





POPE FRANCIS SPEAKS

“There is darkness in human hearts, yet the light of Christ is greater still,”

SHARE THE JOY OF CHRISTMAS

“ Dear friends in Christ,

Christ is born and we celebrate the birthday on 25th of December as Christmas every year. Christmas is the message of love and salvation to the Humanity. We remember the birth of Jesus on the earth who came down on the earth to save the entire humanity from the sin and its punishment by the passion, death and resurrection. He came down on earth to share the love of the Abba Father in Heaven and He invited us to enjoy this love and share the love of Jesus with everyone around us. Jesus is the light who came down to shine on the lives, which has gone in to darkness. Karunya trust indeed share daily the love of Jesus wherever possible.

They become light bearers in the lives of many. Whenever I met them, they all had the ingenuous smile on their face. Their joy within is the sign of the light they have. This Christmas is an occasion to share the love, joy and peace of Jesus in this world through our small and big selfless services to the poor and needy around us. Let us become the message of love in this Christmas.

Yours in Christ



Mar Thomas Elavanal
Bishop of Kalyan

EDITORIAL

CHRISTMAS IS UNITY, LOVE AND PEACE

The Gospel of John, which does not mention the manger or the angels, the shepherds or the magi, the holy family or baby Jesus, describes the mystery of incarnation in eight words: "The Word became flesh and dwelt among us"; in other words, "God became a human being." The implications of these eight words are huge. It means that God is no longer a distant deity somewhere out there, to be feared and worshiped, but someone deeply involved in the affairs of humanity. His name is "Emmanuel" "God with us." It means that God understands how a human being thinks, feels and behaves from within, with all his flaws, follies and frivolities. It means that despite his perceived sense of weakness, a human being has the innate capacity to rise to the level of godliness with the strength that he receives from accepting Jesus into his life, by following the path that Jesus taught and by entering into the life that Jesus promised. The mystery of incarnation also means that God embraces humanity in its entirety. The declaration of apostle John is not that "God became an Asian or an African, or a Christian or a Hindu" but God became "human." In that sense, every human being on the face of this planet is the person of Jesus, the image of God. When we discover the face of God on myriad faces that we see everywhere, we are celebrating Christmas. Being Jesus for others and seeing Jesus in others is the best Christmas present given and received. In this sense, the message of Christmas is unity, love and peace among human beings of all races, religions and nationalities. And this feeling of unity and peace does not have to be limited to one day of the year. The birth of Jesus is such a grace-filled event that it has the power to make every day of our life feel like Christmas. It is a spiritual tragedy not to expect to experience that love and peace every day of the year.



Fr. Joby Kurian
Executive Director,
Karunya Trust

Donate for a cause this New Year



QUALITY EDUCATION



GOOD HEALTH AND WELL-BEING



SUSTAINABLE CITIES AND COMMUNITIES

“United with United Nations Sustainable Development Goals”

Reach out to the needy through Karunya Trust in 3 simple steps





"It is great to come back again and again to this organization because the good work being done here compels you to do so. The growth of the organization is heart-warming and fills me with optimism about what a dedicated group of people can do in the lives of people who are vulnerable".
*Doctor Jaya,
Vimala College of Social Work, Kerala*

Project Gyansaathi - Shivaji Nagar, Govandi, Mumbai. Reported by - Gyansaathi Team

DIWALI CELEBRATION



Gyansaathi had its Diwali celebration on 22nd October, 2019 for its students and mothers. Games, song, dance and different activities were organised. The Event started with prayer and information sharing about the festival of lights. All the students were in

colorful dresses. Diwali Sweets were distributed and Rangoli competition held. Those who won the games and competition were handed prizes. Along with students, mothers also actively participated in Diwali celebration and enjoyed thoroughly.

LIFE SKILL SESSION ON SUPERSTITION



Life skill session on superstition was held for mothers and children at Gyansaathi by Mr. Swapnil Shirsath. The session started with song and then he explained how myths can be harmful and how people take disadvantage of

the myths. He also showed them tricks which people use to trick others and then showed how it is done. He also explained that all magic is art and not something superficial. The mothers like the session and were responding well.

ANNUAL SPORTS DAY



Annual Sports Day was organized on 24/11/2019 at St. Mary School Andheri. 165 students participated in the Annual Sports Day and it was inaugurated by Fr. Joby and Fr. George. The day started with Prayer and Sports pledge, children were divided into 7

Groups. There were individual competition like Racing, sack race, lemon and spoon and group games like basketball, tug of war etc. Children enjoyed Annual Sports day, Winners participated and got Prize and certificate.

FITNESS AND PREPARATION FOR MUMBAI MARATHON

This session was for students and its objective was to train students for TATA Mumbai Marathon. Resource person was Mr. Praful from striders accompanied by

Ravi Kandpal and Sheryl Almeida from Deutsche Bank. The session taught them the correct way of running and technique to cool down and relaxation.

SCOUT & GUIDE CAMP



This camp was organized from 31st October to 2nd November, 2019 at Ambarnath with 56 students and 2 faculty members. The day started with Morning walk, P.T and yoga. The students also did SHRAMDAN (Tribute) and continued

with National Anthem and Scout anthem. Further students were divided into groups and rules and timetable made. Introduction and importance of scout's camp was given. Various activities like dance and drama, scout songs, Action

songs were done during camp. The objectives and signs of scouts were taught to students. Students visited Parle-G Company and Fire Brigade and old age home. The main objective behind this camp was to build leadership quality among students.

POCSO TRAINING



This training was for Karunya Trust staff members Child Rights Protection Committee (CRPC) and Children's Parliament (CP) Members. CRPC is an association of ex-students and CP of current students involved in Advocacy issues. POC SO training was held at Bishop House on 19th October, 2019. Resource Person was Adv. Chinmay

Wagle. The session started with introduction, meaning and importance of POC SO and new amendment changes made in 2019, types of harassment and the difference between them. It covered the legal procedures to be followed, and about the bill that seeks to enhance punishment for sexual offences against children, with a provision

of death penalty. He also talked about how punishment differs according to the crime through case studies and showed few videos which gave clarity of the act. It spoke about how to deal with police in cases if FIR is filed or not. The session was interactive and ended with questions and answers.

CRSA (CHILD RIGHTS SITUATIONAL ANALYSIS)



The session started with objectives and goal of CRSA. Through the medium of Quiz the session went on to question on child rights. Fr. Joby, Rose Joseph, Sr Estelle and Nishikant were facilitated staff. Fr Joby was taken Power Dynamics through power walk. Then they explained how Ideal facilitator and its quality should be. They also explained 9 principals of

taking a CRSA session. They also thought us how to see through children's specs and do body mapping so that they know children views on different issues. We also played Traffic light card, and also learned how to take problem tree analysis from students. We were acknowledging by the information on child abuse, gender discrimination, children pornography, child marriage.

FITNESS MOTIVATION SESSION

The session was conducted by Ravi kandpal Sir. The session was held for staff and started by asking objectives of the staff and concluding them. He also talked about implementation of plan and

time-management, and how to stay fit. He also showed us 2 motivational videos and how we can solve our problems. He gave us information on fitness and told us how we can keep our body strong.

SESSION ON HUMAN DEVELOPMENT AND BODILY CHANGES

This session was held on 12TH November 2019. The informant was a doctor. The session started with the introduction and importance of male and female private parts and continued with human development stages and the changes that occur in

body during development. He also explained how hormones impact us mentally and physically. Dr. also gave information on periods and explained the process of pregnancy. We also got to know about the concept of gay and bisexual.

VISIT TO KIDDIELAND PLAY-SCHOOL

3 staff from Gyansaathi visited this school on 22nd August, 2019 at Juinagar, Navi Mumbai. The main objective of the visit was to know activity management, teaching methodology, and its functioning.

GOOD TOUCH AND BAD TOUCH

Nirmala Niketan students organized a puppet show in Gyansaathi on 21/9/2019 and gave information about good touch and bad touch through puppets and shared child helpline number 1098.

DIWALI STALL



Gyansaathi had an opportunity to put up a stall at Deutsche Bank and at Hiranandani for Gel candles, Wax candles, Greeting cards and Paper bags which were exhibited and sold at those stalls. Mehandi stall also was put up.



4URBAN

Very noble work wishing all the best for future endeavours.

Dnyaneshwari Sonawane
Deputy Director Mainstreaming MDACS

Project Savli, Nahur, Mumbai. Reported by - Savli Team

SESSION ON WOMEN HEALTH & HYGIENE



The session conducted on 7th and 14th of September 2019 was an enlightening event for 129 women's and girls to know about their inner self. As every girl passes through these mensuration phases in her life, the session was very knowledgeable for them, since it included the cure, causes and precautions to be taken during these days and gave a lot of information about the hygiene that should be maintained. After attending the session a mind set about mensuration among the ladies was changed, as they got to know the scientific explanation and the reason behind bleeding.

ROCK & ROLL SHIKSHAN SEASON 7



Vacation camp is a day when you have a lot of fun, adventure, excitement and joy. So on 2nd of November 2019, 103 children along with their parents and staff, made this vacation camp a great success especially because everything was managed and handled by the members of children parliament. The camp started with a lot of positive energy, and games, activities like quiz and drama. Diary making was a superb learning activity where a lot of enthusiasm was seen among everybody. The camp was very well planned and the speeches by the Speakers and Chief Guest Mr.Sandeep Thorat (Mulund Tahsildar) were motivating everyone.

DIWALI CELEBRATION



Diwali festival was celebrated on 22th and 26th of October 2019 along with 182 children and staff members by making lantern as a part of celebration. Children were divided into groups and did a creative group work by creating beautiful lanterns using their creativity, talent and skills.

ADDICTION IN YOUTH

A session was held for 114 youth and guardians on 7th and 14th of September 2019 which included various types of addiction and its



effect in today's life. It included the negative effects of addiction on youth and its increasing harm to our society as a whole. They were enthusiastic to know more about this topic and their questions were answered. Also information about career choices was shared as a guideline to make proper decisions in future. They enjoyed the session a lot and had a great fun learning experience.

CHILDRENS DAY CELEBRATION



Children's day celebration - 175 children along with the staff members celebrated the Birthday of Pandit Jawaharlal Nehru, which was celebrated as children's day on 12th 16th and 23rd of November. During this

celebration a lot of information was shared by the staff as well as the children's about Pandit Nehru followed by a Quiz. Children participated in the celebration and had great fun.

CLEANLINESS DRIVE

Pro - eco - The event of pro - eco on 31st August 2019 was special as 29 of the children's parliament members along with the staff visited a special school in Thane (JIDD SPECIAL SCHOOL). The children contributed in the cleanliness drive by cleaning the whole surrounding of the school as special children are a part of our society and they deserve to be in a clean and hygienic environment. The Pro-Eco event was organized to make the children understand the



importance of a clean and safer environment which leads us to a healthy life of every human being irrespective of their abilities. The principle and the teachers appreciated and encouraged our children to continue this great work even in future. The Pro - eco event in special school also enlightened the knowledge about various disabilities that some people have in their life and the positive way in which we should behave with them and include them in our society.



Just spent 7 days of my life with the team Karunya, and as always it was great. It was great to know how the team evolved together. The team is passionate about their work along with it fun loving and enjoyable to be with. Great moments spent together keep smiling and spreading love. THANK YOU ...

*Ms. Kamalika Bhattacharya
Kindernothilfe (KNH), Asia coordinator*

Project Bharari, Ambarnath

Reported by -
Bharari Team

MY FOCUS IS NOT ON THE FLOOD THAT SURROUNDS ME. RATHER, MY FOCUS IS ON THE GOD WHO SURROUNDS THE FLOOD.



People had expected good yield this year but climate change and heavy rains destroyed the fields and dreams of tribal people who depended on paddy. Many fields went under water. Karunya trust has been working with tribal people in 16 hamlets. Tribals do not have their own land, so every year they take the land on lease and do cultivation. Karunya Trust took the initiative to help the families and with the help

CHILD'S RIGHT TO ENJOY CHILDRENS DAY CELEBRATION



“Every child you encounter is a divine appointment.” With this sentiment Rural Karunya team celebrated Children’s day for tribal children in 16 hamlets as well as Rahtoli Ashram school. Children presented beautiful programs. Children’s day celebration is the best platform to bring out children’s talent. Children came willingly forward to put up the program. The best way to make children good is to make them happy and Karunya Trust has made children happy by celebrating children’s day.

WOMEN INSPIRED TO GET INVOLVED IN BUSINESS



Karunya Trust formed two SHGs in Chon hamlet and empowered to take up business activities. They were taken for exposure visit to see the SHG women involved in different businesses. Rekha Mukne and Anandi Pawar Memebtrs from Durgadevi SHG were inspired to do business in partnership but were ignorant about the business and proper information on investment. “We had desire to do the business but were disappointed due to lack of knowledge in business. We discussed this in our SHG monthly meeting and approached Karunya Trust for financial help. Karunya Trust provided financial help of Rs. 5000/- and SHG Rs. 2000/- . Karunya Trust staff guided us and helped us to move forward,” said Anandi Pawar “With the help of Karunya Trust staff Sangita and Vishnu, we purchased a few sarees and started selling village to village.

Almost we visited 9 villages. While selling the sarees, we faced many challenges but learned the skill of convincing the people to purchase the product, how to decide the product rate, it gave us different experience and built our self-confidence to and continue our business. We earned Rs. 7000 and made a profit of Rs.3030. It was our first income which brought us happiness,” said Rekha Mukane.

EXPERIENCE IN KARUNYA TRUST



We are students from Nirmala Niketan College of Social Work, placed at Karunya Trust for field work. We were placed in Sonavale and Mulgoan hamlets of Ambarnath Block. During these six months field work, we experienced and learned the culture and tradition of tribals and their life style. Working with tribal community, we experience that tribal people are hard-working and loving, they have practical knowledge of many things but due to

lack of education, they are illiterate and ignorant. They are backward but Karunya Trust’s staff has helped these women to become educated and trained in different skills. Women have realized their rights and fight for the same. “I am happy to work with Karunya Trust as it has touched and improved the lives of tribal women and children, said Vishal P. Mahakalkar, MSW. “Surely the vision of Karunya Trust “A Just and harmonious society rooted in the gospel values

of love, freedom and peace is alive and active in the midst of tribal communities,” said Stephen J. Haruk. Thanks to Karunya Trust Rural team.



Vishal P. Mahakalkar and Stephen J. Haruk College of Social Work, Nirmala Niketan, Churchgate

Project Gyansaathi, Govandi

GYANSAATHI STAFF EXPERIENCE

I completed my graduation in human development and did short term course in CRCP and then in June 2018, I joined Gyansaathi - Karunya Trust. It is my first job and when I joined this project and saw the environment, the community and students I never thought that I would work here for long time. I never thought that I would adjust in this environment but now I have completed a year and half in Gyansaathi. When I joined this project I had swar group (6 to 8 years kids). It was toughest group to handle after Balwadi (kids between 3 to 6 years). Slowly I learned so many things from them. When I teach them, I realize the situation of the community. After 11 months I was shifted to NIOS which has children above 14 years of age and I didn’t have any experience with older students. In Gyansaathi, for staff there are different workshops and trainings. It is very useful in our daily life and also when we teach our children. For students there is separate activity and they all are participating in that. It was a learning for me, how to handle them and how to communicate with them. I also learned how to talk to people in the

community and develop relationship with parents. In Gyansaathi I handled different aspects like nutrition, psychosocial, health and education. Here children are very active but they don’t know where to use their knowledge and their ideas. I realized that Gyansaathi is best medium to showcase their talents and prove themselves.



Shweta Kate

FEEDBACK FROM KISMAT, EX-STUDENT



“It was a very special day for me to attend and volunteer

for the children. I also appreciate the sports spirit of children and all Karunya staff. From a child, I also learned that never give up in any situation if you lose or win just try your best It's a pleasure to be a part of this.



Happy to see Karunya Trust team growing day by day. Thank you all for the effort and hard work to make this training successful. It was a true learning from the team.

Mrs. Mayurakshi Bhatta
Kindernothilfe (KNH), Assit. coordinator

A BELIEF WHICH LEAVES NO PLACE FOR DOUBT IS NOT A BELIEF IT IS A SUPERSTITION



Superstition is not only prevailing in the rural areas but also in urban, not only in the mind of illiterate but in the mind of educated person. Aware of superstitions in tribal people, Rural Karunya Team had organized an awareness program at Badlapur office. Mr. Swapnil and Rohit were the

resource persons who beautifully opened the eyes of people by demonstrating different activities. "I never realized that such false beliefs have occupied our mind. We have been hearing these from generation to generation and continued practices even today. Now I am aware and alert of false belief".

Manisha Mukane. "Because of superstition, we have lost many lives and it still continues. It was good initiative of Karunya Trust to organize such awareness program for SHG and CLA women. Our doubts are clear," Pama Mahadu Wagh.

TRAINING PROVES TO BE THE KEY INGREDIENT TO HANDLE ANY DISASTER



"We cannot stop natural disasters but we can arm ourselves with knowledge". Karunya Trust had organized training on disaster management for 141 tribal families to be secure and rescue from disaster. Mr. Ram Yadav was the resource person. He

demonstrated steps to be taken during the disaster. "Disaster Management workshop organized at Badlapur for Tribal people by Karunya Trust was memorable. Great work done by Karunya Trust has reached tribals. They have provided grain to the needy and flood affected families

and have a good rapport with the people. Thank you for calling me as a resource person". Ram Yadav.

People participated in the program and learned methods to rescue the person and self from disaster.

INITIATIVE OF CLUSTER LEVEL ASSOCIATION (CLA) MEMBERS



When Karunya Trust stepped into the program of empowering women in Ambarnath Block, women were shy and timid and never knew the outside world. They were only involved in their daily routine work. Women were not coming forward to participate in

any activities. But now women have improved in their thinking. They give their service for the development of the community and SHG. As Karunya Trust has formed CLA under the Self Help Group, women have become proactive. They take initiative to visit the

needy as they had visited the flood affected villages and did survey of family and fields. They were involved in taking decision of providing rice to needy family. Salute to CLA members who have taken trouble to reach out to the needy family.

GENEROUS CONTRIBUTIONS:

AGENCIES/ CORPORATES:- KNH, DEUTSCHE BANK, CARITAS INDIA, RASHMIKA, GLOBAL LOGISTICS SOLUTIONS, JAYKAL EXPORTS PVT. LTD., MADATA SURU.

INDIVIDUALS:- JOHN JACOB - QATAR, KANNAMPUZHA SELVIN KURIAN - POWAI, THRESSIA JACOB - VASHI, ROSHAN JOY INCHODY -BHANDUP (W), ANNAIR DRYCHILL TECH INDIA PVT LTD - AMBERNATH, SIJO OUSEPHELUVATHINGAL -KALYAN (W), M K JOSEPH GEORGE - NERUL, GEORGE K JOHN - CHEMBUR, K A MARY - BHANDUP (W), LILY, KAILAS RD - PUNE, JOBY JOY PULIKUDAN - KALWA, JACKSON KURUMBALAI - COLABA, KURIACHAN GEORGE - MIRA ROAD, VERONICA V CHARAMAL, J J ROY - ANUSHAKTI NAGAR, CAROLINE NADACKAL - NAVI MUMBAI, SOHIL WILSON KAIMADA - GHATKOPAR, MERLIN MATHEW - DHOBITALAO, GEORGE JOSE, SEBASTIAN LOUIS PALLATH - SAN PADA.

Project Jeevan EA, Kalyan

Reported by -
Jeevan EA Team

NALAMBI HAMLET ROAD IS CONTRUCTED

Thakur Community from Nalambi hamlet, Thane District has 73 families involved in irregular daily wage activities like brick kiln work, farm help and hence migrate to nearby cities for work. Nalambi hamlet is 20 km distance from Kalyan but still there is no proper road for the hamlet. "We had put our efforts to solve the village road issues. We made a village committee that was facilitated by Karunya Trust (KT). In this committee, we take regular meetings regarding common issues. KT has been working in our



hamlets for the last three and a half years. They facilitated to solve our issues through self-

involvement of empowering community process. We also realized that is our actual need. We

wrote an application on February 2, 2019 to Gram Panchayat (GP) office and took regular follow up"

said Manisha Ughade one of the active village leaders. "We submitted an application to Gram panchayat and also demanded special Gram Sabha continuously for road issue and that is one of the reasons of our success" said Nisha Ughade. "Road issue is a major challenge as we find it difficult to walk in the rainy season and started thinking about its solution. We asked for help from a local media person who agreed to highlight the road issue. One of the local political leaders from our hamlet who has taken this

issue seriously also raised our hamlet issue in Panchayat Samiti office (Block level Government office). "Support from political leaders and community brought changes in our hamlet" said Meera Ughade. Finally, Gram Panchayat started work on the road on August 16, 2019. The road has been sanctioned under Thakkar Bappa Yojana which is only for Tribal community and has received funds of Rs.Ten Lac. "We all realize one thing success has come slowly, we need to have patience and confidence," said Nisha Ughade.

