

## CELEBRATING HOLY UGADI!

We welcomed the new year "Shubhakrit" by visiting and donating clothes to the children of an orphanage.

The children were delighted upon receiving new clothes. It was amazing to interact with them and discover their talents in singing, art & craft work, Yakshagana and many more.



## LEARNING IS FUN!



On a couple of Sundays, children at the orphanage were taught numbers, drawing and colouring, which they enjoyed to the fullest. They were made to play the popular traditional game of Nadi-DaDa(River-Bank) and memory games.

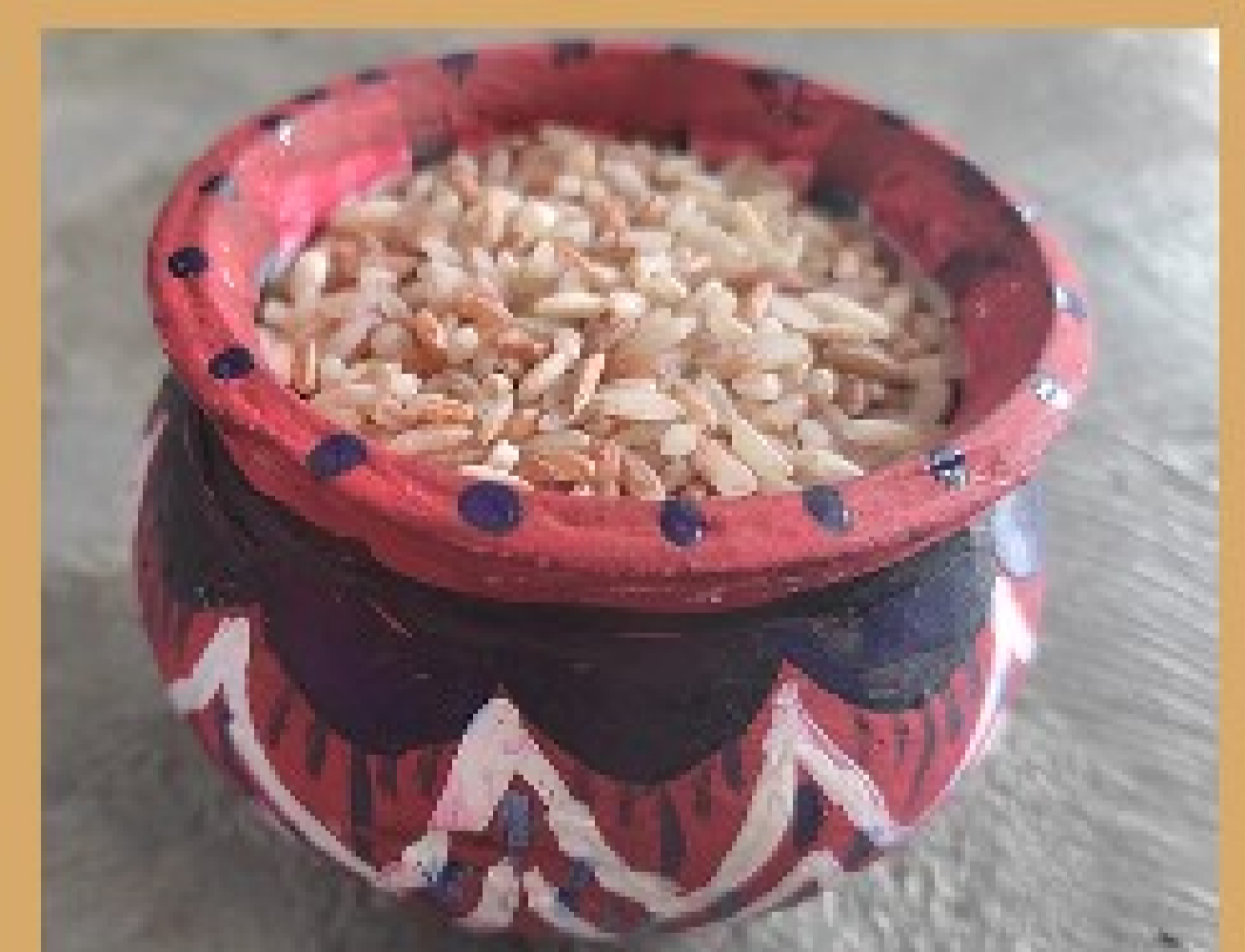
Children were narrated moral stories and stories from the Ramayana, followed by songs.

On another occasion, we decorated bird feeders and water containers along with the kids.

They painted the containers

enthusiastically and took up the

responsibility of refilling the feeders and containers regularly to help birds cool off in the scorching weather.



For Sri Rama Navami, we narrated the story of Ramayana, which the children listened to with a lot of interest. It is very important that we instill the glorious history and the eternal values of our Nation in children's minds.



## MAKING TREES NAIL-FREE

In a tree de-nailing event that we organized near Vijayanagar, our volunteers were able to remove hundreds of nails and pins from trees. The damage and pain trees undergo when such sharp objects are driven into them was evident and heartbreaking.





## SHARING FOOD = SHARING LOVE

We donated food to the transgender community and other needy people.



We served food on the birthdays of 8 volunteers, thus supplying at least 80 packets in total. With the help of sponsors, we served food for 30 people at Sri Sai Old Age Home, K R Road and 25 people living by the roadside.



## FUNDS RAISED FOR SANDIPANI GURUKULA

Sandipani Gurukula had a requirement of funds for 5 underprivileged students in order to pay their fees, buy books, bus pass, etc. An amount of 17k was raised through our Foundation.

We also donated a stove to Vara Foundation.

### Quote Box

**“The best way to find yourself is to lose yourself in the service of others.”**

**-Mahatma Gandhi**

## Volunteers' Voice

### A peek into Parahitam

Many a times, Vishal's words resonate in me - "Anna, you will come here the next week too, won't you?".

I participated in a visit to an orphanage organised by Parahitam Foundation, where I met Vishal. Vishal is a shy boy. There are many such children who initially hesitate to participate in the teaching & fun activities we conduct for them. But when given some more attention and a little push, they love to come forward, get involved and learn.

Usually the plan to visit an orphan home begins by seeking permission for our visit. Then we brainstorm about the activities which can be conducted to teach children in interesting ways. Assigning volunteers and arranging the necessary items are the next steps.

After the event, our hearts finally feel blessed with satisfaction when the kids ask "You will come here the next week too, won't you?". These words inspire us to serve more and more.

#### *Parahitam as a school:*

I recall an incident which has humbled me greatly. We donate food to the needy on our volunteers' birthdays. On one such occasion, we visited a family of doll makers who had made a tent as their home on the roadside. When we asked, "Will you accept food?", the head of the family came to us and told, "Thank you for it. But we have already cooked this time's meal. So please share it with others who need the food now." I was so humbled at his response; I just bowed down to their self-respect and self-contentment.

Parahitam has shown me that there is something to learn from everyone - be it a great achiever or a common man. Orphan kids, old aged people, common man - everyone has something to teach! We have volunteers who are very talented, who strive for an event's success, who offer valuable suggestions, who apologize for not attending an event, who say 'thank you' after each and every event. Being with such volunteers, meeting many people, getting involved in various situations - all these have been teaching me many lessons. Most importantly, it has reiterated to me, "Love all".

*Parahitam as a family:*

Parahitam has become my family. People whom I met just few months ago have become like my age old friends. They ask, "What happened?", if you are sad. They also share their moments of joy. It seems as if those who have attended just one event are also close to us. Not to forget, the "tradition" of enjoying juice and having fun after every event has its own significance! Needless to say, Parahitam is an unforgettable bond.

It is said that giving back to society is just a pretext whereas in reality, we gain by it.

Parahitam is a way for it. I thank everyone who has been with me and who will be walking this path with me!



- Ganesh Hegde

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