



ESTD. 1991

STRENGTHENING INDIVIDUALS, STRENGTHENING FAMILIES

**Kutumba, 171/25/3, Bidarahalli Hobli, KRC Road, 1st Cross, Doddagubbi Post,
Bangalore - 5600 077, India**

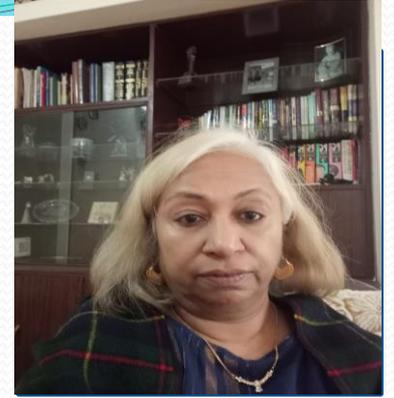
www.kutumba.org

**Karnataka Societies Act 1960
(Reg No. 689/91-92, Dt.21.11.1991)**

Kutumba

... more than just a family





From the desk of the Founder:

Mary Paul

“The past financial year has been a blessed one in all ways. Although we began the month of April 2020 with a crisis because of the lockdowns and its associated challenges, it was heartening to see what Kutumba could do. Though our Day Care and Tailoring projects had to be suspended due to the pandemic crisis, we were able to see children and families coming to our centre in small numbers for help and support”

Kutumba – an introduction

Mission: To open the door of opportunity for families to overcome their challenges, through counseling, care and nurture of the vulnerable.

Vision: “Empowerment of individuals, families and communities through education, counseling and training”

Goal: To provide support to individuals and families to cope with all challenges by counseling, nutrition, education and Vocational training

Registered as a Society in 1991, Kutumba was set up primarily to support families, especially women and children with mental and physical challenges.

Over the past 30 years since its inception, Kutumba was able to care for more than fifty children with intellectual challenges and over 850 young women with physical challenges.

Kutumba has been working with families in the village in Doddagubbi for the last 15 years, to encourage and strengthen community participation.

Our Strength

Members and well wishers who volunteer their expertise, time and effort to make a difference through Kutumba

Our Associations

GIVE India

Jindal

Iflex solutions

Goldman Sachs

ACB Germany

Stichting Geron and Cordaid-Netherlands

Charis-Germany

Coup de Pouce-Switzerland

Our Pride

Our beneficiaries say..... *'Kutumba has been a Home away from home'*

Our volunteers say..... *'Thank you for this wonderful opportunity'*

Our Staff say..... *'We cannot think of a life outside of Kutumba'*

Our Donor say..... *'When we give to Kutumba we know where are resources are spent'*

Activities @ Kutumba

No. 171/2/3 KRC Road Bidarahalli Doddagubbi, BANGALORE Karnataka India 560077

www.kutumba.org

DAY CARE

Kutumba's Bangalore and Bhavya Day Care Centres were suspended from the 22nd of March 2020 due to Covid. Through the months from April 2020 to March 2021 we were working with families in their homes.

For the children at our Day Care Centres, both in Bangalore and Jillela in Nandyal district, it was a disappointment but there was no alternative. The lack of opportunity to play, meet and eat together was a sacrifice that was felt by all of us. We missed the enthusiastic and vivacious children in this age group between 3 years and 6 years.

The Day Care Centre prepares the children for a lifetime of learning. Started with a few children, the centre today provides educational support along with meals and transportation facilities to over 25 children of migrant families. The parents are construction workers (some are single parents), as well as auto or bus drivers struggling to meet their daily needs.

At the day-care centre, children go through a mix of learning and playing games to ensure their day is never dull. The children participate in activity-based learning, they are taught songs and our staff organizes age-appropriate games for them. They get good nutritious food and adequate rest with a supervised nap time in the afternoon. Below is a snapshot of their daily activities:

- Learn alphabets, numbers, parts of the body, names of days, months, animals, birds and vegetables
- Foster creativity through drawing and colouring
- Play various games and do simple basic warm-up exercises
- Enjoy a nutritious healthy, tasty breakfast, snacks and lunch
- Learn music, dance and action-oriented rhymes
- Kutumba has been in Doddagubbi for the past 15 years. Through the years we have been working with families in the village to encourage and strengthen community participation.
- We have had several classes for the parents, educating them on health and addressing issues of prevention and protection from diseases.
- We have also had programs for children in our day care program involving community health workers and nutritionists.
- We have had experts in the field enlighten us how to build communities by focusing on assets and not limitations. To plan activities at the grass roots and help encourage sharing. To promote community participation and engagement.
- We have had a few volunteers from corporate and public sectors visit and interact with our beneficiaries on a fairly regular basis.
- We missed the volunteer participation during festivals bringing in the much-needed fun for our children. However, we compensated by bringing in the children of the women under our vocational training program and had fun activities for the women and their children.
- During the months after the lockdown, due to Covid 19, our staff were able to visit the community including families under the day care. The purpose of these visits was to find out their crucial needs.

JOYFUL DESPITE CHALLENGES - DISTRIBUTION OF DRY RATIONS

The year 2020 started as usual but by the end of March we realized that probably life would never be the same for any of us. However, what was horrifying was the fear that was generated among communities because of the sudden lockdown. The staffs who were residing very close to the Kutumba centre were able to visit the office and manage the day to day operations. The vibrant day care centre at both Bangalore and Bhavya in Nandyal came to a grinding halt with no warnings. We were saddened and helpless to see the exodus of many of our migrant families from Doddagubbi Village.

Although we were not able to reassure them about the unknown future we did communicate and asked as many as possible to remain. However, this proved futile because they suddenly lost all sources of income. We were not able to do anything for a while although we did feel the need to get dry food across.

It was only in late April that we were able to visit the families and supply them with grains and pulses so they could cook simple meals for the families. This continues till date and we are able to provide food grains as well as our very own porridge mix to the 15 families, and average of 75 persons that continue to stay in the village. There are of course more families today but we have restricted ourselves to just 15 because of our limited resources.

DRY RATIONS-BANGALORE

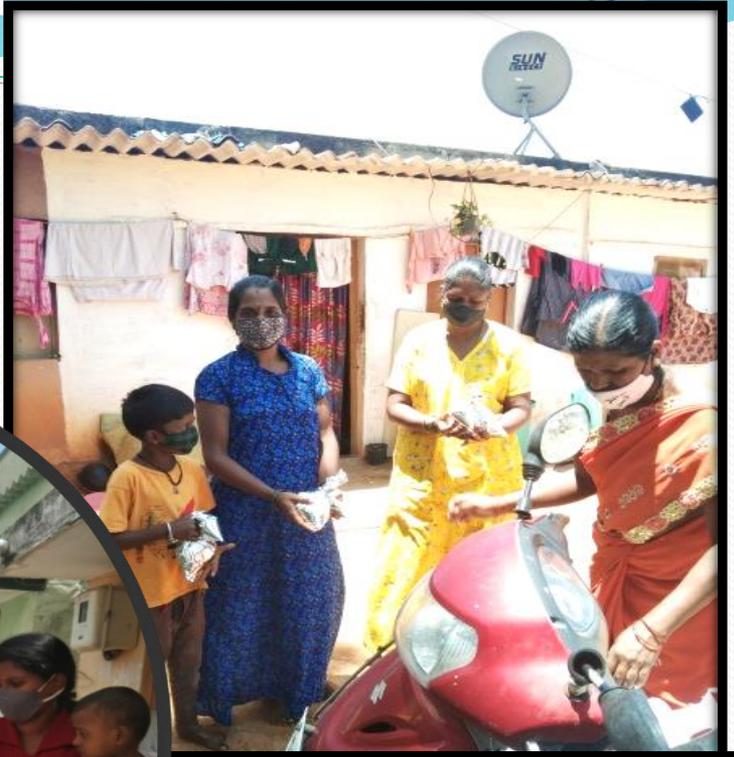


KUTUMBA TEAM - COOKING FOOD AND DISTRIBUTING



STAFF MEMBERS HELPING IN A COMMUNITY KITCHEN







DAY CARE AT JILLELA IN NANDYAL MONTHLY DRY RATION DISTRIBUTION



JOY RIDES

The Kutumba bus is something that the community in the Doddagubbi village loves to see. The yellow Swaraj Mazda painted with our Kutumba logo and colors brings joy to both staff and children. While previously this bus would go into the village and bring the children to our Kutumba centre, today we see the happy staff including our driver Sebastian, our teacher Aarathi and our cook/helper BharathaBai visit the village. I have had the privilege of accompanying them on a few occasions. It never ceases to delight me to see the joyful, anticipatory looks of families seated outside their make shift tents and little homes each time the bus make an entry into the village.

The staff spends time speaking with the women (on most occasions) and their many children. One particular family is taking care of 4 of their own children and 4 children who have lost their parents. 8 children in 1 little home. However their hearts are joyful and our bus and staff gives them a sense of security because they have experienced the love and care at the Kutumba premises. They love to interact with our staff who enjoy these visits to the village. The distance to the village is about 7 kms up and down.

Despite the high taxes of about Rs.44,000 taxes per year, for the bus since we do not have a registered school but a day care, the insurance costs of about Rs.35,000 per year outside of our fuel and other maintenance costs of the bus, we have still maintained this for the last 15 years because there is no other way to commute between Kutumba and the villages surrounding it.



CARED FOR WHILE MOMS LEARN-SEW AND STITCH

- The pandemic has brought about a lot of restrictions and one of this is that children are not able to meet together at the Kutumba Centre. However each time we visit the village one constant plea we would hear it that we open the facility so that the children could be cared for.
- After several months of not congregating, in September 2020 we started a program where a few mothers could visit Kutumba with their children and even while mothers are taught skills their children are cared for and thrice a week a hot lunch is given to them. The mothers are taught sewing and stitching and baking of simple cakes and cookies. They are made to feel precious by giving them time to be listened to as well as engage them in activities.
- All of them who are part of this program have shared that they have never in their lives experienced such a beautiful thing. For the very first time, they have experienced being loved and cared for and their children have a safe environment to play and run around. Many more women would have loved to join in, but due to restrictions we were able to have them in smaller numbers. These women have now acquired the skills and knowledge to set up their businesses and earn a modest income to supplement family needs.



KUTUMBA SANTHE

The Kutumba village market or Santhe continues to provide excitement to families to choose clothes and other household items for their families at a very nominal cost. These clothes and kitchen/household items donated by members of Kutumba and well-wishers is made available to the day care families as well as the communities of people from Doddagubbi.

A day of fun when the Kutumba Kitchen also chips in by making delicious snacks for our visitors. The Kutumba Santhe is held on the last Saturday of each month and it is a delight for us to see the fun amidst the general gloom.



KUTUMBA KITCHEN

The Kutumba Kitchen continues to be a blessing to all who come through to our centre or are around the centre.

The Kitchen provided both dry rations as well as cooked food through the year to the needy and underprivileged families. The Kutumba Porridge mix continues to reach the children and the elderly. This has also found its place among the elders and children in institutions. We are planning to expand this program in the coming year.



COUNSELLING INDIVIDUALS/STRENGTHENING FAMILIES

- The year 2020 saw the beginning of expanding our counseling services. Covid 19 had resulted in many families reaching out for counseling services. As soon as the lockdown was lifted we were able to meet at Kutumba for face to face counseling sessions. We also expanded our online network and encouraged groups to participate in preventive and therapeutic counseling, Webinars and Training.
- We were grateful to see that homemakers/retired professionals/entrepreneurs), reached out to receive those skills needed for empowerment.



Kutumba Milestones

No. 171/2/3 KRC Road Bidarahalli Doddagubbi, BANGALORE Karnataka India 560077

www.kutumba.org



1991- Registered as a society (started as a residential program)



2008 -Bal Vikas/Day Care

The centre provides educational support along with meals and transportation facilities to children of migrant families. The parents are construction workers (some are single parents), as well as auto or bus drivers struggling to meet their daily needs.

The children go through a mix of learning and playing games to ensure their day is never dull. They are given good nutritious food and adequate rest with a supervised nap time in the afternoon



2011 - Kutumba Kitchen

The Kutumba Porridge mix, made of 19 ingredients continues to reach children and the elderly in the community and also several institutions.

A quick way of energising, the Kutumba Porridge mix has lentils and grains that are washed, sprouted and roasted, before its ground for despatch.

The Kutumba Kitchen provided both dry rations as well as cooked food through the year to the needy and underprivileged families.



Initially in 2006 and renewed in 2020 Sew & Stitch

Thrice a week, few mothers visit Kutumba with their children and while the mothers are taught skills, their children are cared for and a hot lunch is given to them. The mothers are taught sewing and stitching and baking of simple cakes and cookies. They are made to feel precious by giving them time to be listened to, as well as be engaged in activities.



2020-Kutumba Counseling

Covid 19 had resulted in many families reaching out for counselling services. As soon as the lockdown was lifted we were able to meet at Kutumba for face to face counselling sessions.

Preventive and therapeutic counselling provided by appointment via phone
Training for psychosocial skills is provided online through webinars. (These are attended by homemakers/retired professionals/ entrepreneurs)



2021- Covenant of Peace

For peaceful resolution of disputes and conflicts among couples and families through mediation, conciliation or negotiation.

The Covenant of Peace service, envisions a entity to be able to restore and reconcile and deal with the conflict, to restore harmony.

Media

TIMES OF INDIA - 24.3.2002

Governments should progressive- backward districts of Karnataka.



Karnataka Governor V.S. Ramadevi along with the winners of the Sadguru Gnanananda National Awards for Women in Social Service, 2002, in Bangalore on Saturday.

Five women get awards in social service

Times News Network

BANGALORE: The Sadguru Gnanananda National Awards for Women in Social Service Excellence, 2002, were given to five women from different cities by Manava Seva Dharma Samvardhani (MSDS) in Bangalore on Saturday.

A charitable trust for promotion of social service consciousness, MSDS arrived on these awardees after thorough research of women in different aspects of social work.

The awardees were Mary Paul, executive director, Vatsalya

Charitable Trust, Bangalore; Bidulata Huika, social activist, Kandha Tribe, Orissa; Kaveri Natarajan, founder Kaingkarya Social Welfare Organisation, Chennai; Vidya Shankar, chairperson, The Relief Foundation, Chennai and Sheeba Nair, managing trustee Oasis — a Selfless International Society, Vadodara.

The programme was attended by Nityananda Giri Swamiji of the Sadguru Gnanananda Trust, Sudha Murty of Infosys Foundation, SBI, GM Mythili Rangarajan and Governor V.S. Ramadevi.

August 15, 2006 DECCAN HERALD



The inmates of Kutumba busy with art and craft.



The Kutumba family strikes a pose.

More than just a family

When you are in the adoption field, placing a healthy child with a couple is relatively easy. But trying to place a challenged child — mentally or physically — and you will discover as Mary Paul did way back in 1990 and even today, that it is a frustrating exercise.

So what did she do? "I decided that I would set up a home for challenged children who could not go into adoption." That's easier said than done. Where to find the kids and the funds? But determination and prayer led Mary to contact Cornelius who was looking after three challenged children and wanted to transfer the kids to someone who could take care of them. The Appy Home for Spastics and her disabled was set up in Kutumba (the Sanskrit

Kutumba is a home away from home for not only physically challenged children below the age of 15 but also for physically challenged girls who come to Bangalore to make a career, discovers Matilda Yorke.

they take the courage to come to Bangalore to learn a trade or vocation and thereafter find employment. But they have no accommodation as they cannot afford to pay the rent or hostel fee." So Kutumba provides them with a home, absolutely free, under the guidance of a house mother. The girls go to study, work or vocational training centres and return in the evening to a family atmosphere, as is in every other home. They are encouraged to find suitable jobs or are placed in various organisations through Kutumba's networks. When they are financially stable, they

has already taken shape. Says Mary: "Thanks to two of our major donors — iflex solutions and Stichting Geron with CORDAID in The Netherlands, we have managed to build two of the eight planned cottages in Doddgubbi, near Kothanur in Bangalore North East. Each home has a combined living/dining room as the centre of social life. The familiar atmosphere of a home of their own encourages bonding within the families and is another important piece in the mosaic that gives the children a feeling of belonging and shelter." Besides just providing the

She, along with a few friends, realising the difficulties of commuting to work, has set up a small manufacturing and marketing unit. She has developed a new set of skills and excels in the creative arts. More than anything else Anjamma is renewed in her mind and has a healthy self-esteem. Says Mary: "Her growth over the three years has been remarkable. Not only did she equip and qualify to work in the world outside, but grew in and matured into a confident, assured young woman." Arjun, one of Kutumba's early residents, was brought by an antiracket-buster. A holistic care and development programme is our goal. We have plans to enhance our services like implementing a larger variety of vocational training programmes, initiate small-scale business ventures with the girls and provide them with the necessary infrastructure, and any other support that they might need, set up a special needs school. To make Kutumba a complete family, we will build six more cottages, so that we can accommodate at least a hundred girls and include elderly also in our care." Kutumba provides respite care from a day to three months, for families who have physically challenged children. "Respite care provides time-off for family members who care for someone. Caregiving is a demanding task, and it is easy to neglect your own health and well-

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The Centre for Music Education choir being directed by Ken Henson (inset), as they opened the programme at St Andrew's Church.

Piping music from the reed

Swin pipe organist Daniel Boudjoua and flautist Liliane Jacques performed solo pieces and also accompanied each other at a concert held at St Andrew's Church on Cubbon Road recently.



Liliane Jacques on the flute.



Daniel Boudjoua on the pipe organ.

Choir performs

The programme opened with two excerpts from Beethoven's Grosse Fugue, rendered by the choir of Centre for Music Education directed by Ken Henson. Henson then performed Liszt's (Chopin's) Wally in duo with Chou and accompanied ingeniously by Boudjoua on the piano.

Henson's last but not least piece (sung solo and accompanied by wife Ninia) was The Impossible Dream from The Man of La Mancha which was extremely appropriate since the beneficiaries of the concert — Kutumba and St Andrew's Church — are both trying to make what is seemingly impossible a reality.

All for Kutumba

Kutumba, a foster home for underprivileged children, is seeking to expand its facilities in the outskirts of Bangalore. Its Director Mary Paul was instrumental in bringing the two Swiss musicians to Bangalore through a common friend. The 14-year-old St Andrew's Church is faced with the onerous task of restoring the historical church tower which is damaged after the incessant rain last year.

Solo renditions

The rest of the performance, spanning works over three centuries, was devoted to three solo renditions on the pipe organ — Handel's

Prelude in C major, Krebs' Italian Fantasy and Schubert's three minuetto. The three monologues were well articulated and their contrast was notable.

Such's Partner in A minor for solo flute was crisp and played with great meaning by Jacques. Other notable works the Sonata in G Major for flute and pipe organ (composed by the other Boudjoua) and the concerto for flute and pipe organ by Jacques. Other notable works the Sonata in G Major for flute and pipe organ (composed by the other Boudjoua) and the concerto for flute and pipe organ by Jacques.

The ever popular Bach Aria for Flute and Pipe Organ was appreciated too. Liliane Jacques studied at the Conservatorium of Geneva and now lives and teaches flute. A child prodigy, she started playing the flute at age 6. Since then she

has never looked back. Jacques keeps a busy schedule and has performed in concerts as a soloist and as a member of chamber music orchestras across many countries in Europe. The Bangalore concert was her debut outside Europe.

Both Boudjoua and Jacques are Indian aficionados. As a token of love to Bangalore, the musician presented a flute to Henson's Centre for Music Education.

Jacques is a fan of Parthi Chaturvedi and has a collection of his CDs. Both she and Boudjoua are great fans of Indian cuisine.

"The most memorable one," says Boudjoua, "is the one we did for Kutumba in Lausanne. We had about 80 people in Switzerland attending and who very generously donated towards the cause." Boudjoua's only regret is that the younger generation is not keen on learning the pipe organ.

Prateek



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www.kutumba.org



Photo Album

























INDIA GOSPEL
BEGINNER





BEGINNER



WHEN YOU FINALLY
SPPD
NEW GUYANA
ADOLESCENT
COUNSELING
KID
TECHNICAL

10
Leen

8
eart



WHEN YOU FINALLY
SPPD
NEW GUNN
ADOLESCENT
COPLES KIDS
TECH

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Thank You