



Society for Serving Humanity works to improve health, provide education, enable communities generate income and lead a life with justice and equality in selected villages of Dindigul and Namakkal Districts.

**SSH - Society for
Serving Humanity**

Annual Report 2009 - 2010



VISION

“We aim to ensure new social order through integration of small farmers, implementation of eco-friendly approach, strong coordination and cooperation of communities and service providers.”



Dear friends,

A woman confidently tells another to stand up for her rights; another woman living with HIV/AIDS walks without any social stigma to the village market; a young girl cheerfully goes to school leaving behind her fears of an early marriage. Each of these achievements brings us closer towards our dreams.

Yet, we know that a large number of people remain in poverty, many lack adequate and affordable access to health care for HIV/AIDS and other diseases. Nevertheless, I am pleased to inform you last year we have helped more than 670 women and children affected with HIV/AIDS to walk with dignity and lead a happy life.

I thank the Board, funding agencies, individuals, donors, volunteers and staff for the unwavering support during the year. With your support, SSH has been able to create an impact which has led the community to build a strong foundation for sustained growth.

We hope you will enjoy reading our annual report and the inspiring stories listed therein. You are an essential part of us and because of you, SSH is poised for many more great work and commitment.

I am confident of your solid support in the future too.

Dr. A. Britto Selvaraj
Secretary cum Director

MISSION

“We work to create hunger and disease free society for the disadvantaged women and children to enable them to lead a life with justice and equality.”

Foster a Child Program

Preparing children to face the world

This program provides a bright and competitive future for the children living with and affected by HIV/AIDS. We provide physical, mental, psychological, health, education improvement, social responsibility and growth. We encourage the children to be competitive and confident so that they can face any challenge. So far, we have supported 150 children.

The community plays a great role in volunteering, donating cash and in-kind services. This immensely helps them to build a bright and better community through their own initiative and contribution.

I walk with pride to school

I am Elamathy, 15 years, studying in 11th Grade. I live with my father and grandmother at Mohanoor village in Nammakkal District. My mother died three years back affected by HIV/AIDS. My father, who too is infected, struggles to work and earns very little. My father did not have money to buy me uniforms, school bag and proper note books. Eventhough, I did not have uniform and books, I still went to school. My friends made fun of me and I was hurt. My grandmother consoled me saying she is confident that someone would help me. True to her words, staff of SSH visited my house and my grandmother shared my situation. SSH gave me uniform, school bag, note books, and other basic things. My appearance changed. Classmates who laughed at me became my friends! SSH also helped to get my tuition fee of Rs 1000 from Mr Ganapathy, a Rotarian. I together with my 150 friends, who are supported through this program, thank SSH and the Rotary Club for helping us to study and dream positively of better future.

- 150 HIV infected and affected children are continuing studies
- Increased health status among 150 children
- 100 women living with HIV/AIDS earn a living of Rs.80 per day through our income generation support
- Many local donors support the HIV infected and affected children



Community Based Rehabilitation Program for Women and Children

Helping women and children with HIV/AIDS to overcome their difficulties

I want to become a nurse!

I am Ganga Devi, 17 years and have completed my 12th Grade. I live with my positive mother and an affected sister. My father died a few years back with HIV/AIDS. My mother is not able to work due to her ill-health. My elder sister works and runs the family.

My mother decided to marry me to a wealthy 40 year old man. I wanted to continue my studies. But, my mother was firm in her decision.

I shared this with our Children Support Group and they informed SSH who intervened and persuaded my mother to stop the marriage. My mother told SSH that she did not have the money to spend on my studies. SSH offered to sponsor my studies.

They raised funds from local donors, school teachers, Panchayat president and from SSH staff too. I plan to join the nursing institute and am happy that I am not married at this young age. This was possible only because of SSH. I will complete the nursing course and will help SSH to further support more girls from my village.

Improving health is the key

SSH helps the community stem the rate of infection, build awareness and understand prevention measures. We provide food and nutrition, medical assistance, psycho social support, protection and social acceptance to People Living with HIV/ AIDS (PLHAs), especially women. SSH offers yoga and meditation classes to overcome stress and pain. We have identified more than 500 people living with HIV/AIDS in five unions of Dindigul District.

Under-nutrition is responsible for over one-third of all child deaths worldwide. Children who are malnourished are physically stunted with poor brain development and learning difficulties. SSH strives to support the affected and infected children with nutritious food and yoga to have a healthy life.

Building skills is the answer

The income women generate from their operations may be small, but it plays a significant role in meeting family's needs. We offer support to income generation activities like selling flowers and vegetables; poultry and goat rearing. We also offer training in nutrition food preparation and child care. For example, child care training has resulted in 15 percent decrease in mortality death and 100 percent increase in attendance in school.

Laying a strong foundation for children

Life skill education, leadership, yoga meditation, and vocational training (tailoring and computer education) to children have brought in positive approach in their mind and a new look towards life. Through this program we have created clubs for children to motivate them.

- 230 children continue their studies
- No school dropouts in our focus villages
- Child labour reduced to 20 percent
- Enhanced life status among 170 PLHAs
- Reduced new occurrence of HIV/AIDS
- Life span of PLHAs increased to 75 percent

- Improvement in health of 87 Children Living With HIV/AIDS
- All children are regular to school and there are no dropouts
- Two rank holders in 10th standard

We concentrate on children infected and affected with HIV/AIDS through this program CHAHA. It is implemented in four blocks of Dindigul, Oddanchatram, Shanarpatti and Natham that have high prevalence of HIV/AIDS. In total we have 789 children who are born to HIV/AIDS parents. Among them we have 87 children who are living with HIV infection and girls being highest.

We provide education, counseling services to ensure child growth and income generation support to their parents. Through this support, children live in confidence and happiness with their parents or extended families.



Mariyammal working at the Tamarind Seed Unit

Children Affected with HIV/AIDS

Health and Happiness to All (CHAHA)

Reshaping children's future

I Earn Rs.150 a day!

I am Mariyammal, aged 32 living at Sengurichi, Dindigul District. I have two daughters. My husband was a daily coolie worker and earned only Rs.70/- daily. He was infected with HIV/AIDS. He borrowed money at high interest to run the family and for his treatment. He lost his life three years back. Thereafter, I was ill-treated by my in-laws and forced to leave my home denying the share of property. News of my husband's death spread in the village and I was rejected by the community. I built a small hut outside the village and lived with my two daughters. I worked as a coolie to separate seeds from tamarind at Rs 30 per day for every 10 kgs. My elder daughter too was compelled to work.

SSH identified us and provided counseling, income generation support and education to my daughters. After the training, I started my own tamarind seed separating business. I earn Rs 150 daily enough to run my house and educate my daughters.

And now my two daughters go to school regularly and my second daughter gets 1st rank in class. I am able to repay the debts. Now my family lives with dignity and happiness.

Thank you - SSH and the staff members for giving me and my family this life

Comprehensive Care and Support for Women and Children

From relief to lasting solutions

- 16 members sell sanitary napkins in their villages.
- 100 packets are sold every month bringing regular income.



People with HIV/AIDS have higher rates of mental health problems than those seen in the general population.

We support 200 women and 200 children of HIV infected and affected in three unions of Dindigul District. We provide training in nutritional food preparation, art, skill building (sanitary napkin preparation), self-care, home care and herbal medicines.

Children get training in life skills (emotional, creative thinking, decision making and stress management), leadership, yoga, tailoring and computer.

SSH organized sanitary napkin training to 20 women living with HIV/AIDS. Staff from the resource organization taught the process of preparing sanitary napkins at lower cost indicating the importance of using napkins, marketing techniques and income earning procedures.

Thereafter, we organized a health camp at Sithur village, which has 150 adolescent girls. We explained the importance of personal hygiene, changes in adolescent growth and the use of sanitary napkins. A school heard about this and invited SSH staff members to organize an awareness camp for 200 girls and 100 boys.

Adolescent Health Education Program

Educating the youth to lead a healthy life

This program focuses on physical and mental growth of the adolescent. We stress upon menstrual hygiene, sexual behaviour and provide awareness on self-protection from Sexually Transmitted Disease and HIV.

SSH strengthens the communication gap between adolescents and parents. We give training to adolescent groups, parents and self-help group members on balanced diet, health and hygiene, physical and psychological changes during the adolescent period, female and male reproductive systems and contraceptive methods.

Community Based Care and Support Program

Providing comfort to HIV/AIDS affected community

We work with the community to reduce parent to child transmission in three blocks of Dindigul District. Only 60 per cent of the women go for periodical checkup while none of their spouses underwent tests. But after our intervention, they go for tests and only 2 percent of children are born with HIV/AIDS.

SSH concentrates on women who are under Anti Natal Care (ANC) and organizes training programs to create awareness on HIV/AIDS, prevention of mother to child transmission, regular medication and proper child care.

0.03 per cent is the HIV prevalence in Dindigul District!

Safe Drinking Water

Good water, good protection

The absence of safe water and sanitation has led to the contraction of deadly diseases. Every year almost two million people die of water borne diseases like diarrhoea and cholera.

Providing safe, clean water near people's homes and villages prevent water borne diseases and is a time-saving factor for women and children who walk long distances to fetch water.

In India less than 20 percent of the population have access to safe drinking water. People face health hazards due to untreated or unsafe water. SSH had initiated safe drinking water program in 30 villages of Sempatti and Namakkal regions. These villages have access to safe water and there is evidence to the reduction of water borne diseases.



IGP Initiatives

Learning to make a living

We provided income generation support to 470 women PLHAs. Our support gave them hope to lead a positive life, concentrate on their children's education, manage the household and become economically stable.

I am happy!

Murugeshwari, aged 27, a PLHA lives with her seven year old son, Premkumar. Her husband abandoned her few years back. She found it tough to make both ends meet. Her son too is infected.

She heard about SSH and we initially helped her son to continue his education, gave nutritional food and other basic needs. We gave her income generation support for milch animal rearing and helped her to avail tailoring machine from Govt. Welfare Scheme. She was also trained to prepare a certain type of disinfectant at Gandigram Rural Institute, which she sells locally. Now with three small income generation activities, she gets regular income. She is able to send her son to school, provide nutritional food and manage the household well.

Murugeshwari says "I am happy and able to live with dignity. Thanks to SSH for making a way for me."



- Reduced level of opportunistic infection among people and children living with HIV/AIDS
- 470 women PLHAs and families affected by HIV/AIDS assured of regular income through small businesses



Integrated Women Development Program

She must have a 'Voice'

Living in a male dominant society the women are secluded into four walls, restricted to take decisions and depend upon men. Through the concept of self-help groups and women federation, SSH encourages the women to be powerful leaders. We encourage the women to be part of self-help groups (SHGs) and integrated all the SHGs into a women federation called Bharathi Women Federation. We have 2800 women members including 475 PLHAs.

At the Bharathi Women Federation, village women are trained to be independent individuals, taking decisions on their own to face any challenge. The federation holds regular meeting to solve problems faced by these women. The federation has two branches - Cluster level and Union level federation. Issues unsolved are brought to Cluster level federation and if unsolved here too, it is taken up to the Union level federation. They also participate in mass campaigns, advocacy and review their performance periodically.



Alternative Learning Centres

Because you're special!

SSH established 15 alternative learning centres, with 15 efficient teachers who help the children to grow holistic with integrity. 450 children are being benefited. This centre functions three hours daily wherein they study, read, play and are taught about personal hygiene, personality development, social responsibility, environment protection etc.

Apart from this, we organize many competitions like drawing, essay writing, speech, singing, dancing sports etc. during special days. This motivates the children and creates an environment for them to improve their skills.



- 15 children scored above 400 marks in 10th grade
- Five children stood as school rank holders
- Gave awareness on the importance of education to 1200 villages
- All the 450 children have passed and are promoted to the next standard
- Eight child labour children provided non-formal education and inducted into formal school

Credibility Alliance Norms Compliance

Governance:

Executive Committee & Annual Gross Remuneration paid:

Name and Address	Designation	Gross Remuneration per annum (Rs.)
Mrs. N. Sumathi	President	Nil
Mr.G.Antony Sahayaraj	Vice President	Nil
Dr.A.Britto Selvaraj	Secretary	1,89,900
Mr.Denish Kumar	Member	Nil
Mrs.L.Mettilda	Member	Nil
Mr.Muthukumar	Member	Nil
Mrs.P.Athilakshmi	Member	Nil

No travel reimbursements were made to Board members to attend Board meetings.

Accountability and transparency

Distribution of staff according to salary (as on 31 March 2010)

Salary plus benefits paid to staff	Male	Female	Total
<5000	3	9	12
5000 to 10000	8	12	20
10000 to 20000	-	-	-
Total	11	21	32

Remuneration of two highest paid employees:

Rs. 15,825/- Head of the Organisation

Rs. 9,950/- Project Coordinator

Remuneration of lowest paid staff member:

Rs. 3,500/- Office Assistant cum Driver

Staff details as on 31 March 2010

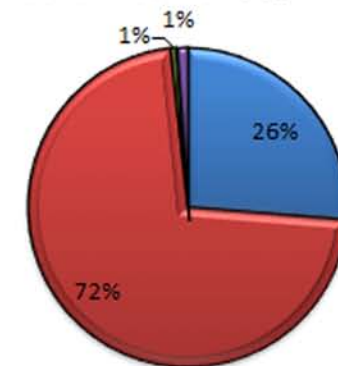
Gender	Paid full time	Paid part time	Paid consultants	Volunteers
Male	11	-	-	-
Female	21	10	-	17

Total cost of international travel by all staff during the year - NIL
Domestic travel by all staff - Rs.1,53,854/-

Finances

Balance Sheet as on 31 March 2010 (in lakh) Sources of Income 2009 - 2010

Sources of Funds	2009	2010
Capital Funds	58	52
On Going Project A/c	10	10
Loans & Advances	2	0
Total	70	62
Fixed Assets	58	51
Loans & Advances	2	0
Cash & Bank Balances	10	11
Total	70	62



Indian Sources International Sources
Bank Interest Loans & Advances

Statement of Receipts & Payments Account for the Year Ended 31 March 2010 (in lakh)

Receipts	2009	2010
Opening Balance	16	10
Total Funds Received	180	103
Total	196	113
Payments	2009	2010
Program Expenses	186	102
Closing Balance	10	11
Total	196	113

Statement of Income & Expenditure Account for the Year Ended 31 March 2010 (in lakh)

Receipts	2009	2010
Indian Sources	47	40.5
International Sources	129	72
Bank Interest	1	0.5
Loans & Advances	2	0
Total	179	113
Expenditure	2009	2010
Project Expenses	176	111
General & Management Expenses	3	2
Total	179	113

Identity and values

SSH – Society for Serving Humanity is registered under the Societies Registration Act, Foreign Contribution Regulation Act and exempted from Income Tax under 12-A.

Registered office: Madurai Road, Sempatty-624 707, Dindigul District, Tamil Nadu, India.

Bankers: Canara Bank, Main Branch, Salai Road, Dindigul-624 001, Tamil Nadu, India.

Auditors: Mr.M. S. Chandra Mohan, B.A., F.C.A., Chartered Accountant,

8/6. Padma Complex, II Floor, Gobala Samuthiram West Bank, Dindigul-624 001, Tamil Nadu, India

Local Resource Mobilisation

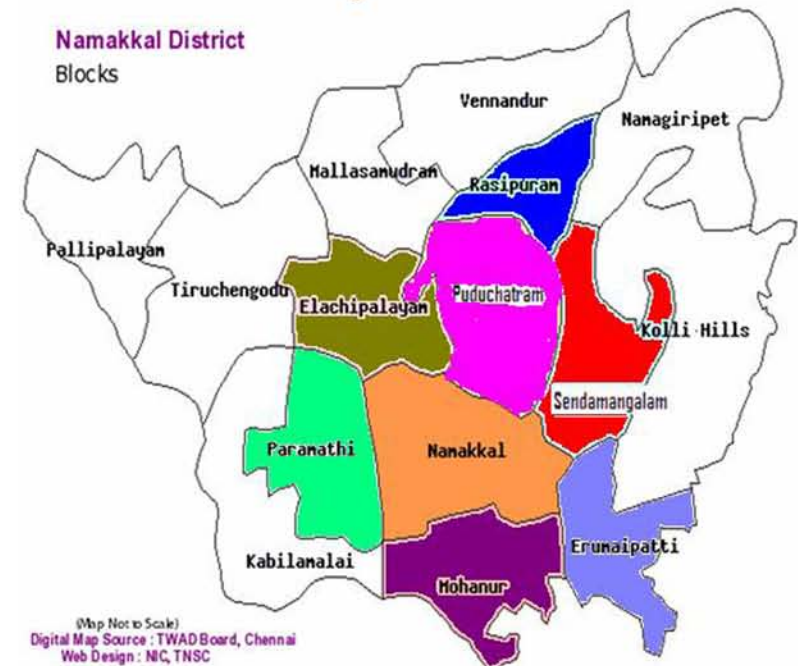
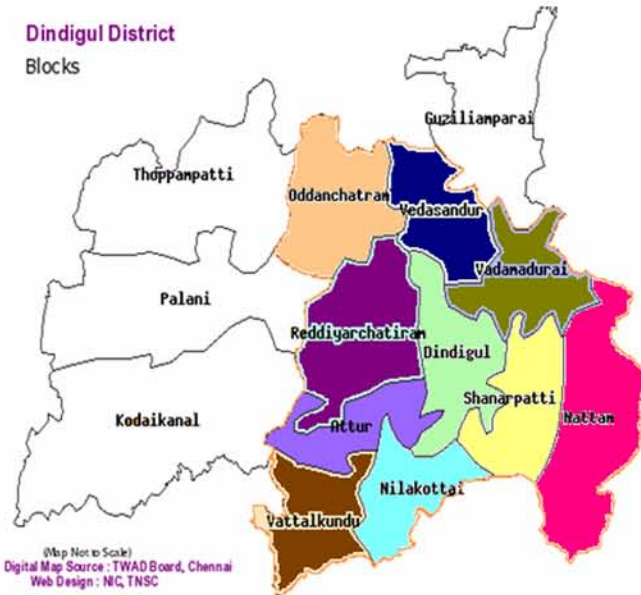
Staff raising local resources for SSH!

Staff of SSH successfully raised Rs.70,000 and in-kind services from school teachers, head masters, mill owners, textile units, provision shops, jewellery shops, hotels, Panchayat Raj Institution, Govt. staff and others. Many of the donors have visited our project sites and distributed their donation to HIV infected and affected children and families. This has strengthened the community participation and accountability of SSH. We plan to do this every year.

Generating funds through GiveIndia Foundation

We generated a sum of Rs.1,00,500 through GiveIndia Foundation from April 2009 to March 2010.

Areas where we work



☐ **Yes! I would like to change the life of women and children affected with HIV / AIDS**

Please use capital letters

Mr/Ms/Mrs/Other

Name _____

Address _____

State _____

Pincode _____

Country _____

Email _____

Tel _____

Mobile _____

Website _____

Please tick the relevant box

☐ Rs 2000 to support a woman living with HIV/AIDS for a month

☐ Rs 1000 to support a child affected and infected with HIV/AIDS for a month

☐ Rs 500 to buy two school bags

Demand Draft/Cheque to be drawn in favour of Society for Serving Humanity

Please fill in this form and mail it with your payment to:

Society for Serving Humanity

Madurai Road

Sempatti

Dindigul - 624 707

Tamil Nadu

Tel: +91-451-2556405

Society for Serving Humanity is registered under the Societies Registration Act, Foreign Contribution Regulation Act and exempted from Income Tax under 12-A.

Thank You!

- PWDS, Andheri Hilfe, GivelIndia, Net4kids, ACWW, Kindermissionswerk, JAFS, Ananda Aalst etc.
- All the supporting Networks
- Local donors
- Everybody who have supported us
- And our staff that has been so encouraging

Visit Us!

Please call us in advance to arrange a mutually convenient time

SSH - Society for Serving Humanity

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