



Committed to save young lives



SA-MUDRA FOUNDATION YUVA HELPLINE

Annual Activities Report 2017-2018

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CONTENTS

Sl No	Particulars	Page No
1	About Sa-Mudra <ul style="list-style-type: none"> • Introduction • Vision & Mission • Target group • Objectives • Differentiator • Impact 	2
2	Founder’s Message	3
3	Organization Structure	4
4	Volunteers and Interns	5
5	Founder’s Profile	6
6	Projects	7-10
7	Brief Case History	11-15
8	Beneficiaries Feedback	16
9	Collaborations	17
10	Guests and Acknowledgment	18-19
11	Sa-Mudra Annual Activities 2017-2018	20-24
12	Announcements	25
13	Media Exposure	26-27
14	Beneficiaries Matrix 2008– 2018	28
15	Awards & Rewards	29
16	Funding Support	30
17	List of Moulya-Koushalya Beneficiaries &Feed Back Analysis	31
18	Sa-Mudra Services and Contact	32





SA-MUDRA FOUNDATION is a nonprofit organization, registered under Indian Trust Act, based in Bangalore, working for youth empowerment through emotional, social and economic wellness initiatives both at preventive and curative stages. The core objective being **to mitigate from youth going into crime, prevent suicides, thus saving young lives**. SA-MUDRA empowers young people from economically weaker sections to handle disappointments, depression and self harming tendencies due to failures in academic, career and

personal crisis. Our beneficiaries are unemployed, under employed, employable young men & women coming from rural, semi urban communities and slums including migrants aged between 17 & 35 years. State bank of india has supported SA-MUDRA in setting up a call response center in Malleshwaram. YHL is recognized and supported by the Dept. of Youth Empowerment & Sports, GOK. SA-MUDRA has been responsible for bringing in positive impact in the lives of 1,30,000+ people (youth, students, parents, teachers, trainers, counselors, NGOs & institutions) through our various initiatives since 2008. SA-MUDRA means - a configuration for perfect positive personality which is precisely what we as a team strives to build among youth of our state.

VISION

To Create positive personalities, Save young lives, build healthy happy self reliant society by empowering the youth power.

MISSION

To Empower youth through emotional, social and economic wellness and skilling initiatives

Reduce involvement of youth in crime, anti-social activities and to control & Prevent suicide among youth.

OBJECTIVE

- To instil the right attitude among students through integrated value-based education
- To induce commitment to peaceful and non-violent approach
- To ingrain a sense of social awareness , leadership and self esteem
- To inspire individuals to broaden their vision and deepen their cultural roots

TARGET GROUP

Youth/ Students/women/men between the age group of 17 to 35, especially academic drop outs, unemployed, under employed, employable lot coming from economically weaker sections in rural, semi urban communities including the migrants and floating population in Bangalore. students in 10th, 12th standard and livelihood aspiring youth, parents, colleges, schools and NGO's.

DIFFERENTIATOR

- Experimental, Participatory, holistic approach
- Skills, knowledge, Behaviour imparted are application based
- Consistency and continuity
- Inclusivity and collectivism
- Assured confidentiality
- Accessible, Trust worthiness
- No cost or low cost
- Positive approach
- Individual attention
- Concern and commitment

IMPACT

- 90% of students confident & exam ready
- Reduction in school & college drop-outs
- 90 % of beneficiaries are employed
- Reduction in number of failures
- Positive self-image
- Optimistic towards life & livelihood
- Productive, progressive society
- Social responsibility awareness, self-reliance
- Diminishing thoughts of self-harming

From the desk of Bharathi Singh



Bharathi Singh

Founder & Managing Trustee

“Success is not final, failure is not fatal: it is the courage to continue that drives us towards success”.

It is with this philosophy and belief, our organization was born. Most of today’s younger gen minds are in chaotic state. Family demands, peer pressure, rapid academic upgradation, changes in institutions and ever evolving society has resulted in a strange struggle in these young minds. Inability to handle stress and failures not only in education or career but also relationships. Youngsters find it difficult to fit in to the frame of expectations, which invariably results in alienation, anxiety, depression and possible development of suicidal tendencies. Few among agile take shortcuts to success and indulge in anti-social activities leading to petty crimes and social unrest while emotionally fragile ones succumbing to impulsive acts and cut short their lives. According to a recent survey, every hour, two students are committing suicide in India and I believe the major reason could be their inability to face failures bravely.

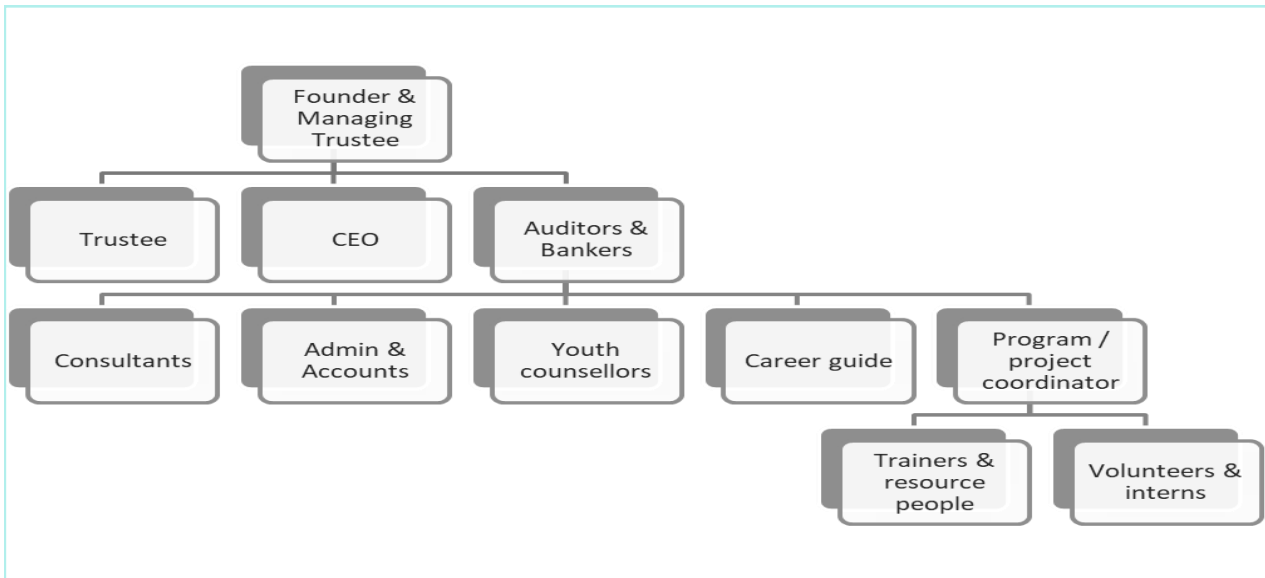
SA-MUDRA approaches these emerging issues with practical, time relevant and holistic manner. The unique methodology aims at sensitization, need identification, continuous Counseling, Personality development, Academic capacity building, Employment enablement bringing in perfect blend of tradition and modernity. We are committed to build a healthy positive self reliant society by nurture their natural talents, handholding, guiding, skilling, empowering youth of our country with emotional wellness, social and economic stability both at preventive and curative stages of their lives with a core objective to Save precious Young Lives.

SA-MUDRA’s YUVA HELPLINE is a unique and easily accessible channel which encourages youth to avail guidance over phone and in person. SA-MUDRA is proud to put on record that hundreds of precious young lives are saved by our effective interventions, who could have slipped into a depression or even suicide. SA-MUDRA under its youth empowerment program MOULYA-KOUSHALYA has offered free counseling, life skill & job skill training, career guidance to 1944 youth besides providing dignified livelihood through well paid job opportunities in reputed companies, thus upgrading social status of hundreds of families. We are grateful to every individual who helped us achieve this noble work.





CHALLENGES WE FACED

- Resistance from the receiver
- Non cooperation from the community
- Not fully measurable and quantifiable beneficiary number (Due to anonymity factor)
- Invisible change / Thanklessness
- Team exposure to negativity
- Social phobia/Stigma
- Time Stretching and difficult work conditions
- Frequent staff attrition
- Expensive awareness drives
- Funds

Organization structure & Team



BOARD

	<p>Bharathi Singh Founder & Managing Trustee</p>		<p>Prof. K. E. Radhakrishna Co-Founder & Advisor</p>
	<p>Shri N. S. Megharikh Advisor</p>		<p>Prof. K. C. Janardhan Trustee</p>



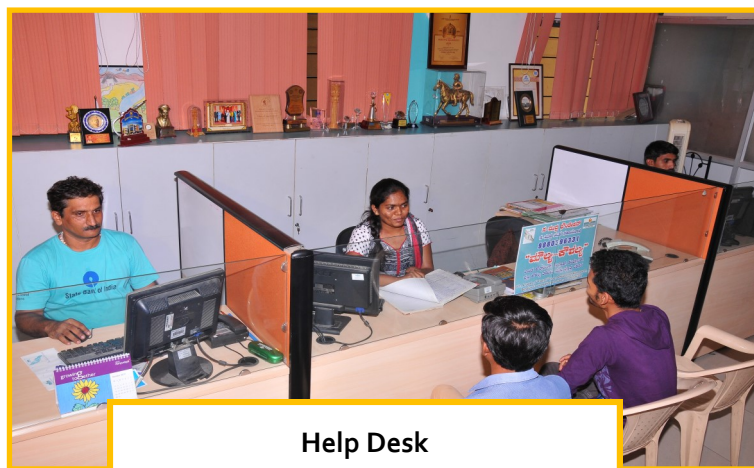
Team SA-MUDRA

Organisation Head	Executive team	Consultants	Auditors & Bankers
<p>Bharathi Singh Founder & Managing Trustee</p>	<p>Managing Trustee/CEO Program coordinator Project coordinator Admin & Accounts Trainers & resource people Youth counsellors Psychologists Interns & Volunteers Consultants Advisors</p>	<p>TECINFO solutions EDUMILESTONES Pvt. Ltd., Dr. C.R. Chandrashekar Dr. T.S. Chandrashekar Mr. Nagaraja Mr. Arvind Jeenoor Mr. R.T. Kumar Mr. Surendran Unni Mrs. Vinoda Adiga Mr. K.C. Janardhan</p>	<p>Auditors GRSM & Associates Bankers Union Bank of India Stat Bank of India</p>

Volunteers & Interns

SA-MUDRA acknowledges and appreciates the association of many institutions and individuals who have identified themselves with the cause and volunteered to offer selfless qualitative services at foundation’s various projects in house and outreach. SA-MUDRA has provided a platform for various institutions and individuals to intern at it’s centre providing hands on experience at various activities befitting their academic interest, skills and knowledge and gain valuable inputs accelerating their academic pursuits.

Institutional Interns	Interns	Institutional Volunteers	Volunteers
Bodo University, Norway M.S. Ramaiah college MES Degree College Christ college, B’lore V-LEAD- Mysore Jain university VTU Banjara Academy Prasanna Counseling Centre St. Philomina’s Mangalore Anna Govt. College, Tamilnad Shri. Shri Ravishankar Institute of Media studies SDM, Mangalore GKVK, Bangalore Mount Carmel College, B’lore KLE college, B’lore Ammanni College, B’lore R.C. College, B’lore	Marian Elias Marline Fortland Liliye Lyngmo heien Marte Doxrud Supriya BP Spoorthy Varsha P kumar Sanjana Sarada Tanmayi Sharma Ashwini V Chidananda Akhila Ankitha Namitha Nalini Rohini Mahima Panjabi	Youth for Seva Jain College Jyothi Nivas college St. Joseph’s College Meridian college Christ College Corporate Professionals GKVK Maharani College M.S.Ramaiah Law College MLACW Malleshwaram Reva College Sindhi College Presidency college Sheshadripuram College Mahesh PU College Kolar	Divya Vyjayanthi Adiga Harshitha Poojitha Varsha Nikitha Naveen Rakesh Deepak Abhijit Prithwish Raj Kumar Archana Seema Hegde Spoorthy Kirti Dalmia & Priyadarshini Jadgeish Adiga Bhrahma





Bharathi Singh, Founder & Managing Trustee

Profile

Bharathi Singh holds MA in Sociology, MBA in Development Management, SPJIMR, Mumbai and various Diplomas in HR, Adolescent, Psychometric, Life Skills Training and content development. Bharathi Singh is known for her unstinted commitment to the cause of youth empowerment. She is a sought after Youth Counsellor, Career guide, Personality Development Trainer. She is a passionate resource person in Personality analysis, Positive motivation, confidence boosting, responsible communication, Team building, Leadership, Relationship management, Creativity, public speaking, Responsible parenting, Exam preparedness and Employability skills. She has made a difference to large number of youth who are confused, suffering from low esteem, disenchanted and disoriented by building ability, providing clarity which has culminated in visible betterment of their lives. She has enabled thousands of students across Karnataka towards gainful employment through her interactive creative training programs. Her core competencies are in the area of Career guidance, Training and Development, Youth and family counselling and NGO Management Her expertise is also extended to public speaking, conference compering and TV shows anchoring.

She holds memberships in Bangalore International Centre, Association for Woman Entrepreneurs of Karnataka, Public Relations Council of India. Her commitment to the cause of women has inducted in Committee against Sexual Harassment – SSLC Board, Sanskrit University, Karnataka. She has 21 plus years of performance driven professional experience, Industry, Academia and NGO sectors. She trained in Bharatanatyam and vocal Carnatic music too. Bharathi Singh has been a panellist on many local TV channels. Media has been reflecting her contributions to society regularly. She is self made, well read, well-travelled in India and abroad carrying the cause close to her heart "Save young lives".

Awards & Rewards

2018	'Outstanding woman Social Entrepreneur award by NFED, Coimbatore
2017	'Kempgowda Award' by Govt. of Karnataka for Excellence in 'Service of Society'
2017	'Vanita Vani' - for women empowerment - Indian Human Rights Panel & Adhwaya
2016	Change maker of the Year - Bangalore Management Association
2016	Alumni Award for Social Excellence - SPJIMR, Mumbai
2016	'Shrama Sadhana' – for Employment Empowerment ISBR, Bangalore.
2016	'Best Communicator' Award – Public Relations Council of India.
2015	International Woman’s Day Award – Rotary First Ladies Forum, Bangalore.
2015	Global Inspirational Leadership Award – World Women Leadership Congress.
2014	'Exemplary services to youth' by BSICC at the House of Commons, British Parliament.
2013	Special Education – Training & Development - Rotary Bangalore * 'Chanakya' Award by PRCI for SA-MUDRA YUVA HELPLINE * 'Certificate of Merit ' by World CSR Leadership congress to SA-MUDRA YUVA HELPLINE

Failure makes you stronger

Failure is a feedback

Failure is not final

Flagship projects

SANTHWANA SAMALOCHANA



COUNSELLING

YUVA HELPLINE (YHL) is a call response centre operated by expert youth advisors, psychological counsellors, Academic guides and career consultants. YHL acts as a first and early respondent to multiple problems the present day younger generation is facing. YHL provides one window solution to generic crisis through free telephonic counselling, personal meeting, family participation methodology to students/ families since 2008 on issues involving Education, Exam preparedness, anxiety, Career, Emotional crisis, addictions, Relationship conflicts, Depression and Suicidal Tendencies.

Our helpline is open for supporting Pan India and we have been receiving average 4 to 5 calls per day with various issues ranging from exam anxiety to career path confusions.



MOULYA-KOUSHALYA



CAPACITY BUILDING

This program is an extension of Yuva Helpline. After the need identification, we provide 3 months' in house personality development and employment enablement course imparting values, skills most important for personal and professional wellbeing, focussed on bringing about a distinguished standard of life & livelihood among youth. Curriculum includes confident communication, Industry, Market & Job know how, vocational skill training, functional English, computer basics, entry level retail skills, Tally, back office work, telephone operation to unemployed & under employed thus removing the label "failed" and promoting dignified, self reliant life in mainstream society.

We are proud to have empowered around 150 aspirants this year end 70% among them were women with domestic issues like divorce and single parents. 90% were well placed too.



#LOVE-LIFE



CAMPAIGNING

In the recent times we notice a dangerous trend of increase in suicide cases. NCRB reports every hour 2 students commit suicide in India, Bangalore sees least 3000 deaths a year, 50% could be between 14-30 years ! We believe that the early expiry of these precious lives is due to their inability to take stress or face failures, most often failures in Exam, Job interviews or broken relationships. Therefore, SA-MUDRA started campaign #LOVE-LIFE to sensitise public to save young lives, hand hold the anxiety struck young people and create awareness about help available both at preventive and curative stages. SA-MUDRA FOUNDATION has experimented with Theatre, Street plays, Seminar and Standathon as the effective medium of communication since 2014.



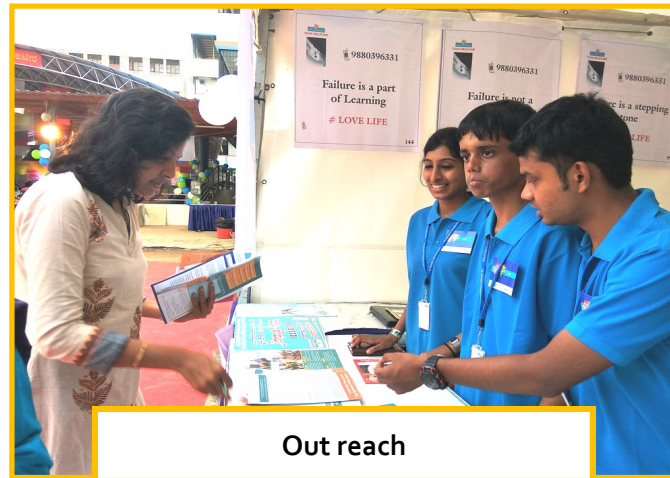
ACADEMICS ACTIVITIES



Learning Functional English



Karnataka Rajyothsava



Out reach



Exam Time



Hands on Computers



Group Dynamics



Industry Exposure



Career guidance

OUT DOOR VALUE ADDITION ACTIVITIES



Raja & Ramesh 1st day @ work



Harshitha @ work Desk



Pramod @ work Desk



Mithun @ Work place



Graduation Day

Actor Vasishtha Simha & Purushotham



Graduation Day

MLC Shri. Lakshminarayana & Mrs. Sujatha



Graduation Day

Vasishtha Simha & Bharathi Singh

"OUR EFFORTS MAY HAVE FAILED BUT WE NEVER FAILED TO PUT AN EFFORT "

#LOVE-LIFE 2017 –2018



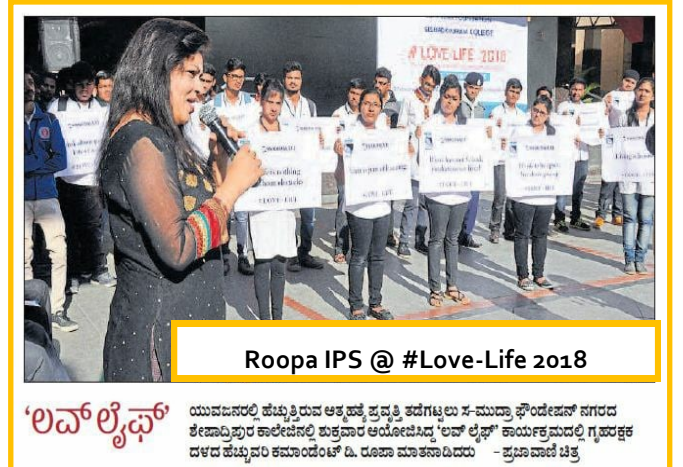
Dr.R.P. Sharma IPS & Prof.Radha Krishna



Ms. Rishieka Singh @ #Love-Life 2017



Depreshanasura Drama @ #Love-Life 2017

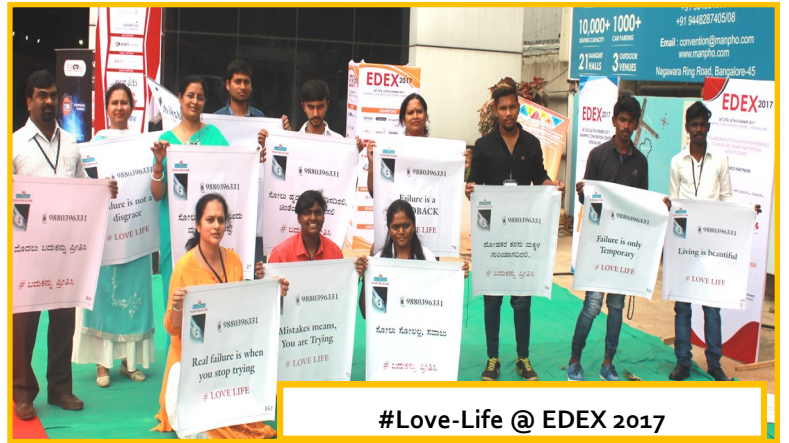


Roopa IPS @ #Love-Life 2018

‘ಲವ್ ಲೈಫ್’ ಯುವಜನರಲ್ಲಿ ಹೆಚ್ಚುತ್ತಿರುವ ಅತ್ಯಂತ ಪ್ರವೃತ್ತಿ ತಡೆಗಟ್ಟಲು ಸಾ-ಮುದ್ರಾ ಫೌಂಡೇಷನ್ ನಗರದ ಶೇಷಾದ್ರಿಪುರ ಕಾಲೇಜಿನಲ್ಲಿ ಶುಕ್ರವಾರ ಆಯೋಜಿಸಿದ್ದ ‘ಲವ್ ಲೈಫ್’ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಗೃಹಪಕ್ಕದ ದಳದ ಹೆಚ್ಚುವರಿ ಕಮಾಂಡೆಂಟ್ ಡಿ. ರೂಪಾ ಮಾತನಾಡಿದರು - ಪ್ರಭಾಕರ್ ಬಿಟ್ಟ



#Love-Life @ TCS 10K 2017



#Love-Life @ EDEX 2017



#Love-Life 2018 @ Sheshadripuram College



SL. No	Beneficiaries	YUVA HELPLINE— Brief case histories
1	Manjula	Lack of confidence, difficulty in communication, family-related issues, career confusions.
2	Tharadevi	Career Confusions
3	Denzil	Lack of confidence, psychological issues, sexuality related issues, family related issues, academic and relationship issues, stress and anxiety, Suicidal Tendency .
4	Kiran Kumar	Family related Issues
5	Bhavya	Lack of confidence and Difficulty in communication
6	Rashi	Lack of confidence, fear and career confusions, harassment by boy in college, suicidal tendency
7	Veena	Lack of confidence, low self esteem
8	Shyamala	Difficulty in communication, relationship failure
9	Manjunath	Difficulty in communication, family related issues and career confusion
10	Shilpa	Difficulty in communication, low confidence
11	Poojitha	Social hesitation, Difficulty in communication, life skill deficit
12	Dhanush	Lack of confidence, difficulty in communication, exam related stress and anxiety.
13	Priyadarshini	OCD, Health and fitness related issues, stress and anxiety, career confusions
14	Nantha	Autistic child -17 years old
15	Poorvaja	Wants to pursue certain career, but the parents differ in their opinion.
16	Shekarappa	childhood social phobia, attention seeking, does not socialize hesitation, isolation suicidal tendency
17	Mallikarjun	Study techniques, memory problem and fear
18	Rashmi	Career confusions and lack of clarity
19	Kaavya	Difficulty in communication and lack of confidence
20	Tejaswini	Lack of confidence and is a shy child
21	Ankita	ADHD, relationship issues, stress and anxiety. Problems with parents suicidal tendency
22	Hemanth	Alcoholic, lack of confidence, difficulty in communication, unhealthy and unnecessary peer competition, health issues, psychological issues, stress and anxiety, smoking
23	Sampada	Has no clarity about her future, stress, anxiety, career confusions and parental pressure.
24	Shobha	Family disputes, Alcoholic husband, doesn't support the family financially. adultery
25	Chaitravathi	Lack of confidence, psychological issues, fear, negative thoughts. Suicidal tendency
26	Nirmala	Family related issues, emotional issues , parenting problems, low confidence
27	Namitha	Academic related issues, stress and anxiety and career confusions.
28	Divya	career confusion, academically weak, parental fear and stress
29	Savitha	Lack of confidence, difficulty in communication and academic related issues.
30	Usha	Family related issues and stress and anxiety because of the same.
31	Varun	Needs study skills, health and fitness related issues
32	Pawan	career confusion and role confusions as a son,
33	Ganesh	Addiction to whitener-thinner inhalation
34	Kusumitha	academic confusions and parental pressure
35	Derendra	Family related issues, failed relationship , stress and anxiety suicidal tendency
36	Radhika	Relationship issues, stress and anxiety, parental issues, Suicidal Tendency .
37	Priya	Lack of confidence, stress , anxiety fear
38	Priya	Lack of confidence, stress and anxiety, tensional headache
39	Girish	lack of confidence, lack of concentration
40	Lakshmi	Failure and fear, suffering childhood imbalance, regretting loss of childhood
41	Suhas	academic related issues
42	Venkatesan	Procrastination, lack of focus in studies, anxiety - old age
43	Kiran	career confusions, fear of future, depression
44	Simran	Addiction (Smoking, alcoholic) family-related issues, stress and anxiety, career confusions.
45	Rachit	Career confusion, relationship issues, depression
46	Niveditha	Adopted child. Conflict with parents, not able to express feelings, unable to address issues-feel sad. body type anxiety, inferiority complex , depression leading Self harm
47	pramod	Lack of confidence, psychological issues and stress and anxiety, depression

YUVA HELPLINE— Brief case histories

#	Name	Case brief
48	Bhagya	Threatening and harassment by a colleague at workplace
49	Manoj	lack of confidence, academic anxiety and confusions
50	Manoj	Disinterested in studies. Sports interest deprived due to poverty at home .
51	Hima	family related issues, career confusions
52	Shraddha	Lack of confidence, difficulty in communication, lack of opportunities, career confusions.
53	Dhyanavi	Lack of confidence, career confusions, OCD, conflict with parents
54	Harshitha	Psychological, academic and health issues
55	Aakash	Lack of confidence, lack of opportunities, peer competition, family related issues, academic related issues, stress and anxiety.
56	Smitha Reba	The client is depressed , family related issues, relationship issues, Stress and anxiety.
57	Shruthi	Depression, Suicidal tendencies , self-mutilation, peer bullying, parental pressure to excel
58	Shraavanthi	Lack of confidence and lack of opportunities
59	Manoj	OCD, Psychological issues
60	Kavitha	Stress and anxiety, Career confusions
61	Prashanth	Anger, Fear, low self esteem, relationship issues, depression, suicidal tendency
62	Rajath Singh	Career confusions and adolescent anxiety
63	Susheel	Addiction, argumentative, hyperactive, anger issues
64	Chinmayee	Lack of confidence, career confusions
65	Sujatha	Marital conflicts, negligence by inlaws, isolation, depression, Couple counseling
66	Deepak	Anger issues, Mood swings, adolescent defiance with mother, issues with sibling
67	Pavithra	Family related issues, Loan, Poverty, sexual harassment, depression
68	Nikhil	Addiction, Lack of confidence, Academic failure, Career confusions
69	Vishal	Parental pressure, education and career aspirations mis match, frustration over failure in communication with parents
70	Ajith	Lack of opportunities , failure in job interviews, needs
71	Krishnan	Family isolation, social phobia and low esteem
72	Bhoomika	Academic and Career confusions
73	Ajay	Career confusion and academic related issues.
74	Mahesh	Lack of confidence, psychological issues, academic related issues.
75	Tejaswini	Lack of Confidence, Relationship and family related issues.
76	Sahana	Study anxiety, exam fear and Career confusions,
77	Swaroop	Fear of failure and Career confusions
78	Geetha	Family disputes leading to helplessness and depression
79	Srikanth	Academic clarity sought
80	Satish	Family & Academic related issues and Addictions
81	Darshan	Family related and Academic related issues.
82	Jayaprada	Difficulty in communication , disappointed over unemployment
83	Rajalakshmi	Lack of confidence and exploitation by family members
84	Shashikala	Lack of opportunities, low confidence
85	Basamma	Disturbed over lack of employability skills suffering low esteem
86	Poornima	Unemployment related, low esteem depression
87	Shwetha	Lack of confidence and difficulty in communication

YUVA HELPLINE— Brief case histories

#	Name	Brief case
87	Manjunath	Lack of confidence, stress and anxiety
88	Sushma	Family related and relationship issues
89	Nikhil	Career path oriented discussion
90	Akash	Psychological issues, family-related , health , fitness related , relationship issues and hence stress & anxiety
91	Rohit	Difficulty in communication especially conversing in English
92	Vinay	Physically handicap, Academic- related issues and career confusions
93	Vaishnavi	Family related and relationship issues.
94	Kasturi	Ill treated by daughter in law, infidelity by husband, Stress, depression suicidal tendency
95	Chidanand	Parents divorced, psychotic father, depletion in academic performance, confusions, suicidal tendency
96	Pragathi	career path confusions, fear of unemployment post education
97	Bhimavva	Family -related , relationship issues and stress and anxiety.
98	Sankalp	Career Confusions
99	Narendra	Lack of Confidence, peer - related issues, academic- related issues, stress& anxiety
100	Ujjwal	Psychological , family related issues and behavioral issues
101	Rishi	Academic-related issues, career confusions.
102	Amrapali	Lack of academic drive, conflict with parents, career confusion, sleep disorder,
103	Vidya	Anxiety of the future, adolescent anxiety, Career confusions,
104	Indu	Infidelity by husband, Loneliness due to divorce, separation from children, sexual advances by men, helplessness leading to Suicidal Tendency.
105	Kamalesh	Business failure, family conflicts, Financial failures depression
106	Mohan	Difficulty in communication and lack of confidence
107	Chaithanya	Lack of confidence, low self esteem , low motivation to perform in life
108	Prabhu	Difficulty in Communication, relationship conflicts with family
109	Harshitha	Difficulty in communication, academic issues, stress and career confusion
110	Manjula	Disappointed over lack of skills and proper social grooming
111	Mahalakshmi	Lack of confidence, difficulty in communication
112	Ramya	Low confidence, Difficulty in communication
113	Nagalakshmi	Lack of zeal in life, no motivation, Difficulty in communication
114	Sujatha	Conflict with inlaws , over communication, over confidence and false ego
115	Aakash	Employment failure, lack of skills and negative attitude
116	Arjun	stress and career confusion, fear, suspicious
117	Anitha	difficulty in communication, stress and anxiety, deprived of learning opportunities
118	Ankitha	Adopted child, perpetual fights with parents, addiction, sexuality confusions, career confusion
119	Sunil	Feels deprived of learning opportunities and descent employment
120	Sambaiah	Egoistic approach, suspicious, jealousy
121	Abhishek	Teenage problems, high aspirations, low efforts and lacks effective Communication
122	Manoj	Family and academic related issues

YUVA HELPLINE— Brief case histories

#	Name	Brief case
122	Vidyashree	Lack of confidence, difficulty in communication, stress, anxiety
123	Devamma	Lack of confidence, difficulty in communication
124	Shailashree	Lack of confidence and difficulty in communication
125	Bharath	Lack of confidence, difficulty in communication
126	Akash	difficulty in communication, psychological issues, career confusions
127	Shambulinga	Difficulty in communication
128	Sonu Kumar	Difficulty in communication, lack of confidence, career confusions
129	Rohit	Lack of confidence, difficulty in communication
130	Danial	Difficulty in communication
131	Saraswathi	Lack of confidence, difficulty in communication, stress, anxiety
132	Raghavan	Family not supportive, career development depravity
133	Sathya	Lack of opportunities—further education, financial helplessness
134	Jeevitha	Deprived of family support for education and skills development
135	Yathish	Family and relationship issues, low confidence
136	Pradeepa	Lack of confidence, Difficulty in communication
137	Santhosh	Difficulty in communication and lack of opportunities
138	Nithin	Difficulty in communication and lack of opportunities, academic related issues and career confusion
139	Manjula	Under employed, shortage of skills, Difficulty in Communication
140	Sumithra	Difficulty in Communication, self doubt
141	Pooja	Lack of confidence and difficulty in communication
142	Bharathi	Difficulty in Communication
143	Shyamala	Physical Handicap, Lack of opportunities
144	Priyanka	Learn English and Computer
145	Bahvya	Difficulty in communication and lack of opportunities
146	Nirmala	Lack of confidence, stress and anxiety
147	Shiva	Lack of confidence and difficulty in communication
148	Mamatha	Difficulty in communication, hesitation low esteem
149	Nandita	Mildly autistic, Repetitive behavior
150	Krithika	Had ADHD, Has difficulty reading and writing
151	Imran	Lack of opportunities and looking for employment
152	Roopa	Wants to improve her communication skills and attend personality development classes
153	Chandan	Lack of confidence, academic issues, stress and career confusion, Night fall, Suicidal Tendency.
154	Shruthi	Lack of confidence, Difficulty in Communication and career confusions
155	Sandhya	Shortage of employment skill, English and life skills
156	Divya	Lack of confidence and difficulty in communication, Anxiety, Suicidal Tendency
157	Komala	Poverty, family conflicts low esteem
158	Poornima	Deprived formal higher education, poverty
159	Shwetha	Lack of confidence and difficulty in communication
160	Pramod	Lack of confidence, psychological issues and stress and anxiety
161	Sridhar	Lack of confidence, communication skills, stage fear and anger issues
162	Gauthami	Lack of confidence and wants a job
163	Srihari	Difficulty in communication, laziness

All Names has been used with consent

Case History - Dhanush, Bangalore, Male, 17 years

He is one of the two children from a middle class family, witnessed parents' discord since birth. Has an elder sister who constantly has differences with father over academic interest mismatch. Mother is moderately literate, home maker who is caught between husband and daughter. The daily routine in the family included verbal fights, throwing things, physical violent behavior by husband etc., Dhanush is an intelligent, extremely inquisitive, helpful family loving boy. Father decided to send him to residential school to keep him away from the so called spoiled brat sister, where he had difficult time both academically and personally, warden complained of bedwetting and non active student hood in hostel ! Dhanush was brought home after 3 years to experience a harsh reality of his parents being divorced ! Sister had gone away with mother while dhanush was to stay with his father who was suffering depression and anxiety disorder. Little dhanush had by then lost his only emotional anchor grand mother too !! He was unable to cope with this traumatic situation at home, could not manage self, studies in sindhi college and bear the pain of living without mother, nobody to care for him, cook food and provide basic comforts, he had developed isolation, loss of focus, socio phobia, low self esteem in college, To add to misery, father instructed that he should never meet his mom and sister ! That's when he developed suicidal tendencies. Both father and son approached sa-mudra after participating in campaign #LOVE-LIFE, influenced by play 'Depressionaasura' in 2017

SA-MUDRA Intervention : Dhanush and his father were counseled by Bharathi Singh individually and collectively, Life values were introduced through therapeutic methods, confrontation with reality did an eye opening magic for the father to accept his faults. Efforts were made to meet both mother and sister individually and convinced for reconciliation but the father is adamant not to allow them back home after divorce with final financial settlement. nevertheless we also realized that in the interest of all it is better that his wife and daughter stay away from him and work on self development, mother has found a small job and the sister is pursuing her career in international biking. Meanwhile, clinical intervention was brought in to deal with his mental disorder. Relationship between Dhanush and father was made cordial by repeat sessions on Relationship management techniques. Career confusions were sorted out using multiple intelligence assessment tool. Sa-mudra helped dhanush to withdraw from science stream which needs serious studies to a commerce as per his academic and creative inclinations, meanwhile sa-mudra also worked to find him admission in a different college to avoid peer pressure. With a collective objective to make use of his holidays and to provide a warm, loving learning atmosphere, dhanush was also given opportunity to pursue his internship at SA-MUDRA ! Team sa-mudra is happy to see him being in peace with himself, his father, besides reconnecting with mother and sister ! walking in to St. claret College, head held high, smiling with a certificate in hand and a beautiful dream of pursuing his dream career in photography after PUC shouting aloud "now I love my life"

Harder you fail, Stronger you rise

BENEFICIARY FEEDBACK

Thank you very much for putting all efforts in handling Pramod. Continuous Counselling, training and placement support by your team has been very useful. He is going for job for the first time.

We are happy :)

- Pramod mother (Yadhu Giri)

The counselling session gave me an insight into myself. It helped me overcome barriers that set in my mind and revealed my strengths to me. The experience was personal and enriching. It widened my vision and perspective.

Thanks a ton!

- Mona

Extremely Happy with the career counselling session, Bharathi Singh Madam is simply superb, her suggestions are holistic and very useful, wife & myself are happy with the personality analysis of our daughter and career guidance session. My daughter is confident of her abilities. we will recommend our friends to SA-MUDRA

Dr. Chethan

Before joining SA-MUDRA I was feeling shy to talk in front of group of people.. After I started attending Maulya-kaushalya program and found lot of changes in my attitude and gained self-confidence. I got a job in Land mark group (MAX). I am thankful to everyone in SA-MUDRA.

-Ragavan

The interaction with the counsellor was excellent. It really helped me to get a clear idea about my inclinations , my abilities and the career I would enjoy. The meeting was good and highly informative. God bless SA-MUDRA.

Lakshmi Prasad

It was a wonderful experience. I got best solutions to tackle my multiple problems. I never knew such complicated issues could be sorted out in simple ways a clear picture about my future. It helped me to analyse myself and to know my strengths and weaknesses. Keep up the good work.

Ankitha

I cannot be more thankful for today. Thank you very much for helping me cope up with the most traumatic experience and move on in life with positivity. You really made my day mam. After Education I want to help SA-MUDRA

Denzil

SA-MUDRA is a centre where i got clear understanding about myself. The sessions helped me build my confidence and image. Faculty are very motivating. I am walking out with lot of positivity. I thanks SA-MUDRA for teaching me English, computer and Retail with no fees. I am very happy I got job in bajaj finance through SA-MUDRA.

I would like to thank Bharathi Ma'am for her guidance. I had a wonderful guidance and experience at SA-MUDRA. Now I have a clear picture as to what my future career options are. Thank you

Spoorthi

COLLABORATIONS WITH OTHER ORGANIZATIONS

SA-MUDRA believes in co-operation and collaboration. Therefore we have joined hands with other organizations for the common cause. Mainly in people’s capacity building, awareness, Knowledge sharing etc.,

- ◆ NIPCID
- ◆ NSS
- ◆ Rotary club, Bangalore
- ◆ India Cares Foundation
- ◆ SPJIMR, Mumbai
- ◆ Malleshwaram Swabhimana Samithi
- ◆ Hindu Seva Prathishtana, Bangalore
- ◆ SEVA SADANA
- ◆ SARANGA Trust
- ◆ University of Agriculture Sciences
- ◆ Hemophilic Society of India
- ◆ Rotract club
- ◆ Inner wheel club
- ◆ SOS villages
- ◆ So Care
- ◆ Karnataka Home guards
- ◆ Dhwani foundation
- ◆ Parihar foundation
- ◆ Sheshadripuram College, Bangalore
- ◆ Kabir Ashram, Bangalore
- ◆ Let’s be the Change



PROMINENT GUESTS WHO HAVE PRESIDED OVER SA-MUDRA PROGRAMMES

Name	Designation
• Mr. Vashista simha	Kannada film Actor
• Mr. Purushotham Rao	CSR, Madhura Fashions, Aditya Birla Group
• Dr. Wooday P Krishna	Hon. General Secretary, Seshadripuram Education Trust
• Smt. D. Roopa Moudigl	IPS officer
• Ms. Rishika Singh	Sandalwood Cine Access
• Ms. Deepak R Narang	President, Sindhi Seva Samaj, Bangalore
• Prof. K. E. Radhakrishna	Eminent Educationalist, Author
• Mr. Vikram	Sub Register, Malleshwaram
• Dr. Satish Ramaiah	Psychiatrist, Director, People Tree hospitals
• Dr. R.P Sharma	IPS Officer
• Mr. Shrinivas Murthy	Chairman, Membership Committee, BMA
• Mr. Shivaprasad, IPS	Director, Youth Empowerment and Sports Dept. GOK
• Ms. Sindhujaa Kumar	Fitness and Health Trainer
• Mr. Shantharam	AGM-PR&CSR State Bank of India, Bangalore
• Ms. Amarpali Shinde	Singer, performer
• Mr. KSDL Chandru	Theatre Personality
• Mr. Anupam Agarwal, IPS,	Director, Youth Empowerment and Sports Dept. GOK
• Mr. R. T. kumar	Communication professional, M.D., Oysters Advertising Pvt Ltd
• Mr. Vasantha Kallola, Mumbai	Writer and Corporate Professional
• Dr. C. R. Chandrashekar	Psychiatrist, retired professor NIMHANS
• Mr. Veena Sundar	Actor Theatre Personality
• Mr. N. S. Megharikh, IPS	Commissioner of Police, Bengaluru
• Mr. Nagaraja BS	AGM-PR&CSR, SBI, Bangalore
• Mrs. Rajni Mishra	CGM,SBI, Bangalore
• Dr. T. S Chandrashekar	Sociologist, Youth Counsellor
• Mr. Naman Badra,	Entrepreneur, London
• Mr. Manjunath Vishwakarma	Entrepreneur, London
• Mr. Prabhakar Gowribidanur	Anchor, Journalist - Bangalore Doordarshan
• Mr. Prakash Yogi Guruji	Director, Pathanjali Yoga Kendra
• Mr. Pradeep Kumar	Writer and Journalist
• Dr. Ramesh N	Principal, REVA university
• Dr. T. L. Shantha	Director of Maharani Lakshmi Ammanni College for Women
• Mr. Ashok. R	Former Minister for Transport
• Mr. Basavaraj Horatti	Former Minister
• Dr. Chengappa	Vice Chancellor, VC University of Agri Sciences
• Dr. N. R. Shetty	Former Vice chancellor, Bangalore university
• Mr. Mohd. Mohsin IAS	Commissioner for Public Instruction
• Mr. M. B Jayaram	Chairman Emeritus (PRCI)
• Dr. Nagambika Devi Sharma, IAS	Principal Secretary, Department of Youth Empowerment
• HE. Shri. H.R Bharadwaj	Former Governor, Karnataka

ACKNOWLEDGMENT

Having lost friends in tragic suicide attempts, I could instantly connect with sa-mudra and its commitment to guide younger generation towards positive life and empower with needful skills .. I congratulate SA-MUDRA for taking up such a challenging mission !! I join you to say "LOVE-LIFE" :)

Vashishta Simha

God bless Team SA-MUDRA for the sincere commitment to youth development especially who are falling off the main stream. Congratulations and Best wishes.

Dr. R.P. Sharma , IPS

Thank SA-MUDRA for giving me an opportunity to be part of the celebration of youth and life. I am truly awestruck at the profound energy you and your team carry in helping the youth with social, emotional and economical difficulties. Truly inspiring.

Being psychiatrist, I always believe in holistic treatment of troubled minds and was constantly in search of people who could inspire young people to own up life and deal with issues. Now, I think I have found the answer. SA-MUDRA it is !

Congratulations to you, all the staff and volunteers in your team who have come together to be part of this Nobel work. The World Suicide Prevention Day was amazing conceived and executed with people from all walks of life sharing and inspiring each other. A job well done.

Wish you inspire many more youth!

- Dr. Satish Ramaiah

I am more than happy to support SA-MUDRA FOUNDATION and Ms. Bharathi Singh's sincere efforts to help youth with commitment to control suicidal tendencies which is increasing in Bangalore, I am happy to be giving my knowledge and experience as a consultant.

Dr. C.R. Chandrashekar

Thank you for giving me a platform to share my thoughts that I too have failed, fought my battels couragesly. Today I am the hero of my life. Impressed with SA-MUDRA efforts to provide time relevant solutions to modern day youth problems.

- Rishheeka Singh

Dear Respected Madam,

SA-MUDRA workshop to PU2 students who are preparing to appear for the board exam 2018. about facing Exams joyfully was very informative well received by all participants. Your useful tips and energetic interaction motivated our faculty members also .They are 583 students both boys and girls on 24th Saturday on behalf of the management, staff and students I sincerely thank you for coming here and helping our students. We also appreciate all the works that you are doing to help the needy. God Bless all.

Fr. Sojan, principal, St. Claret PU College

Extremely interesting to learn so much in such a short time. Honoured to be learning about Youth and family issues in India by experienced person in social Sector Bharathi Singh, which has inspired to think about starting such services in Norway in future. I would like to be a part of SA-MUDRA again.

Marte Doxru, Norway

Annual Activities/Events conducted by SA-MUDRA during 2017-2018

DATE	ACTIVITY	DESCRIPTION	PARTICIPANTS
03-Apr-17	Team training	Staff training about the Roles and Responsibilities of the Team	10 members including interns
06-Apr-17	Inauguration of Moulya-Kaushalya annual batches	Course inauguration and motivational talks by all guests, experience sharing by students	Parents, Teachers, students 60 member participation.
07-Apr-17	Orientation to M & K batch	Orientation by Founder to new entrants	35 Candidates attended
10-Apr-17	Team training	Guidelines provided to team about Tech Mahindra project and TCS10k run	8 Members attended
12-Apr-17	Tech Mahindra Foundation 10 years Celebration	SA-MUDRA Students participated in Foot ball league and got appreciation for energetic presence at Tech Mahindra Foundation 10 Years Celebration at TMF Electronic city	15 students and 4 faculty attended
29-Apr-17	Leadership workshop -	Mr. Subramanya from Mercedes Benz	40 sa-mudra students attended
12-May-17	Kempegowda Award	Bharathi Singh was honoured with 'Kempegowda Award' from Bhruhath Bangaluru Mahanagara palike-2017	In a special event at BBMP, 50 people present including Min. K.J.George, Mayor Padmavathi, Manjunath Prasad, Commissioner BBMP
19-May-17	Workshop on Body Language	Mr.Surendran Unni, conducted a Session on Body Language for Sa-Mudra Students	41 Students attended
21-May-17	TCS World 10K 2017	Sa - Mudra team and volunteers participated in TCS 10K 2017 @ Kanteerava Stadium to support Sa-Mudra	35 students waled with placards creating awareness about fitness and suicide prevention
20-May-17	News9 Education Summit 2017	Bharathi singh conducted an interactive session on 'Life Beyond Failures	400 parents and students attended
22-May-17	Induction Event—Karnataka Home Guards	Bharathi Singh was invited as chief guest , She conducted a fund filled Motivational personality Development session speaking on Values, Ethics , Team work and importance of social work.	600 new entrant homeguards—men & women
24-May-17	Round Table Conference - The Times of India	Career Counsellors in Bangalore meet and discuss at the Times of India—about new age careers in financial sector	10 People Participated
24-May-17	Bharathi Singh was invited by British Embassy	Attended Queen Elezebeth's Birthday party Met the British high commissioner and spoke about sa-mudra work	
26-May-17	Project evaluation meeting @ Tech Mahindra Foundation	SMART Training Program meeting attended by sa-mudra trustees @ TMF, electronic city	25 People participated
27-May-17	Career Guidance—Suvarna Channel - Facebook Live	More than 40,000 people were live when Suvarna News channel connected BS live on facebook in a power packed interactive session with students providing sufficient useful information on careers after SSLC.	Producer, All staff and Viewers of Suvarna channel
29-May-17	TV Discussion - ETV News	Discussion on ETV Kannada Channel about 'Children and Social Media'	All Viewers of ETV Kannada Benefited by the program
30-May-17	NGO-CEO's Meet Organised By India Cares Foundation	Fundraising, Organization growth and other topics covered at NGO CEO forum	All CEO's of other NGO and Participants attended the event
03-Jun-17	Mobilization Drive—for Moulya- Koushalya	Community visit to slums near Malleshwarm along with students.	15 People attended
05-Jun-17	Environment Day	BS was chief guest at green path . session on Environmental day and motivating the participants to grow plants and go organic.	100 + people participated

DATE	ACTIVITY	DESCRIPTION	PARTICIPANTS
20-Jun-17	Meeting with the Mayor	Trustees met the Mayor and explained about sa-mudra work, also invited her to sa-mudra program	Ms. BS and K C J
23-Jun-17	Faculty Development Programme	Leadership training, Art of Communication, Team and Relationship Building for teachers in New Horizon Engineering College	40 People in attendance
28-Jun-17	Industry Exposure Program	Moulya- Koushalya students venture out as part of the learning, visiting Retail stores, interacting with Store Managers, HRs (Malleshwaram, NEW BEL road)	45 students participated
15-Jul-17	Seminar on Leadership and Social Responsibility @ Indiranagar Rotary Club	Motivational Talk by BS to Rotarians and their spouse	150 members attended
24-Jul-17	Inauguration of M & K batch 4 and Certification day for Batch 3	Graduation day for old batch and inauguration for new batch students at Green Path Organic Restaurant. Very inspirational talk by Chief Guest MLC Mr. Lakshmi Narayan and Writer Sujatha HR, Basavanana vachanagalu by by Amarpali Shindhe	100 parents, students, friends of sa-mudra participated
08-Aug -17	Personality Development Training @ Ramaiah Law College	Training on public speaking for law students at Ramaiah College by KC Janardhan	200+ students and faculty participated
08-Aug-17	GYD fund raising drive launch and Core Committee meeting	All SA-MUDRA Volunteers, core committee members, staff and well-wishers participation at the Karnataka State Cricket Association for the launched 'Gift your Day' scheme, discussion ended with team dinner	25 People participated
04-Aug-17	Workshop on public speaking and volunteering	Training on Public Speaking, group activities for students of Ramaiah Law College by BS. Motivational talks on youth & volunteering	205 students participated
08-Jul-17	Counsellors capacity building	Training on 'New age students and understanding their problem's to student counsellors at New horizon college@ New horizon College Marathahalli by BS	30 Counsellors attended
08-Jun-17	Art and Heart	As an indication of Art healing the Heart, sa-mudra beneficiaries were made to attend Prof. Radhakrishna's 'Gopikon Maada Music and yakshagana. BS was honoured on stage and she spoke abt sa-mudra to audience and appealed for funds	300 People in audience
12-Aug-17	Sa-Mudra on Suvarna News	A platform was created for sa-mudra youth who suffered and conquered over relationship failures to discuss and express frank opinions on pros and cons of 'Love vs Arrange Marriage' on suvarna news channel.	6 students from sa-mudra, 20 students from other institutions. 1000s of suvarna news channel Viewers
15-Aug-17	Independence Day	independence day Celebration @ SA-MUDRA was an opportunity to have beneficiary reunion . Old and new batches participated in various activities cultural activities.	48 students participated
19-Aug-17	Workshop on Capacity building @ SA-MUDRA	Dr. C.R Chandrashekar conducted an effective, interactive session on Counselling Skill Development - Capacity Building for staff and counsellors of SA-MUDRA	12 members (staff & volunteers)
19-Aug-17	SAVE LAKES—Ganesha Workshop Organised by SA-MUDRA in association with Lets be the change organisation	Sa-Mudra Foundation in association with Lets be change organised Clay Ganesha event @ Krishna Dwelington Apartment, RMV to educate people about environmental pollution created by plaster of paris ganesha idols .	120 people. Participated. SA-MUDRA Staff. M&K students, their family members, residents from surrounding areas and volunteers
05-Sep-17	Teacher's Day @ SA-MUDRA	Celebrated at SA-MUDRA by Motivational speak about Radhakrishnanan by BS and Dominic from TMF	46 students and staff participated

DATE	ACTIVITY	DESCRIPTION	PARTICIPANTS
09-Sep-17	Volunteer's training	Volunteers of SA-MUDRA as well as Sindhi College Volunteers about SA-MUDRA and distributing the works among volunteers and providing responsibilities of world suicide prevention day #Love-life 2017 event by Prof. KCJ & rohini	50 people (SA-MUDRA Staff and Volunteers participated the event)
10-Sep-17	#LOVE-LIFE Campaign 2017	Observing World Suicide Prevention Day - Standaton, Motivational Speech, Samvada with Psychiatrist and 'Depressionaasura' drama by the Thema group	5 eminent guests, 15 prominent people, 800 students from 30 colleges parents, faculty members participated
27-Sep-17	social Media - Workshop organized by YES Foundation	Workshop on social Media promotion for NGO's @ ISI in Benson Town	3 Sa-Mudra Staff participated. BS spoke about SF and need for funds
28-Sep-17	Ayudha Pooja @ SA-MUDRA FOUNDATION	Sa-Mudra Moulya -Koushalya batch Celebrated Ayudha pooja and distributed Sweets among students and Staffs	30 students participated
08-Oct-17	World mental health day	Sa-Mudra participated @ People Tree Maarga Hospital - Manotsava to create awareness about suicide prevention and Mental Health. Staff, students and volunteers distributing handbills to public (Moulya -Koushalya Students put up a staff to promote mental health and created awareness about Yuva help line)	250 people participated in people Tree Maarga Hospital
28-Oct-17	Placement Orientation By Bharathi Singh	BS conducted employment empowerment training to M&K Students—interview skills.	48 students and staff attended
01-Nov-17	Rajyothsava Celebration @ SA-MUDRA	Kannada Rajyothsava Celebration in SA-MUDRA. Student's spoke about their Role Models from Karnataka across various fields (Culture/Art/Theatre/Literature).	40 People participated
09-Nov-17	Social Excellence Awards	SPJIMR - invited BS as one of the judges to judge and select one of the best deserving Alumni for 'Social Excellence' Awards	50 nominations
12-Nov-17	Makkala Habba by Govt of Karnataka	SA-MUDRA held a standathon @ Cubbon park volunteers holding positive message placards to " say no to suicides". M& K students had god exposure to Art & culture, rural games in Karnataka. Public was given intro of #love-life	25 students , volunteers and staff
30-Nov-17	Workshop on Responsible Parenting	NIPCID invited BS to conduct a workshop on 'Responsible Parenting - Behavioural Issues among Children' to parents of students @ Delhi Public School	NIPCID staff and 35 parents were benefited
01-Dec-17	BMA member's day.	Trustees attended Members Day Celebration Meeting	Members of BMA Participated
06-Dec-17	Exam stress management	Session on - Pathway to success @ Kabir Ashram 'Examination preparation skills, memory building and stress management for 10th students @ Kabir Ashram by BS	Around 690 students
23-Dec-17	Annual Day at Bishop Sergent School	BS spoke about positive parenting and life after SSLC, in her addressed as Chief Guest and motivated children parents and staff	550 parents and children attended
06-Jan-18	Annual Day at Chaitanya Techno School	Bharathi Singh delivered a valedictory speech as Chief Guest and motivated children's, parents and staff at Chaitanya Techno School	800 parents, children, staff and guests in audience

DATE	ACTIVITY	DESCRIPTION	PARTICIPANTS
07-Jan-18	workshop on pathway to success—Education Vs Career	BS addressed students and parents about facing exams without stress and also the career options after 10th std. Spoke about parents being the support system for the students.	Around 700 parents and students participated in the event
13-Jan-18	Suddi TV— Women empowerment story shooting	Suddi Tv Kannada channel filmed various activities of SA-MUDRA. training session, counselling and helpline services along with interview with Bharathi on women empowerment.	Suddi TV viewers and staff of sa-mudra watched 2 episodes
19-Jan-18	Workshop on Behavioural problems among children,	Workshop was conducted by BS at NIPCID for parents on 'Behavioural problems among children, causes and the ways parents should responsibly deal with it.	45 Parents, Students, Members, staff and other people participated
19-Jan-18	workshop on 'effective fund raising by NGOs'	Workshop was coordinated by SA-MUDRA pooling in 40 plus NGO for this workshop conducted in association with SPJIMR on . @ Bharatiya Vidya Bhavan.	Trustees, volunteers and other NGO representatives
27-Jan-18	Placement Drive @ Azim Premji University	SA-MUDRA had an outreach program @ Azim Premji Uni. for the MA Social work students. Introducing social sector, SA-MUDRA and suicide prevention initiatives. Students had the opportunity to attend group discussion and interview for job opportunities at SF.	30 Final year Degree students from Azim Premji University Ms. Bharathi Singh, Prof K C Jannardhan,
02-Feb-18	#LOVE-LIFE Campaign 2018 @ Sheshadripuram College Bangalore	SA-MUDRA conducted the first #LOVE-LIFE Campaign for the year 2018 in association with Sheshadripuram College, inaugurated by Smt. Roopa.D.Moudgil, IPS, Ooday P.Krishna, Bharathi Singh and Dr. Anuradha Roy. Depressionaasura Street play by Thema major attraction which conveyed significant message about cause and prevention of suicide. Students watched enthusiastically took part in the standathon and promoted message #LOVE-LIFE	More than 1800 studentns . Guests, Press - News 9, TV 9, BTV, SA-MUDRA Staff, sa-mudra committee members beneficiaries
10-Feb-18	Women's Day Honour	Lakshmi Women Credit Cooperative Society honored Ms. Bharathi Singh. Shri Sowmyanatha Swamiji honored the Women achievers. BS spoke about SF, and urged parents not to pressurise their children to score more marks, identify their talent and guide them to suitable career	600 members , parents. Shri Sowmyanatha Swamiji, Housing Minister Mr M.Krishnappa, Dr Lakshmi, IRS, Smt Siri Gowri, IPS, Mrs Archana, KAS and other members.
14-Feb-18	Veganism and Good Health	Dr. Anupama Achar, Ms Shreya and Ms Nidhi and Mr Mr. Mohan from Melbourne, Australia volunteered to spend a day with sa-mudra children, sensitize about veganism, promoting good health and Nutrition Students eagerly interacted and enjoyed vegan food.	47 youth participated (M&K)
14-Feb-18	Valentine's Day - "I Love Myself"	Students at SA-MUDRA enjoyed valentine's Day by creatively speaking about how much they love themselves. They had prepared heart shaped cards and explained their strengths. Positivity - A way of Life book was distributed to all the students. Ms. BS, Dr. Anupama Achar, Ms. Nidhi, Ms. Shreya, Mr. Mohan judged the best heart and honoured	40 beneficiaries of M&K participated.
24-Feb-18	Face Exams Joyfully	A session Exam Stress Management @ St. Claret PU College conducted by BS to help II PU students face exams joyfully technique to manage stress anxiety, study discipline, handle failures was discussed in an audio visual session	200 students attending PU2 exams from St. Claret College and teachers

DATE	ACTIVITY	DESCRIPTION	PARTICIPANTS
28-Feb-18	Examination Tips Radio 92.7 Big FM	Considering the fact radio is a most popular medium where youth are glued to . SA-MUDRA adopted a creative method of reaching out to youth attending SSLC exams to face exams confidently, not to suffer fear of failure along with memory building tips and last moment preparation tips helpful for both parents and students to be brave during upcoming exam. Live Facebook video was also released.	God 2000 plus likes on Facebook live, besides 1000 of FM listeners contacted YUVA HELPLINE to say that the program was very helpful.
2-March-18	Holi Celebration	All Sa-Mudra Beneficiaries and staff celebrated holi indicating creating colourful life with efforts from self @ Sa-Mudra . Enjoyment unlimited of course	45 students and staff enjoyed
8-March-18	Women social Entrepreneurship Award	Ms. Bharathi Singh was honoured with 'Outstanding Woman Social Entrepreneur Award' from National Foundation For Entrepreneurship Development (NFED) in Coimbatore.	60 members of NFED Coimbatore and other guest and participants
8-March-18	Women's Day Celebration @ Sa-Mudra Foundation	On occasion of Women's Day , our students spoke few words about great women achievers and felt proud.	49 Sa-Mudra Moulya –Koushalya Beneficiaries participated
11-March-18	women's day	Bharathi Singh and other women Civil servants received women's Day honour by Lakshmi Credit co-operative bank .	Members of Credit co-operative bank and public participated in the event.
14-March-18	Performance evaluation	Course completion test conducted for Moulya-Koushalya Beneficiaries.. After completion for course we analyse the improvements of students through exams.	45 students participated
22-March-18	Interview @ SA-MUDRA	After course completion and Examination... Moulya –Koushalya Beneficiaries participated Interviews from various companies like Pantaloons, DIGI, Transcal, Boal financial Pvt, Ltd etc.,	45 students participated in placements
29-04-2018	Moulya-Koushalya Certification Program	Mr. Vashishta Simha Kannada film actor and Mr. Purushotham Rao spoke very dearly about their life experiences and inspired youth immensely. Handed over Certificates for all our SA-MUDRA Beneficiaries . All our students and parents felt positive .	98 Guests, Students, parents, staff and volunteers participated

Failure is a best teacher

Failure is temporary

Failure is a chance to bounce back

Failure is a part of learning

Failure is an attitude

Failure is success in progress !

SA-MUDRA Announcements

SA-MUDRA FOUNDATION
COMMITTED TO SAVE YOUNG LIVES

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SAVE YOUNG LIVES

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- Educational Counselling
- Personal Counselling
- Crisis Intervention
- Career Guidance
- Job Skills Training
- Placement Assistance
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SA-MUDRA FOUNDATION
Committed to save young lives

SA-MUDRA FOUNDATION, Bangalore is working for youth empowerment through emotional, social and economic wellness initiatives both as preventive and curative stages of their life with a core objective to save young lives. With a special focus on helping youth to handle failures, disappointments, depression and suicidal tendencies due to failures in academic, career and personal crisis among unemployed, under employed, employable poor youth coming from rural and semi urban communities, including the migrants.

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ಯುವ ಸಹಾಯವಾಣಿ Tech Mahindra FOUNDATION

9880396331

ತರಬೇತಿ ಉಚಿತ * ಉದ್ಯೋಗ ಐಚಿತ

SSLC, PUC, DEGREE, ITI ಜಾಸಾದ / ಫಲಾದ
18 ಲಿಂದ 29 ವರ್ಷದ ನಿರುದ್ಯೋಗಿ ಯುವಕ ಯುವತಿಯರಿಗೆ 3 ತಿಂಗಳ ವೃತ್ತಿಪರ ಕೌಶಲ್ಯ ತರಬೇತಿ

- ಇಂಗ್ಲಿಷ್ ಕಮ್ಯುನಿಕೇಷನ್ ಮತ್ತು ಕಂಪ್ಯೂಟರ್ ತರಬೇತಿ
- ವ್ಯಾಪಾರ / ವ್ಯವಹಾರ ಕೌಶಲ್ಯಗಳ ತರಬೇತಿ
- ವೃತ್ತಿಪರ ವಿಕಸನ ಮತ್ತು ಕೆಲಸದ ಕೌಶಲ್ಯ
- ನುರಿತ ಅಥವಾ ಸಮಾಲೋಚಕರಿಂದ ನಿರಂತರ ಕೌಶಲ್ಯ
- ಪ್ರಮಾಣಪತ್ರದೊಂದಿಗೆ ಉದ್ಯೋಗವಕಾಶ ಕಲ್ಪಿಸಲಾಗುವುದು.

080-23467772 / 23463287
9481492532
www.sa-mudra.org

SA-MUDRA FOUNDATION
In association with
SESHADRIPURAM COLLEGE
Seshadripuram, Bengaluru-560 020
NAAC Accredited 'A' Grade

LOVE-LIFE 2018
'An initiative to prevent suicides among youth'

Chief Guest
Smt. D. Roopa Moudgil, IPS
Inspector General of Police
Home Guards and Civil Defense
Government of Karnataka

Presided by
Dr. Wooday P Krishna
Hon. General Secretary
Seshadripuram Educational Trust

Street Play
'Depressionaasura' by THEMA

Date: 2 February 2018 Friday
Venue: Seshadripuram College Quadrangle
Time: 8.00 am

All are Welcome

M.S. Nataraj
Chairman
Governing Council

Bharathi Singh
Founder and Chief
SA-MUDRA Foundation

Dr. Anuradha Roy
Principal

Rajeshwari M
Convener
Manasvi Counselling Centre

SA-MUDRA FOUNDATION
committed to save young lives

#LOVE-LIFE 2017
world suicide prevention day

10th September 9.30 am - 1.00 pm

SA-MUDRA FOUNDATION, a registered NGO in Bangalore working for youth empowerment through emotional social and economic wellness initiatives with a core objective to save young lives with a special focus on helping youth to handle disappointments, educational, career confusion, failures, depression and suicidal tendencies. Our interventions are through counselling, capacity building, employment enabling including digital literacy and providing dignified livelihood options to unemployed, under employed, employable poor, migrant youth coming from rural and semi urban communities.

FREE COUNSELLING
SA-MUDRA YUVA HELPLINE : 9880396331

Venue : Sindh Commerce College Auditorium, Kempapura, Hebbal, Bangalore.

Event Highlight : Drama - 'Depressionaasura' by THEMA
Expert Panel Discussion and Motivational Talks.
Standathon - Projection of positive quotes by volunteers

VENUE SPONSORS: Sindh Commerce College, Nandi Upachar, LIST, ADITYA BIRLA, KNOWLEDGE IS POWER

EVENT SUPPORTERS: Nandi Upachar, LIST, ADITYA BIRLA, KNOWLEDGE IS POWER

HONOURABLE PRESENCE
Shri. Pramod Mathew, Minister for Youth, Sports and Fisheries, Govt. of Karnataka
Dr. Ravip P. Sharma, IPS, Retired
Ms. Seethalakshmi, Bureau Chief, Times of India, Bangalore
Shri. Deepak R. Narang, President, Sindh Seva Samaj
Ms. Bhavika Singh, Cinema Actress
Dr. Satish Ramiah, Psychiatrist
Prof. Rudrakrishna, Emeritus Educationist,
Ms. Bharathi Singh, Founder & CEO, SA-MUDRA FOUNDATION

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Media Exposure

Not just fun, they ran for social causes too

Niharika.Alv@timesgroup.com

Bengaluru: The rhythmic beat of shoes on asphalt reverberated in the heart of the city early Sunday, with more than 20,000 people stepping out for the TCS World 10K run.

Starting from Kanteerava Stadium, they were participating in one of the five runs: The open 10K, Champions with disability, Majja run, Senior citizens' run and the

TCS WORLD 10K

World 10K run. Participation in the World 10K category was reserved only for national and international athletes.

The event kicked off with the open 10K run at 5.30am, with most runners hoping to complete the course under an hour. "I usually jog for fun, but I decided to challenge myself by doing the 10K run. I was worried about the route after Saturday's downpour, but everything went off smoothly," said a participant.

The 6-km Majja run saw



WHEN FIT IS FUN: Participants sweat it out early on Sunday

hundreds of people running and walking for a range of social causes, including empowering the girl child and going green. "We participated in the run to create awareness about our initiatives towards preventing suicides among the youth, as well as the importance of

staying fit and loving life," said Bharathi Singh of the Sa-Mudra Foundation that works to empower the youth through counselling.

"I'm part of a city-based laughter club and being fit has always been important to us. While I'm a regular walker, I

WHEN THEY RAN INTO A CESSPOOL

Saturday's thunderstorm left a mark on Sunday's 10K run. Towards their 3-km-marker, marathoners ran into a massive cesspool that covered a sizeable stretch of MG Road. The runners diligently split into two groups - while one got onto the footpath, the other hopped on the side. However, those finicky about finish time didn't bother to stop. They just dashed ahead, splashing water.

never participated in a marathon before. So, I'll be half-walking and half-running," said 67-year-old Parvathamma. Those participating in the Champions with disability run could run alone or with a buddy and those on wheelchairs were helped by volunteers.

Portis Hospital set up a 35-bed camp at the finishing line and three medical stations along the route for emergencies. Said medical director Dr Vivek Jawali: "While we had made all arrangements,

thankfully there was no untoward incident."

Disability no deterrent Sunil Jain, president of Astha Foundation that strives to employ the differently abled, celebrated his birthday by participating in the Champions with disability run. A wheelchair-bound tennis player, this is his third run. "In all, 92 members from our organization are participating in the run this year and of them 24 are people with disabilities," he said.

Shankaralinga B T and Keshava Telugu, wheelchair-bound tennis players, travelled 430km from Hubballi-Dharwad to take part in the run. "We came by train for the run and reached Bengaluru at 3am. Thankfully it had stopped raining by then," said Shankaralinga.

Testing own limit In his first attempt at running a distance this long, Vishwas K, a double arm amputee, clocked 65 minutes in the 10K open run. "I wanted to see and show just how capable my body is. So I decided to run the 10K this time," said Vishwas.

ಉದ್ಯೋಗಾಧಾರಿತ ಕೌಶಲ್ಯ ತರಬೇತಿ

ಬೆಂಗಳೂರು: ಸ-ಮುದ್ರ ಪ್ರತಿಷ್ಠಾನದ ಏ.10ರಿಂದ ನಿರುದ್ಯೋಗಿ ಮತ್ತು ಅರ್ಧಿಕವಾಗಿ ಹಿಂದುಳಿದ 18ರಿಂದ 35 ವರ್ಷದ ನಿರುದ್ಯೋಗಿ ಯುವಕ, ಯುವತಿಯರಿಗೆ ಉದ್ಯೋಗಾಧಾರಿತ ಕೌಶಲ್ಯ ತರಬೇತಿಗೆ ಆರ್ಷಿ ಆಹ್ವಾನಿಸಿದೆ. ಕನ್ನಡ 10ನೇ ತರಗತಿ ಉತ್ತೀರ್ಣರಾದ ಯುವಕ, ಯುವತಿಯರು ಇಂಗ್ಲಿಷ್ ಕಮ್ಯೂನಿಕೇಷನ್, ಕಂಪ್ಯೂಟರ್ ಬೇಸಿಕ್, ವ್ಯಾಪಾರ ವ್ಯವಹಾರ ಕೌಶಲ್ಯ ಮತ್ತು ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನಗಳ ಕುರಿತು ಎರಡು ತಿಂಗಳು ತರಬೇತಿ ಪಡೆಯಬಹುದು. ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗೆ ಸ-ಮುದ್ರ ಪ್ರತಿಷ್ಠಾನ, ನಂ.77, ಅನುಗ್ರಹ, 1ನೇ ಮಹಡಿ, 13ನೇ ಅಡ್ಡರಸ್ತೆ, ಸಂಪಿಗೆ ರಸ್ತೆ, ಮಲ್ಲೇಶ್ವರಂ, ಬೆಂಗಳೂರು-03. ದೂರವಾಣಿ: 080-23467772/3287 ಅಥವಾ 9880396331 ಸಂಪರ್ಕಿಸುವಂತೆ ಪ್ರತಿಷ್ಠಾನ ಪ್ರಕಟಣೆಯಲ್ಲಿ ತಿಳಿಸಿದೆ.

Their success lies in helping youth handle failures, get on with life

Niharika.Alv@timesgroup.com

Bengaluru: It all started with a survey to understand the reasons for the increasing incidents of crime and suicide among the young population. The revelations were startling enough to prompt social activist Bharathi Singh to launch an initiative, YuvaHelpline, in 2006.

The SA-Mudra YuvaHelpline, an exclusive youth-centre helpline, Bharathi says, has helped over 6,000 15-

25 age group people get a hold of their lives. "In most cases, the reason was a failure of some sort - academic, work-related or to do with a relationship. Every one I met did not have the much-needed intervention to sail through hardships. I realised if we help youngsters handle failure in a better way, intervene early on and guide them, we can prevent them from going down these paths. Those aged between 15 and 20 are confused about the role they play;

their parents might treat them like adults one moment and children the next. They also face peer pressure, exams, relationship issues; the list is endless," says Bharathi. The helpline sees a spike in the number of calls during the board exam months of January to April every year. "Students are under tremendous pressure. At the same time, they are dealing with



TRAINING FOR THE POOR

For the poor and the unemployed, the centre conducts a four-month Moolya-Kaushalya session. It includes counselling, capacity-building training and a placement fair. Focusing on basic skills and values, students are taught responsible citizenship-how to apply for PAN cards and drivers' licence and file police

complaints. Female students are given self-defence classes, professional skills such as basic computing, interview training and retail skills. "We've had companies like Pantalons, Reliance, McDonald's and Eureka Forbes come for placements. Every single participant leaves with a solid offer letter in hand," Bharathi Singh claims.

FOR A BETTER TOMORROW:

The team, which includes counsellors, psychologists, psychiatrists and student volunteers, handles the problems of those in the age group of 15-25

COLLEGE REACHES OUT TO THE NEEDY

Montfort College, which also has a helpline, collaborates with over 100 schools and colleges to deliver professional counselling services to students as well as their parents and teachers. Trainee counsellors from Montfort, visit these schools and colleges every week.

Close to 40% of the cases in the centre focus on child and adolescent counselling/development. The college also has a distress helpline. Common problems observed among student communities include deficit in study skills, bullying, self-injurious behaviour/suicidal thoughts, peer pressure, substance abuse, sexual abuse and family issues.

Counsellors, psychologists, psychiatrists and college counsellors work in tandem at the centre. Bharathi, however, doesn't believe in prescribing drugs if not necessary. "In most cases, the problem is either failure of a job, opportunity or exam or the fear of failure. What we try and explain to them is that failure is not the end, but just a feedback."

ವಿಜಯ ಕರ್ನಾಟಕ

01-07-2017



ಬೆಂಗಳೂರು: ನಗರದ ಸ-ಮುದ್ರ ಪ್ರತಿಷ್ಠಾನದ ಉಚಿತ ಕಂಪ್ಯೂಟರ್, ಇಂಗ್ಲಿಷ್, ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನ ತರಬೇತಿ ಕಾರ್ಯಕ್ರಮ ಹಮ್ಮಿಕೊಂಡಿದ್ದು, ಆರ್ಷಿ ಆಹ್ವಾನಿಸಿದೆ.

10ನೇ ತರಗತಿ ತೇರ್ಗಡೆ/ ಅನುತ್ತೀರ್ಣರಾದವರು, ಅರ್ಧಿಕವಾಗಿ ಹಿಂದುಳಿದವರು 18ರಿಂದ 32ರ ವಯಸ್ಸಿನವರು ಆರ್ಷಿ ಸಲ್ಲಿಸಬಹುದು. ನಂತರ ಅಯ್ಕೆ 60 ಮಂದಿಗೆ 3 ತಿಂಗಳ ಕಾಲ ಉಚಿತ ಕಂಪ್ಯೂಟರ್, ಟ್ಯಾಬ್, ವ್ಯಾಪಾರ, ವ್ಯವಹಾರ ಕೌಶಲ್ಯ, ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನ ಕುರಿತು ತರಬೇತಿ ನೀಡಲಾಗುತ್ತದೆ.

ಆಗಸ್ಟ್ ಅಥವಾ ಸೆಪ್ಟೆಂಬರ್, ಅಕ್ಟೋಬರ್ ನಡುವೆ, ಫೋಟೋಗ್ರಫಿ ಸ-ಮುದ್ರ ಪ್ರತಿಷ್ಠಾನ, ನಂ.77, ಅನುಗ್ರಹ, 1ನೇ ಮಹಡಿ, 13ನೇ ಅಡ್ಡರಸ್ತೆ, ಸಂಪಿಗೆ ರಸ್ತೆ, ಮಲ್ಲೇಶ್ವರಂ, ಬೆಂಗಳೂರು 003 ರಲ್ಲಿಗೆ ಕುರಿತು ಸುಮಾರು ನಂತರ ಅಯ್ಕೆ ಮಂದಿ 500 ರೂ. ನೋಂದಣಿ ಶುಲ್ಕ ಪಾವತಿಸಬೇಕು. ತರಬೇತಿ ನಂತರ ಕಾರ್ಯಕ್ರಮ ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ದೂ.ಸಂ.080 2346 7772, 94814 92532 ಸಂಪರ್ಕಿಸುವಂತೆ ಪ್ರತಿಷ್ಠಾನ ತೋರಿದೆ.

ಕಂಪ್ಯೂಟರ್ ತರಬೇತಿ ಸ-ಮುದ್ರ ಪ್ರತಿಷ್ಠಾನವು ನಿರುದ್ಯೋಗಿ ಗೆಲಿಗಾಗಿ ಕಂಪ್ಯೂಟರ್ ಕಲಿಕಾ ತರಬೇತಿ ಹಮ್ಮಿಕೊಂಡಿದೆ. ತರಬೇತಿಯಲ್ಲಿ ಇಂಗ್ಲಿಷ್ ಕಲಿಕೆ, ವ್ಯವಹಾರ ಕೌಶಲ್ಯ ಹೇಳಿಕೊಡಲಾಗುತ್ತದೆ ಎಂದು ಪ್ರತಿಷ್ಠಾನ ಪ್ರಕಟಣೆಯಲ್ಲಿ ತಿಳಿಸಿದೆ. ವಿಜಯ: ಅನುಗ್ರಹ, 13ನೇ ಅಡ್ಡರಸ್ತೆ, ಸಂಪಿಗೆ ರಸ್ತೆ, ಮಲ್ಲೇಶ್ವರಂ. ಸಂಪರ್ಕ: 080 23463287

ಕೌಶಲ್ಯ ತರಬೇತಿ ಬೆಂಗಳೂರು: ಸ-ಮುದ್ರ ಪ್ರತಿಷ್ಠಾನ ವತಿಯಿಂದ ಏ.10ರಿಂದ ನಿರುದ್ಯೋಗಿ ಯುವಕ/ಯುವತಿಯರಿಗೆ ಉದ್ಯೋಗಾಧಾರಿತ ಕೌಶಲ್ಯ ತರಬೇತಿಯನ್ನು ಮಲ್ಲೇಶ್ವರಂನ ಪ್ರತಿಷ್ಠಾನದಲ್ಲಿ ಆಯೋಜಿಸಿದ್ದು, ಮಾಹಿತಿಗೆ ಮೊ. 9880396331ಗೆ ಸಂಪರ್ಕಿಸಲು ಪ್ರಕಟಣೆ ತಿಳಿಸಿದೆ. ಸಂಯುಕ್ತ ಕರ್ನಾಟಕ

ಶೇ.40ರಷ್ಟು ಆತ್ಮಹತ್ಯೆ ಪರೀಕ್ಷೆ ವೇಳೆ ನಡೆದಿರುವುದು ದೃಢ | ಮಕ್ಕಳ ಆತ್ಮವಿಶ್ವಾಸ ಕುಂದಿಸುತ್ತಿರುವ ಪೋಷಕರ ಪ್ರತಿಷ್ಠೆ

ಬೆಂಗಳೂರು ಯುವಜನರಲ್ಲಿ ಆತ್ಮವಿಶ್ವಾಸ ಕೊರತೆ ಜಾಸ್ತಿ

• ಕಾವೇರಿ ಎಸ್.ಎಸ್. ಬೆಂಗಳೂರು ಪೋಷಕರ ಪ್ರತಿಷ್ಠೆ ಕನಡಗಲು, ಆಸೆಗಳ ಮಕ್ಕಳ ಅಭಿವೃದ್ಧಿ ಕುಂದಿಸುತ್ತಿದೆ ಮತ್ತು ಇದು ಕಾಲಾ ಮಕ್ಕಳಲ್ಲಿ ಆತ್ಮಹತ್ಯೆ ಪ್ರವೃತ್ತಿ ಹೆಚ್ಚಿಸುತ್ತಿದೆ. ಪೋಷಕರಲ್ಲಿ ತಮ್ಮ ದುರ್ಮನುಷ್ಯ ಹೇಳಿಕೊಳ್ಳಲಾಗದ ಮಕ್ಕಳು ಎದಿಗ ಯುವ ಸಹಾಯವಾಣಿಯ ಮೇರೆ ಹೋಗಿ ತೊಡಗಿದ್ದಾರೆ. ದಿನೇ ದಿನೇ ಯುವಸಹಾಯವಾಣಿಗೆ ಬರುತ್ತಿರುವ ಕಾಲಾ ಮಕ್ಕಳ ಕರ ಸಂಪತ್ತೆ ಹೆಚ್ಚುತ್ತ ನಾಡಿದೆ. ಹಾಗಂತ ಹೇಳುತ್ತದೆ. ಸ-ಮುದ್ರ ಪ್ರತಿಷ್ಠಾನ ಸದಸ್ಯರ ಸಮೀಕ್ಷೆ, ಕೌಟುಂಬಿಕ ವಾತಾವರಣ, ಸಂಬಂಧಗಳಲ್ಲಿ ಬರುವಿಕೆ, ಮಾನಸಿಕ ಒತ್ತಡ, ವಿವಿಧ, ಹೆಚ್ಚಿನ ವಿನೋದಾಭಾವ, ಪೋಷಣೆ ಭಯ, ಭಗ್ನ ಪ್ರೀತಿ, ಸಾಪ್ತಾಹಿಕ ನಿರಾಸೆ, ಜೀವನ ಪ್ರತಿಭಟನೆ, ಶೈಕ್ಷಣಿಕ ಹಾಗೂ ವೈಯಕ್ತಿಕ ಗುಂಡು ಗೆಲೆಯುಂಟಾಗುವಂತಿಲ್ಲದಂತೆ ಗೆಜ್ಜೆ ಕೊಡುತ್ತಿದ್ದಾರೆ. ರಾಜ್ಯದಲ್ಲೇ ಬೆಂಗಳೂರಿನ ಯುವಜನರಲ್ಲಿ ಅತಿ ಹೆಚ್ಚಿನ ಆತ್ಮಹತ್ಯಾ ಪ್ರಯತ್ನ ಕಂಡು ಬಂದಿದೆ ಎಂದು ಸ-ಮುದ್ರ ಪ್ರತಿಷ್ಠಾನದ ಅಧ್ಯಯನ ತಿಳಿಸಿದೆ. ಸ-ಮುದ್ರ ಪ್ರತಿಷ್ಠಾನಕ್ಕೆ ಕೈಗೊಂಡ ಸಮೀಕ್ಷೆ ಹಾಗೂ ಸ-ಮುದ್ರ ಅಧ್ಯಯನದ ಯುವ ಸಹಾಯವಾಣಿಯಲ್ಲಿ ಯುವಜನರ ತಮ್ಮ ನೋವು-ನಿರೀಕ್ಷೆಗಳನ್ನು ತೋರಿಸಿಕೊಂಡಿದ್ದಾರೆ. ಪರಿಶೀಲನೆ ನಡೆಸಿ, ಕೌಟುಂಬಿಕ ಸಂಬಂಧಗಳು, ಇತರ ಸಾಮಾಜಿಕ ಕಾರಣಗಳನ್ನು ಅಧ್ಯಯನಗೊಳಿಸಿರುವ ಮಕ್ಕಳಲ್ಲಿನ ಮಾನಸಿಕ ಭಾವ ಮತ್ತು ಆತ್ಮ ಯೋಗ ನಡೆಸಲಾಗಿದೆ. ಸಮೀಕ್ಷೆ ಪ್ರಕಾರ ವ್ಯಾಪಕವಾಗಿ 3000 ಯುವಜನರಲ್ಲಿ ಶೇ.40ರಷ್ಟು ಆತ್ಮಹತ್ಯೆ ಪ್ರಕರಣಗಳು ಪರಿಣಾಮ ಸಂದರ್ಭದಲ್ಲಿ ನಡೆಯುವುದಿಲ್ಲದಂತೆ ದೃಢಪಟ್ಟಿದೆ. ಅಧ್ಯಯನ ಯುವಜನರನ್ನು ಆತ್ಮಹತ್ಯೆ ಅಧ್ಯಯನ ಯುವಜನರನ್ನು ಆತ್ಮಹತ್ಯೆ

- ದಿನೇ ದಿನೇ ಯುವ ಸಹಾಯ ವಾಣಿಗೆ ಬರುತ್ತಿರುವ ಕರೆಗಳ ಸಂಖ್ಯೆ ಹೆಚ್ಚಳ
■ ಯುವಜನತೆಯನ್ನು ಮಾನಸಿಕವಾಗಿ ಕುಗ್ಗಿಸುತ್ತಿರುವ ಆಧುನಿಕ ತಂತ್ರಜ್ಞಾನ
■ ಮಕ್ಕಳು ಕಂಪ್ಯೂಟರ್, ಮೊಬೈಲ್, ಬ್ಲಿಟ್‌ಗಳ ಅಡಿಲ್ಲಿ ಅಗಿರುವುದು ವ್ಯಕ್ತಿತ್ವ ಅಭಿವೃದ್ಧಿ ಯುವಜನರಲ್ಲಿ ಹೆಚ್ಚಳ
■ ಸ-ಮುದ್ರ ಪ್ರತಿಷ್ಠಾನದ ಸಮೀಕ್ಷೆಯಲ್ಲಿ ವ್ಯಕ್ತಿತ್ವ

ದೃಢ ಸಂಯುಕ್ತವೇ ಮಾನಸಿಕವಾಗಿ ಕುಗ್ಗಿಸುತ್ತದೆ. ಪ್ರತಿಭೆ, ನಗರದ ಯುವಜನರ ಕಂಪ್ಯೂಟರ್, ವಾಟ್‌ಆಪ್, ವಿವಿಧ ಅಪಟಗಳ ಚುಗುಟೆ(ಗೇಮ್ಸ್)ಕ್ಕೆ ದಾಸ ರಾಗುತ್ತಿದ್ದಾರೆ. ಜೊತೆ ಕೌಟುಂಬಿಕ ಸಂಬಂಧಗಳಲ್ಲಿ ಬರುವಿಕೆ, ಪ್ರೀತಿ-ಪ್ರೇಮದಲ್ಲಿನ ಸೋಲು-ನೋವು ಮಾನಸಿಕ ದೌರ್ಬಲ್ಯಕ್ಕೆ ಕಾರಣವಾಗುತ್ತಿದೆ. ಆತ್ಮಹತ್ಯೆಗೂ ಪ್ರೇರಣೆಯಾಗುತ್ತಿದೆ. ಮಕ್ಕಳ ಮೇಲೆ ಒತ್ತಡ: ಸಾಮಾಜಿಕ ಪ್ರಭುತ್ವಗಳು ಕುಟುಂಬಗಳನ್ನು ಬಿಡುಗಡೆ ಮಾಡಿ, ಮಾನಸಿಕ ವಿವಿಧತೆ ಯುವಜನರನ್ನು ಕುಗ್ಗಿಸುತ್ತಿವೆ. ನಮ್ಮ ಮಕ್ಕಳು ಸಮಯದ ಬೆಲೆಯಿಲ್ಲದವರು. ಆಸೆಗಳ ಎಲ್ಲಾ ಲಾಭಿಯ ಸವಲತ್ತುಗಳು ಸಿಗಬೇಕು. ನಾವು ಕಂಡ ಕನಡಗಲು, ಭರವಸೆಯನ್ನು ಪಾಲಿಸಬೇಕು. ನಾವು ತೋರಬೇಕಾದ ಯಾವುದೇ ಸಾಧನಗಳನ್ನು ನಮ್ಮ ಪ್ರಿಯರಂತೆ ಮಾಡಬೇಕು ಎಂಬ ಪೋಷಕರ ಆಲೋಚನೆಗೆ ಮಕ್ಕಳನ್ನು ಒತ್ತಡಕ್ಕೆ ಗುರಿಯಾಗಿಸುತ್ತಿದೆ. ಪೋಷಕರ ಆಸೆ, ಆಸೆಕಾರ,

ಗ್ರಾಮೀಣ ಮಕ್ಕಳಲ್ಲಿ 'ಬ್ಲಾಕ್‌ವೇಲ್' ಕುತೂಹಲ

ಈ ಸಮೀಕ್ಷೆ ವೇಳೆಗೆ ಯುವಜನರ ಗುರುತಿಲ್ಲದ ಮಕ್ಕಳನ್ನು ಬ್ಲಾಕ್‌ವೇಲ್ ಬಗ್ಗೆ ಪ್ರತಿಭಟಿಸುತ್ತಿದ್ದಾರೆ. ಅದರಲ್ಲಿ ಕೌಟುಂಬಿಕ ಬೆಳವಣಿಗೆ ಹೋದರೇ ಬ್ಲಾಕ್‌ವೇಲ್ ಕುರಿತು ವಿಶೇಷ ಆಸಕ್ತಿ ತೋರುತ್ತಿರುವುದು ವ್ಯಕ್ತಿತ್ವ ಪರಿಶೀಲನೆ, ಜಾತಕಗಳನ್ನು, ಮಾನ್ಯತೆಗಳನ್ನು ಪ್ರಸ್ತಾಪಿಸುತ್ತಿರುವ ಸುದ್ದಿಗಳಿಂದ ಮಕ್ಕಳಲ್ಲಿ ಬ್ಲಾಕ್‌ವೇಲ್ ಕುರಿತು ಆಸಕ್ತಿ ಹೆಚ್ಚಿಸುತ್ತಿದೆ. ಅದನ್ನು ನೋಡಿದ ತಕ್ಷಣ ನಾವು ದೌರ್ಬಲ್ಯಕ್ಕೆ ಒಳಗಾಗಬೇಕೆಂದು ಬ್ಲಾಕ್‌ವೇಲ್ ಅಂದ ಭವಿಷ್ಯ ಆತ್ಮಹತ್ಯೆ ಗುರುತಿಸಲಾಗುತ್ತಿದ್ದಾರೆ? ಅಲ್ಲದೇ ಯುವ ಪರಿಣಾಮವಾಣಿಯೇ? ಅನ್ನುವ ಪ್ರಶ್ನೆಗಳು

ಪ್ರತಿಷ್ಠೆ ಮಕ್ಕಳ ಮೇಲೆ ವ್ಯಕ್ತಿತ್ವ ಪರಿಣಾಮ ಬೀರುತ್ತಿವೆ. 14ರಿಂದ 30 ವರ್ಷದವರು 'ಆತ್ಮಹತ್ಯೆ' ಎಂಬ ಕುಟುಂಬವಾಣಿಯ ಸಂಕೇತವನ್ನು ಬಿಟ್ಟು ಆತ್ಮ ಹತ್ಯೆ ಪ್ರತಿಷ್ಠಾನದಲ್ಲಿ ಪ್ರತಿಷ್ಠಾನದ ಅಧಿಕಾರಿಗಳು. ಕರಗಿನ ಮಹಾತ್ಮನ: ಪರಿಶೀಲನೆ ಭಯ, ಪಾಶಾತ್ಯ ಕೊರತೆ, ಕಡಿಮೆ ಆಸೆ, ಒತ್ತಡ, ಸಂಬಂಧಗಳ ಸಂಪರ್ಕ, ಅನವಿರೋಧಿ, ಪ್ರೀತಿ-ಪ್ರೀತಿ, ಸೀಟ್ ಸಿಗದಿರುವುದು, ಕುಳಿತು ಸುರಿಸುವುದು ವ್ಯಕ್ತಿತ್ವ, ತುಮ್ಮಲಾಗುವುದು ಮಕ್ಕಳು ತೋರಿಸಿಕೊಂಡಿದ್ದಾರೆ. ಇನ್ನೊಂದೆಡೆ ಮಕ್ಕಳು ಕಂಪ್ಯೂಟರ್, ಮೊಬೈಲ್, ಮೋಟಾರ್ ಬೈಕ್‌ಗಳ ಅಡಿಲ್ಲಿ ಅಗಿರುವುದು, ರಾತ್ರಿ ಪೂರ್ಣ ಗೇಮ್ಸ್ ಆಡುವುದು, ಬೆಳಗ್ಗೆ ಬೆಳಗಿನ ಏಳಿದಿರುವುದು, ಶಿಕ್ಷಣಿಕ ಬಿಟ್ಟು, ಒಲೆಯಾಗುವುದು

ಸಹಾಯವಾಣಿಯಲ್ಲಿ ಎದುರಾಗುತ್ತಿವೆ. ಅಂತಹ ಮಕ್ಕಳಿಗೆ ಸೂಕ್ತ ಮಾರ್ಗದರ್ಶನ ನೀಡಿ ಆಸರೆ ಕುಟುಂಬಕ್ಕೆ ತೆರವುಕೊಡಲಾಗುತ್ತಿದೆ. ಇನ್ನೊಂದೆಡೆ ಅಡ್ಡಲಾಗಿ ಚಿತ್ರಗಳನ್ನು ನೋಡುವ ಆಯಾಸವೂ ಹೆಚ್ಚಾಗುತ್ತಿದೆ. ಅಭಿವ್ಯಕ್ತಿ ಸ್ವಾತಂತ್ರ್ಯದ ಹೆಸರಿನಲ್ಲಿ ವಾಟ್‌ಆಪ್ ಅನ್ನು ತಮ್ಮ ನೋವುಗಳನ್ನು ವ್ಯಕ್ತಪಡಿಸುವ ಮನೋಧರ್ಮಿಯಾಗಿ ಮನುಷ್ಯನಿಡುಗೊಂಡಿದ್ದಾರೆ. ಮಾನಸಿಕ ದೌರ್ಬಲ್ಯ, ವಿವಿಧತೆಗಳಿಂದ ಬ್ಲಾಕ್‌ವೇಲ್ ಟಾಗರ್‌ಗಳ ಹಾಗೂ ಪೋಷಕರ ತಮ್ಮ ಜವಾಬ್ದಾರಿ ಅರಿತುಕೊಳ್ಳಬೇಕು ಎಂದು ಪ್ರತಿಷ್ಠಾನದ ಸಂಸ್ಥಾಪಕ ಹಾಗೂ ಮುಖ್ಯಾಧಿಕಾರಿ ಭಾರತಿ ಸಿಂಗ್ ಅಭಿಪ್ರಾಯ.

ಬೆಂಗಳೂರಿನ ವಿವಿಧ ವಿಭಾಗಗಳನ್ನು ಪೋಷಕರ ಹೇಳಿಕೊಂಡಿದ್ದಾರೆ. 2008ರಿಂದ 2016-17ರವರೆಗೆ 17698ಕ್ಕೂ ಅಧಿಕ ಕರೆಗಳು ಬಂದಿವೆ. 2016ರ ಮಾರ್ಚ್ 31ರವರೆಗೆ 2940 ಕರೆಗಳು ಬಂದಿದ್ದು, 200ಕ್ಕೂ ಹೆಚ್ಚು ಮಕ್ಕಳಿಗೆ ಸಮಯದಲ್ಲಿ ದಿನಕ್ಕೆ 200ರಿಂದ 300 ಕರೆಗಳು ಬರುತ್ತವೆ. 2016-17ರಲ್ಲಿ, ಒಂದೇ 940 ಕರೆಗಳಲ್ಲಿ 10ಕ್ಕೂ ಹೆಚ್ಚು ಮಂದಿ ಆತ್ಮಹತ್ಯೆ ಆಸೆ ತಿಳಿಸಿದರು. ಅವರಿಗೆ ಸಾಮಾಜಿಕ ನೆರವುಗಳಿವೆ. ಪೋಷಕರ ಸಮಯದಲ್ಲಿ 13ರಿಂದ 30 ಮಂದಿ ಸಹಾಯವಾಣಿಯ ಕೌಟುಂಬಿಕ ಬೆಳವಣಿಗೆಗಳಿಗೆ ಒಳಪಡಲಾಗಿದೆ. ಕೊಳವೆ ಪ್ರವೇಶವಾದುದು, ಗ್ರಾಮೀಣ ಭಾಗ, ಆರೆ

ನಗರ ಪ್ರದೇಶ, ವಲಸಿದರು, ಬಡ ಕುಟುಂಬದಿಂದ ಬಂದ ಯುವಾ-ಯುವತಿಯರಿಗೆ ಉಚಿತವಾಗಿ ಕೌಶಲ್ಯ ಅಭಿವೃದ್ಧಿ ಮೇಲ್ವಿಚಾರಣಾ ಶಿಕ್ಷಣ ಕೇಂದ್ರಗಳು ಕೌಶಲ್ಯ ತರಬೇತಿ ನೀಡಲಾಗಿದೆ. 1474 ಮಕ್ಕಳ ಭವಿಷ್ಯ ರೂಪಿಸಲಾಗಿದೆ. ಸಮಾಜೀಕರಣ, ಕಂಪ್ಯೂಟರ್, ಇಂಗ್ಲಿಷ್, ಟ್ಯಾಬ್, ಸಂದರ್ಭ ಕೌಶಲ್ಯಗಳು ಒಳಗೆ ಬರುವ ಕೌಟುಂಬಗಳನ್ನು ಕ್ಷಮಿಸುವಂತೆ ತರಬೇತಿ ನೀಡಲಾಗುತ್ತಿದೆ. ಆಗಸ್ಟ್ ಯುವ ಸಹಾಯವಾಣಿ 9880396331 ಕೆರೆ ಮಾಹಿತಿಬಹುದು. ಮಾನಸಿಕ ದೌರ್ಬಲ್ಯಕ್ಕೆ ಬಲ: ಜೀವನದಲ್ಲಿ ಎದುರಾಗುವ ಸನ್ನಿವೇಶಗಳನ್ನು ಎದುರಿಸುವ ಸಾಮರ್ಥ್ಯ ಕಡಿಮೆಯಾಗಿರುವುದು ಕಾರಣವಾಗಿದೆ. ವ್ಯಾಜ್ಯ ಕ್ರೀಡೆಗಳಲ್ಲಿ ಒಲವು ಇಲ್ಲದಿದ್ದರೆ, 2014-15ರ ವರ್ಷಾಂತ್ಯಕ್ಕೆ 627 (ಮಹಿಳೆಯರು, ಹೆಚ್ಚು ಮಕ್ಕಳು), 1248 (ಯುವಕರು, ವಯಸ್ಕರು) ಹಾಗೂ ಬೆಂಗಳೂರು ನಗರ ಜಿಲ್ಲೆಯಲ್ಲಿ ಮಹಿಳೆಯರು 105, ಗಂಡಸರು 284 ಸೇರಿದಂತೆ ಒಟ್ಟು 2664 ಆತ್ಮಹತ್ಯೆ ಪ್ರಕರಣಗಳು ದೃಢಪಟ್ಟಿವೆ. ದಾಖಲೆಗಳು 2014-15ರಲ್ಲಿ ಒಟ್ಟು 10786 ಆತ್ಮಹತ್ಯೆ ಪ್ರಕರಣಗಳು ದಾಖಲಾಗಿವೆ. 2015ರಲ್ಲಿ ಸುಮಾರು 11 ಸಾವು ಬಂದವು (ಕ್ರೈಶಿಕ, ಮಹಿಳೆಯರು, ಮಕ್ಕಳು, ಯುವಜನರ) ಸಾಪ್ತಾಹಿಕವಾಗಿ. ಈ ಹಿನ್ನೆಲೆ ಶೇ.40ರಷ್ಟು 16ರಿಂದ 30 ವರ್ಷದವರ ಗೆಲೆಯು ಮಾನಸಿಕ ಒತ್ತಡ, ವಿವಿಧತೆಯಿಂದ ಆತ್ಮಹತ್ಯೆ ಹಾದಿ ತಿಳಿಸಿದ್ದಾರೆ. 2016-17ರೇ ಸಾಲಿನಲ್ಲಿ ದಿನಕ್ಕೆ 3-4 ಆತ್ಮಹತ್ಯೆ ಪ್ರಕರಣ ದಾಖಲಾಗುತ್ತಿವೆ. ಇದರಲ್ಲಿ ಕ್ರೈಶಿಕ, ಮಹಿಳೆಯರು, ಯುವಜನರ ಸೇರಿರುತ್ತಾರೆ. ಇಡೀ ದೇಶದಲ್ಲಿ ಶೇ.20ರಷ್ಟು ಜನರು ಆತ್ಮಹತ್ಯೆಯಿಂದ ಬಳಲುತ್ತಿದ್ದಾರೆ ಎನ್ನುತ್ತಾರೆ ಪ್ರತಿಷ್ಠಾನದ ಸಂಸ್ಥಾಪಕ.

SSLC | PUC ಬಳಿಕ ಯಾವ ಕೋರ್ಸ್ ಆಯ್ಕೆ ಮಾಡಬೇಕೆಂಬ ಗೊಂದಲವೇ?

ಕಲೆ
ವಾಣಿಜ್ಯ
ವಿಶೇಷ
ಪ್ರೌಢಶಿಕ್ಷಣ
ವಿವಿಧವಿಭಾಗ

Career Guidance

ಭಾರತಿ ಸಿಂಗ್
ಸಂಸ್ಥಾಪಕರು, ಸ-ಮುದ್ರೆ ಘೋಷಿತನಾ ಯುವಸಮವಾಯದ ಅಪ್ಪ ಸಮಾಲೋಚಕಿ ಮತ್ತು ಕೌಶಲ್ಯ ತರಬೇತುಕಾರರು

ಶನಿವಾರ ಸಂಜೆ 4 PM

LIVE SuvarnaNews 24X7



HOW TO BEAT EXAM STRESS?

#Ask the Expert

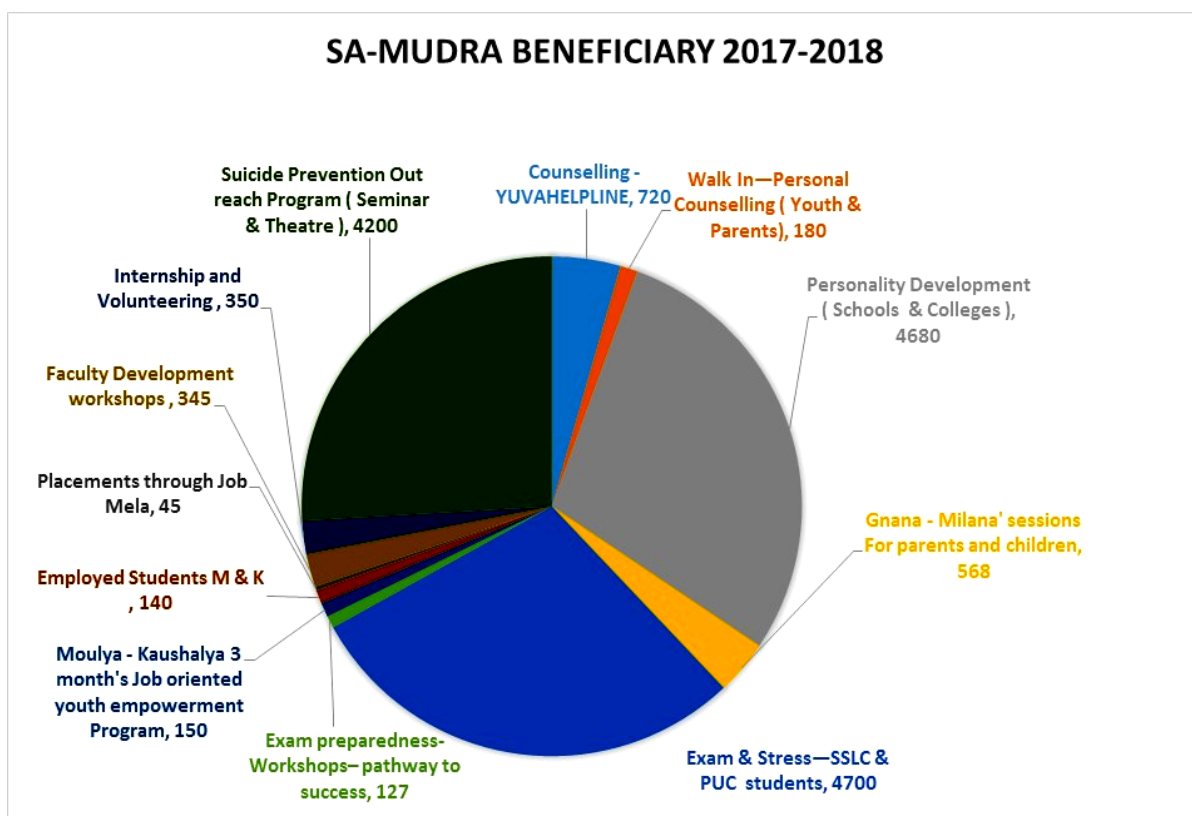
Bharathi Singh-Trainer & Counsellor, Sa Mudra Foundation

BE THERE...!

Date: 23rd Feb, 2018
Time: 9:30 am
Venue: St. Claret P U College

SA-MUDRA BENEFICIARY MATRIX 2008 to 2017

Total beneficiaries (youth/students/families) year wise (Numbers rounded off)											
Areas of work	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	TOTAL
Counselling - YUVAHELPLINE	413	382	400	510	1877	2326	4735	4600	740	720	16703
Walk In—Personal Counselling (Youth & Parents)	50	66	88	93	100	112	124	97	220	180	1130
Personality Development (Schools & Colleges)	8000	10500	11800	13000	5930	0	0	880	3711	4680	58501
'Gnana - Milana' sessions For parents and children	85	135	195	245	278	397	478	130	1410	568	3921
Exam & Stress—SSLC & PUC students	0	1000	925	1575	1000	1324	2941	1800	3240	4700	18505
Exam preparedness-Workshops— pathway to success	0	900	1275	1325	1800	2156	3275	250	98	127	11206
Moulyla - Kaushalya 3 month's Job oriented youth empowerment Program	0	0	0	0	315	458	581	120	320	150	1944
Employed Students M & K	20	25	32	43	1400	1750	1928	160	413	140	5911
Placements through Job Mela	225	350	465	460	600	750	0	0	68	45	2963
Faculty Development workshops	135	145	155	265	204	325	571	190	773	345	3108
Internship and Volunteering	2	38	45	41	257	356	442	207	235	350	1973
Suicide Prevention Outreach Program (Seminar & Theatre)	-	-	-	-	-	-	-	1264	2788	4200	8252
Total	8930	13541	15380	17557	13761	9954	15075	9698	14016	16205	134117



AWARDS



SA-MUDRA FUND SUPPORTERS

SA-MUDRA FOUNDATION is sincerely thanks all its Donors, sponsors, Supporters, volunteers, Interns and Beneficiaries, Govt. Departments, networking organizations, other NGOs, resource persons for their sincere contribution and support. Your financial support and encouragement for all our initiatives to bring in positive change among vulnerable communities, guide, empower and save precious young lives is acknowledged with profound gratitude. Its impossible for us to achieve this otherwise difficult task & for SA-MUDRA FOUNDATION to exist, sustain and grow.

SA-MUDRA FUND SUPPORTERS for the the year 2017-18	Amount in Rupees
Tech Mahindra Foundation	Rs. 17,38,380/-
Dhwani Foundation	Rs. 00,65,000/-
Ms. Bharathi Singh	Rs. 01,01,000/-
Mr. & Mrs. Vinoda Adiga	Rs. 00,50,000/-
Mr. Surendran Unni & Family	Rs. 00,10,000/-
Mrs. Ashwathy Gowda & Family	Rs. 00,10,000/-
Events Donation	
Union Bank of India	Rs. 00,25,000/-
Supraveni Chemicals Pvt	Rs. 00,10,000/-
UTI Mutual Funds	Rs. 00,10,000/-
Prasad Fabrications	Rs. 00,10,000/-
Geetanjali Educational Services	Rs. 00,10,000/-
Mr. & Mrs. Rakesh Shetty	Rs. 00,10,000/-
Sheshadripuram College	Rs. 00,15,000/-
'Gift Your Day' scheme donors	
Mr. & Mrs. Surendran Unni & Family	Rs. 00,18,250/-
Mr. RT Kumar & Family	Rs. 00,10,950/-
Mr. Naveen SV	Rs. 00,10,000/-
Mr. & Mrs. Rajesh Reddy & Family	Rs. 00,10,950/-
Mrs. Anupama Achar	Rs. 00,10,950/-
Mr. Vikram & Family	Rs. 00,10,000/-
Mr. & Mrs. Archana Venkatesh	Rs. 00,03,650/-
Mr. & Mrs. Satish Menon	Rs. 00,07,300/-
Mr. Vikas Goyal & Family	Rs. 00,07,300/-
Ms. Pooja sagar	Rs. 00,03,650/-
Mr. Thomas lype	Rs. 00,03,650/-
Ms. Roopa Kumari	Rs. 00,03,650/-
Mr. Brijesh	Rs. 00,03,650/-
Mr. Abhay Kothari	Rs. 00,03,650/-
Mr. Manikchand Baldota	Rs. 00,03,650/-
Mr. Veerendra N Kamat & Family	Rs. 00,05,000/-
Dr. T.S Chandrashekar & Family	Rs. 00,03,650/-
Mrs. Mala Mohan	Rs. 00,01,000/-
Total	Rs. 21,85,280/-

Account Details:

Account Name : SA-MUDRA FOUNDATION
Bank Name : STATE BANK OF INDIA
Account Number: 35985114178
IFSC : SBIN0007080
Branch : 8th cross, Malleshwaram, Bangalore-560003

Cheque to be written in favor of
'SA-MUDRA FOUNDATION'

SA-MUDRA Paytm QR Code



YOUR RS.10/- A DAY CAN KEEP DEPRESSION AWAY.

That's all it takes to save someone from depression and even suicide.

SA-MUDRA FOUNDATION is an NGO working for the empowerment of youth with a commitment to prevent suicides, mainly among youth. Sa-Mudra has been able to impact more than a lakh of people, who were on the verge of depression and suicide by providing learning opportunities through skill development and confidence building, including digital literacy and promoting informal education that leads to better livelihood opportunities and improved income & better living.

It costs SA-MUDRA roughly Rs.5000/- a day to sustain these activities. While the Government and few corporates help, SA-MUDRA seeks the support of individuals like you.

Spare Rs.10/- a day which is Rs.3650/- a year and support us for a day. Choose the day - your birthday, your loved one's birthday or any special day. That day you will receive the blessings of those who receive a new lease of life. Thanks to you.

Please write your Cheques/Drafts in favour of SA-MUDRA FOUNDATION or transfer electronically (Account No: 392002010013231, IFSC Code: UBIN0539201- Union Bank of India, Malleshwaram branch) mentioning the preferred to:



SA-MUDRA FOUNDATION
 # 77, 1st floor, Anugraha, 13th cross,
 Sampige Road, Malleshwaram, Bangalore - 03
 info@sa-mudra.com www.sa-mudra.org

SA-MUDRA OFFERS FREE COUNSELING YOUTH IN CRISIS—9880396331

80G No: DIT(E)BLR/12A/S-2025/AAHTS(227/ITO€-3/Vol 2009-2010

PayUmoney: <https://www.payumoney.com/paybypayumoney/#/116651>

If you like to 'Gift your day' ; please donate Rs.10/- per day and support sa-mudra to save one young life (counseling, skilling and employment). We appreciate annual payment of Rs. 3650/- once a year. You can also celebrate your birthday, your loved one's birthday, wedding day or any special day with SA-MUDRA children.

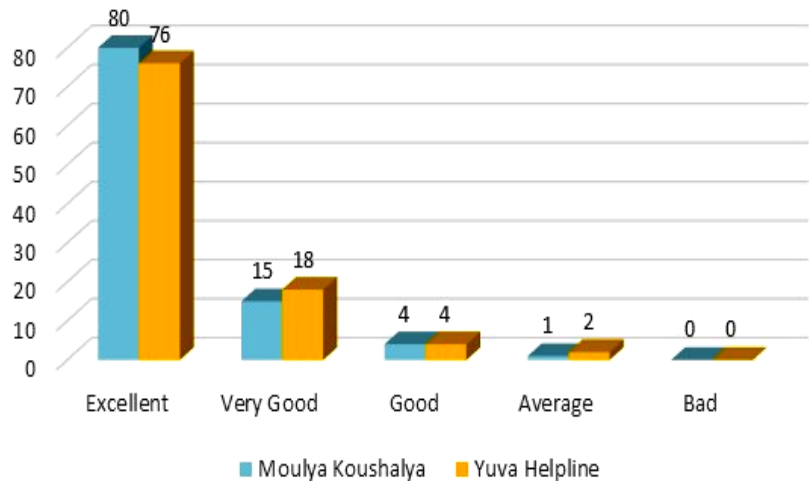
SA-MUDRA 'MOULYA -KOUSHALYA' Beneficiaries 2017-18

1 Pawan	31 Tejashwini	61 Mahalakshmi	91 Kavya.
2 Surendra	32 Divya	62 Shalini	92 Ranjitha.
3 Basavaraju	33 Mithun	63 Ankitha	93 Ramesh.
4 Sathiyakeerthi	34 Kiran	64 Ramya	94 Kalpana.
5 Srihari	35 Vijaylaxmi	65 Divya	95 Basamma
6 Dharani	36 Shanthakumari	66 Raghavan	96 jayapradha
7 Mahesh	37 Kavitha	67 Sonu	97 Ramaswamy.
8 Hemanth	38 Lalitha	68 Bharathi	98 Komala.
9 Ashok	39 Namitha	69 Manjula	99 Sandhya.
10 Shivappa	40 S Jeevitha	70 Harshitha	100 Rajalakshmi.
11 Ranjitha	41 Shahbaz	71 Mohan	101 Ashwin
12 Sowmya	42 Manoj	72 Akash R	102 Akshatha
13 Varsha	43 Sambaiah	73 Saraswathi	103 Sharath
14 Nagarathna	44 Arjun	74 Prabhu	104 Ankita.
15 Aishwarya	45 Sunil	75 Aishwarya	105 Krithika.
16 Sufia	46 Yathish	76 Shailashre	106 Nandita
17 Shwetha	47 Pradeepa	77 Devamma	107 Manjunath
18 Suresh Babu	48 Vijay.	78 Rohith	108 Divya.
19 Pramod	49 Gopi.	79 Vidyashree	109 Shruthi.
20 Poornima	50 Akhila.	80 Sujatha	110 Shivaprasad.
21 Vanaja	51 Mahesh.	81 Aakash	111 Roopa
22 Manjula	52 Sumanth	82 Sathya	112 Priyanka.
23 Ravindra	53 N S Manjula	83 Nagalakshmi	113 Nirmala
24 Mamtha	54 Santhosh	84 Veera Sai.	114 Mamatha
25 Jayalakshmi	55 Nithin	85 Chandan.	115 Imran
26 Shouib	56 Pradeep	86 Essmahil.	116 Pawan
27 Ananda	57 Prema	87 Rosy	117 Surendra
28 Rakesh	58 Veerasha	88 Pragati.	118 Basavaraju
29 Anusha	59 Abhishek.	89 Kavitha.	119 Sathiyakeerthi
30 Teena	60 Anitha	90 Shashikala	120 Srihari

SOME OF OUR RECRUITERS



SA-MUDRA FOUNDATION
Beneficiaries Feedback 2017-2018



Stress effect: K'taka lost one student to suicide every day

2nd Among States in Tamil Nadu

Over 9k students died in 2017: Data

State	Number of deaths
Karnataka	1,977
Andhra Pradesh	1,132
Tamil Nadu	1,088
West Bengal	1,088
Uttar Pradesh	1,088
Madhya Pradesh	1,088
Odisha	1,088
Rajasthan	1,088
Chhattisgarh	1,088
Assam	1,088
West Bengal	1,088
Uttar Pradesh	1,088
Madhya Pradesh	1,088
Odisha	1,088
Rajasthan	1,088
Chhattisgarh	1,088
Assam	1,088

Depressed over dog's death, girl ends life, friend jumps in front of train hours later

Suicide Note Was Found In Either Case

The girl's mother made a statement to police in which she said her daughter was depressed after the death of Jimmy their pet dog. The only child of Chik... friend jumps in front of train hours later

Man tries to kill wife, ends life fearing arrest

Man tried to kill his wife with a hammer in the morning. He was arrested by police. He was charged with murder. He was also charged with suicide.

Youngsters choose life, pledge against suicide

Youngsters in Bengaluru pledged against suicide. They said they would not give up on life. They said they would seek help if they were in trouble.

Self-harm is causing most deaths in youth

Stress, Lifestyle Changes Act As Triggers

Self-harm has replaced tuberculosis as the leading cause of death in young people. It is caused by stress and lifestyle changes. It is a global health problem.

College student jumps to death from 17th floor

College student jumped to death from 17th floor. He was a student of a private college. He was depressed and had a suicide note.

B'loru pianist jumps off his friend's Bandra flat, leaves no suicide note

B'loru pianist jumped off his friend's Bandra flat. He was a pianist and a student. He was depressed and had a suicide note.

Parents in shock, cops yet to record their statement

Parents in shock, cops yet to record their statement. A student jumped to death from a high floor. The parents are in shock and the police has not yet recorded their statement.

Teen bullied in new school tries to end life, brother saves him

Teen bullied in new school tries to end life, brother saves him. A 14-year-old student was bullied in his new school. He tried to end his life, but his brother saved him.

Palash was depressed for unknown reasons: Father

Palash was depressed for unknown reasons: Father. A student named Palash was depressed for unknown reasons. His father said he was depressed for unknown reasons.

More than 1 student ends life every hour in India

More than 1 student ends life every hour in India. Over 9,474 students died in 2016. This is a global health problem.

Bullied teen kills self in front of p

Bullied teen kills self in front of p. A student named Brandy was bullied in her school. She killed herself in front of her school.

Girl who stammered, mother ends lives on track

Girl who stammered, mother ends lives on track. A girl who stammered had a mother who ended her life. The girl's mother was depressed and had a suicide note.

14-year-old drops life from 18th floor in Whitefield

14-year-old drops life from 18th floor in Whitefield. A 14-year-old student dropped to her death from the 18th floor of a building in Whitefield.

How the States Stack Up

State	Students lost in 2016	Students lost in 2014-2016
Maharashtra	1,500	3,974
West Bengal	1,147	2,371
Tamil Nadu	961	2,332
Uttar Pradesh	826	2,189
Chhattisgarh	826	2,189
All Other States	9,474	26,476

How the States Stack Up

How the States Stack Up. A chart showing the number of students who died in different states in 2016 and from 2014 to 2016.

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- ◆ Personal Crisis Counselling
- ◆ Multi Intelligence Assessment & Career guidance
- ◆ Personality Development Training
- ◆ Addictions, Depression
- ◆ Youth suicidal tendencies
- ◆ Life skills & Job Skill training for unemployed youth
- ◆ Exam Fear & Parent Counselling
- ◆ Failure Management
- ◆ For Student Internship and volunteering

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COMMITTED TO SAVE YOUNG LIVES

CALL YUVA HELPLINE
9880396331

ಮೌಲ್ಯ-ಕೌಶಲ್ಯ

ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ, ನಿರುದ್ಯೋಗಿಗಳಿಗೆ,
ವಿಫಲ ಯುವಕರಿಗೆ ಉತ್ತಮ
ಅವಕಾಶ, ಸ-ಮುದ್ರ ಸಂಸ್ಥೆಯಲ್ಲಿ
ಅವರಿಗೆ ತರಬೇತಿ ನೀಡಲಾಗುತ್ತದೆ.



ಇಂಗ್ಲಿಷ್

ಕಂಪ್ಯೂಟರ್ ಬೇಸಿಕ್ಸ್

ವ್ಯಾಪಾರ ವ್ಯವಹಾರ ಕೌಶಲ್ಯ

ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನ ತರಬೇತಿ

ವೃತ್ತಿ

ಸಮಾಲೋಚನೆ

ಉದ್ಯೋಗ ಅವಕಾಶ ಲಭ್ಯ

ಅರ್ಹತೆ: 10ನೇ ತರಗತಿ ಉತ್ತೀರ್ಣ

ವಯಸ್ಸು: 18-30 ವರ್ಷ

ಅವಧಿ: 4 ತಿಂಗಳು

ಸ-ಮುದ್ರ ಫೌಂಡೇಶನ್

ನಂ.77, ಅನುಗ್ರಹ, 1ನೇ ಮಹಡಿ, 13ನೇ ಅಡ್ಡರಸ್ತೆ
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