people in last year.

#### A. Snacks Making

Bombay samosa is a tasty and traditional snack enjoyed by people in North India. As part of the Amar Yuva Skill Development Programme, we provided training in samosa and pav bhaji making to 6 Hindi-speaking migrant youngsters.



Figure 17: Snacks making training for migrant youngsters

## B. Ironing Training

Mr. Raj, a migrant from Nepal, has expressed a keen interest in getting trained in ironing. Through the Amar Yuva program, we provided him with the necessary training. As a next step, he is planning to start his ironing shop.

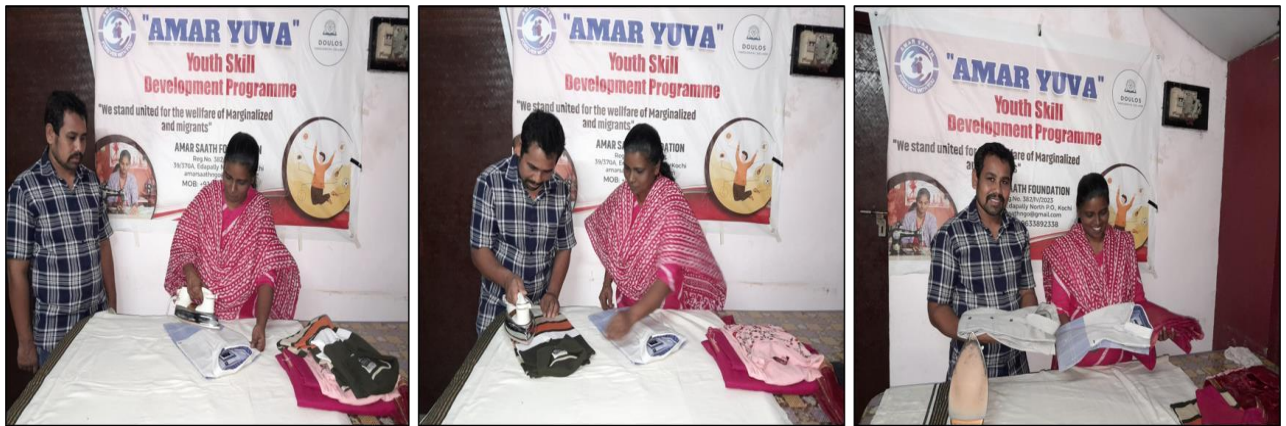


Figure 18: Ironing Training to Raj (a migrant youngster)

## C. Entrepreneurial Support

1). Mary is a 60-year-old widow from Koothagoodem town, Telangana who used to run a tiffin center but with much difficulty. But then last year, the Amar Saath Community donated a movable petty cart, gas, and Idli-making vessels to make the business profitable. Now, she can manage her business conveniently and happily.



Figure 19: Entrepreneurial support to Mary

2). Raju and Priya live with their two children in Khammam. Even though Raju was involved in community development activities but often faced financial struggles. Last

year, Raju approached Amar Saath to buy an autorickshaw, and a partial financial support was provided for it by the Amar Saath Foundation. Amar Saath also helped Priya, Raju's wife to set up a small fancy store.



*Figure 20: Entrepreneurial support to Raju and Priya*

## **IV. AMAR DAAN -THRIFT STORE**

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Amar Daan aims to run a Thrift store that donates gently used items, such as clothing, furniture, food, shelter, electronics, books, and household goods at free of cost to individuals facing economic challenges, including the orphan children, slum dwellers, migrants, and the homeless. Volunteers organize collection drives and set up drop-off centers in residential areas, schools and offices among various locations. These items are then distributed to needy people, after proper sorting. The idea behind our thrift store is simple yet profound to create a space where donations and second-hand items are transformed into sources of hope, opportunity, and support.

### **Activities:**

Volunteer Engagement: Amar Daan Thrift Store has witnessed the support from donors and volunteers, primarily comprising young individuals from colleges and churches. These volunteers have played a pivotal role in various aspects of our operations, including sorting, refurbishing, and outreach efforts.

### **Operational Procedures:**

- **Donation Collection:** Items are collected from individuals and organizations, ranging from clothes to household items. Donations are accepted during operating hours or through scheduled pickups.
- **Initial Inspection:** Upon donation, items undergo an initial inspection to assess their condition. Damaged items are categorized as either major or minor damage for further processing.
- **Segregation:** Clothes are segregated based on size and gender to streamline the distribution process. Volunteers meticulously sort through donated clothing items, ensuring that each piece is appropriately categorized.
- **Damage Assessment:** Items with major damage, such as irreparable tears or stains, are deemed unsuitable for donation and are earmarked for recycling. Those with minor damage undergo refurbishment processes to restore their usability.



- Refurbishment: Volunteers proficient in sewing and basic repair techniques undertake the refurbishment of damaged items. This includes stitching tears, patching holes, and removing stains to ensure that items are in good condition for donation.
- Packaging and Distribution: Once sorted and refurbished, items are packaged for distribution to various beneficiaries, including tribal villages, families in slums, orphanages, and old age homes. Careful consideration is given to the specific needs of each recipient group during the distribution process.

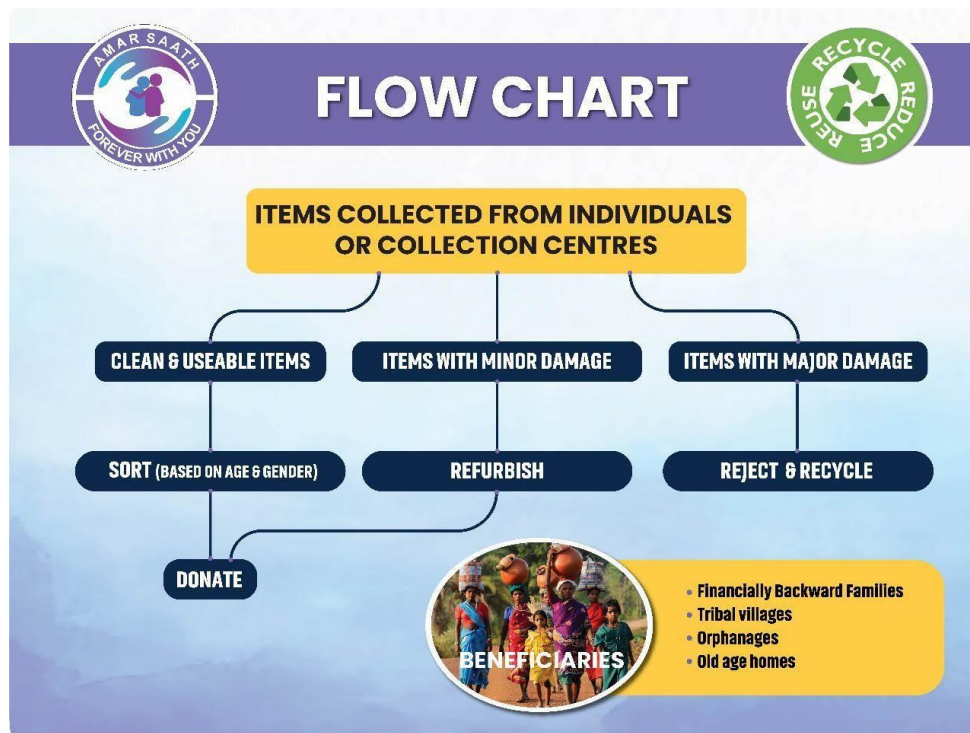


Figure 21: The flow chart showing the operation procedures of Amar Daan Thrift Store

Impact and Outreach: The implementation of structured operational procedures, coupled with the unwavering support of our volunteers, has enabled Amar Daan Thrift Store to make a significant impact on the lives of the less fortunate. Through our collective efforts, we have been able to provide essential items to those in need, fostering a sense of community and compassion.



Figure 22: Amar Daan Thrift Collection Centre established at Edapally Toll, Kochi



Figure 23: Beneficiaries who received clothes from Amar Daan Thrift Store (selected images)



Figure 24: Donations (clothes) received at Thrift Store (selected images)

## V. OTHER ACTIVITIES

### ● Christmas Celebration among Migrants

Christmas brings joy and happiness, but being away from home can be poignant, especially when our dear ones are not with us. Here, volunteers from the Amar Saath Foundation shared the spirit of Christmas with migrant laborers in Kochi, creating a touching and meaningful experience for everyone involved.



Figure 25: Christmas Celebration with migrants

### ● NSS Team volunteering at Thrift Store

Students from the Kerala University of Fisheries and Ocean Studies (KUFOS), Kochi who are actively engaged in the National Service Scheme (NSS) demonstrated their commitment to community service by volunteering at Amar Daan Thrift Store. Under the guidance of Dr. Jenny John (Professor and Programme officer, NSS), the students were actively participated in sorting donated items. Through their efforts, we were able to process a larger volume of donated items efficiently, ultimately reaching a greater number

of beneficiaries in need of assistance. This engagement not only provided practical support to our thrift store operations, but also fostered a sense of social responsibility among the students. By actively engaging in volunteer activities, they gained firsthand experience in serving their community and making a tangible difference in the lives of others



*Figure 26: Students from National Service Scheme (KUFOS, Kochi) volunteering at Thrift store in segregating clothes*

## VI. FUTURE PLANS

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### Health Care

As we reflect on the success of the five medical camps conducted across six different parts of Ernakulam, its activities will be expanded in the coming year that include

- **Expanding Outreach:** In the upcoming year, we aim to conduct two medical camps per month in various locations of Kerala. This expansion will enable us to reach a wider demographic and provide essential healthcare services to more individuals in need. Each medical camp will continue to offer services, including medical consultations, health education sessions, and free medicine distribution. These services are essential for addressing both acute and chronic health needs within the community.
- **Focus on Non-Communicable Diseases:** Recognizing the growing prevalence of non-communicable diseases (NCDs) such as high blood pressure, diabetes, and cardiovascular conditions, we will prioritize the identification and management of these conditions during our medical camps. Specialized screenings and consultations will be offered to screen for and monitor NCDs among participants.
- **Follow-Up Care:** To ensure continuity of care for patients with NCDs identified during our medical camps, we will implement a better follow-up system. Trained healthcare professionals will conduct regular follow-up sessions with patients, providing medication adherence support, lifestyle counselling, and referrals to appropriate healthcare providers as needed.

### EDUCATIONAL SUPPORT

Recognizing the need for accessible educational and childcare facilities, particularly in areas with high concentrations of women and children, we will establish tuition and day care centres in selected locations of Ernakulam. These centres will serve as safe and nurturing environments, where children can receive academic support, engage in learning activities, and access essential childcare services. We focus on following aspects

- **Educational Support:** We establish tuition centres that offer academic and language support to children from marginalised backgrounds, helping them excel in their studies and improve their academic performance.

- **Childcare Services:** Day care centres shall be established in selected locations, which will provide a secure and supportive environment for children while their parents or guardians are at work or attending to other responsibilities.

## SKILL DEVELOPMENT

In the next year, we aim to increase the number of youths benefiting from the Amar Yuva programme. Our goal is to provide skill development training to a minimum of 25 youth, equipping them with the knowledge, expertise, and confidence needed to thrive in today's competitive job market. The specific focus is on

- **Comprehensive Skill Development:** The expanded programme will offer a comprehensive range of skill development courses tailored to the needs and interests of the participating youth. From vocational skills to soft skills training, our curriculum will be designed to enhance employability and empower youth to pursue meaningful and sustainable career paths.
- **Entrepreneurial Support:** In addition to skill development training, we will be giving entrepreneurial support to selected participants in terms of mentorship, guidance, and financial assistance to help them turn their innovative ideas into successful business ventures.
- **Partnerships and Collaboration:** In order to expand the activities, collaboration with various stakeholders, including educational institutions, industry partners, and community organizations will be done.

## THRIFT STORE

As the clothing donation initiative had a positive impact on marginalised people, we aim to expand our reach to more beneficiaries in the coming year. The focus is on

- **Establishment of Collection Centres:** In the next year, we will be establishing collection centres in residential flats and educational institutions. These centres will serve as convenient drop-off points for individuals and organizations looking to donate clothing items. By decentralizing the donation process, we aim to increase accessibility and encourage greater community participation in our initiative.

- **Community Engagement and Collaboration:** The collaboration with local communities, residential associations, educational institutions, and non-profit organizations will be enhanced in coming year. Through community engagement initiatives, our primary goal is to expand the reach of our clothing donation programme to provide support to more beneficiaries, including migrants and tribal villages.