

इसरोहली ट्रस्ट



Annual Report 2011/12

Mission Statement



Sambhali Trust is a non-profit grassroots organisation based in Rajasthan. The main objective of the Trust is to provide support and education to all underprivileged people of urban and rural areas.

We achieve our mission by providing Empowerment Centres for women and girls and offering vocational training in sewing, embroidery and block-printing as well as tuition in Hindi, English and Maths. We hope by teaching these skills it will help to enable them to achieve economic independence in the future. We also provide financial help to support women in need of legal aid and in cases of urgent medical care. We encourage personality and social development, creating strong women's networks within their own communities.

In its first five years Sambhali Trust has been working on several projects focusing on empowering women and children based in Jodhpur and Setrawa village, who have suffered oppressive social and economic situations. We are now expanding our involvement in the community by working closely with the Government of Rajasthan to help other vulnerable women and girls, reaching out directly to helping those in the most need.

Letter from the Founder, Managing Trustee



Khamaghani,

I would like to celebrate Sambhali Trust completing 5 years and dedicate this Annual Report 2011-12 to my grandmother, Thakurani Devkumari and my mother Kunwarani Badan Kanwar for giving me their strength and inspiration and raising me in a way that I was able to develop an understanding and sensitivity towards women's issues and the challenges that Indian women face.

Thanks a million

We've successfully finished five years of running Sambhali Trust Women and Girls' Empowerment projects. Without your continuous support and guidance it would not have been possible.

I want to thank you so much for trusting me and having faith in me to have been able to achieve the success of running the organisation during all the ups and downs with the finances and government administration. The seed was sown five years ago and now the fruit has come where we can say we have empowered women and girls throughout Sambhali.

I'm very thankful to Mrs Ernestine Badegruber for her constant support, advice and sharing the Trust's good and bad; Ms. Jacqueline de Chollet for giving us the idea of starting the Sheerni Self-Help Group Project and the Sheerni Educational programme; Mrs Ramona Saboo for funding the brand new Graduates' Sewing Centre, for supplying the graduates with orders and I welcome her coming

on our Board of Advisors; Frères de nos Frères for funding the Payal Empowerment Centre which is now the Sisters for Sisters Empowerment Centre.

My thanks also goes to Dr Guy Morin, President, Basel Stadt Commission and the Chancellor, Barbara Schüpbach- Guggenbühl, and Margarit Nobs for funding the Panaah Shelter Home; Planet Wheeler Foundation and the Global Development Group for the Jodhpur and Setrawa Empowerment Centres; Cornelia Uebscher for keeping everyone updated on the website; Ralph Lewin, Max Lehmann and his friends for the emergencies; Spiegel Basar; Natalie Aebischer and Rahel Kauer; the Scholarship sponsors; Sigrid Rule; Francisco de Souza for his great photos; Aliaks Klyshevich for producing our first book on the project; Granny au Pair for giving us expert volunteers; and Sans Frontières for their cultural exchange.

Also a huge thank you to Hypo Bank; Andreas Luftensteiner from KAPSCH ; Global Foundation for Humanity, Veerni Project; Badegruber & Partner GmbH; Soroptimist Club Eferding and Zonta Club Linz, Nigama Riedi for starting the ball rolling in Switzerland; Dr Yves Burrus, Antenna Trust India for funding the Sheerni Self Help Group Programme; Women Travels; Department of Women and Child Development, Child Welfare Committee and Department of Social Justice and Empowerment, Jodhpur; Christa Holland, Ilse Derflinger, Dr. Eduard Weidhofer; Mr. and Mrs. Birner, Daniela Bartosch and friends for giving the scooter to Anita; Rosemary Smetana and friends for all the sewing machines that we presented to the graduates of the Payal Empowerment Centre; Global Giving for giving us a worldwide platform, Dolma FairTrade and Forty Red Bangles for supporting us and Dragoman. Also, Dr Shadvi Shanti puri for being a friend and for giving me spiritual advice....

I would like to thank my team and participants for having belief in me and I am so very grateful to all the very many volunteers we have had during this period to help make Sambhali into what it is today. Now that we are working more with Local Government, we are becoming recognised as an NGO who will act and complete on what it sets out to do. From the experience we have learned and the wealth of expertise we have been very lucky to have gained, we owe a lot to all our volunteers, past and present. Also, I would like to give sincere good wishes to my godmother, Christine Solon for her good health.

Finally I would not like to forget my family and Durag Niwas Guest House for standing with me and hosting the volunteers and well wishers of Sambhall Trust.

I look forward to the next five years with as much vitality and more understanding of the needs of the individuals we hope to help and with your help, Dear Readers, we can continue to do so.

Warmest regards

Govind

Govind Singh Rathore



What we are very happy about



Our first lot of graduates have returned to work with us at our new bigger sewing centre and are producing items for the Sambhali Boutique and this has helped with preventing early marriage and helps the family in decision-making.

We have only had 3 drop-outs from school in five years out of the 45 students in the Scholarship Programme.

There has been 100% repayment of loans by the Sheerni Self-Help Group women; we work in two villages now, Setrawa and Solankiyatala. The results from the girls taking tuition in Setrawa Empowerment Centre are some of the best students in their class - we have introduced the girls and women to think by themselves for themselves. We have started to work with boys below 9 years in Setrawa village for involving the community in helping with women and empowerment. The children now know the importance of education, Health and Hygiene.

The Boutique is running well now receiving international orders; Corinne Rose from UK has been with us three years now helping to achieve our goal. This year we have been awarded by the Women and Child Development Department and the local Rajput community for our contribution to the empowerment of women.

Heidi Rose Lange came back to polish the theatre programme and we are now becoming known for our theatre performances in Rajasthan.

This year, we are working more and more with other agencies in Jodhpur, such as Shared Vision, (who help with providing eyesight tests and glasses) and utilising their facilities to help the women involved in our projects and we have also attended many workshops and seminars for women and child development. More and more women and girls are coming to the empowerment centres from word of mouth to participate at the empowerment centres, ask for legal and medical aid and to find help for scholarships to continue or go back to school.

Good prospects for the future

Sambhali 'Sisters for Sisters' Project

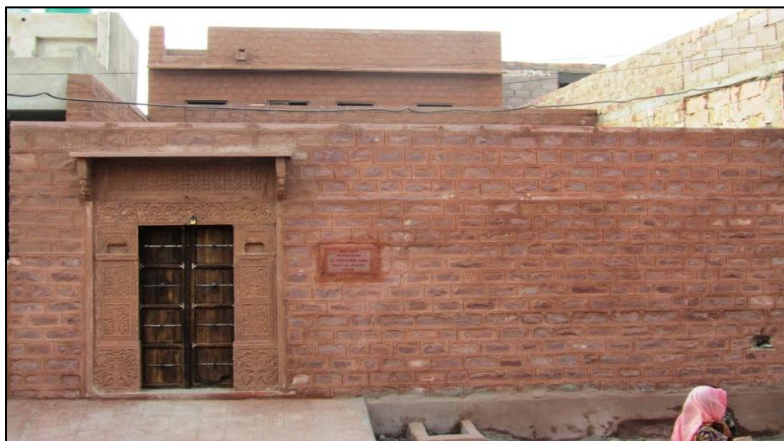
*We have been working very closely with the Department of Women and Child Development and the Department of Social Justice and Empowerment both in Jodhpur and Jaipur and now have three projects that we are jointly running, including our latest new project – **Sambhali Sisters for Sisters**, which is helping 30 young orphan girls who live in government care. This is a new departure for us and although this has only been running a couple of months, the effects are clearly visible. By providing both a Hindi teacher and an English teacher and together with the enormous help from our volunteers giving workshops and recreational games a few hours a day, these young institutionalised girls are becoming more animated and joyful.*

Sambhali Panaah Shelter Home

*As ever, it is an exciting time for Sambhali and we are forever thinking of new ways to develop and integrate into the community to help provide a lifeline of hope for underprivileged women to see a brighter future.... one where they can help themselves with our support. Our Shelter Home for those women with nowhere to turn, subjects of domestic violence, is due to be opened later in May 2012. We are calling this Shelter Home "**Project Panaah**" (which means "Shelter"). I have come across so many women during the course of the last few years, both teachers and participants alike, who have suffered these problems and due to the strict society in Rajasthan, it is not acceptable for a woman just to leave her husband without it affecting the reputation of her whole family and particularly the future of her children. We hope by providing a refuge for these women, offering counselling, support and legal aid we can endeavour to help them find the strength and understanding so that they can look towards their future with some optimism as well as educational awareness.*

Sambhali Sheerni Educational Programme

This project is for 15 vulnerable Dalit girls coming from the Thar desert area surrounding Setrawa and Solankiyatala villages, mostly daughters of the Sheerni Self-Help Group women. We are giving them the opportunity to have a better education with private schooling and so they are coming to Jodhpur and will have bed and board provided for them. We are hoping that these girls will get 6-8 years schooling and we are very confident that they will go back into the community as strong pillars for the development of their families.



Sambhali Panaah Shelter Home, built in the traditional Rajasthani style with light, airy courtyard in the centre, with rooms at the back

Current Projects



Sambhali Jodhpur Empowerment Centre

The main base, established in 2007, the Centre takes 25-30 girls for a one-year course in vocational training in sewing, embroidery and block-printing; tutoring in Hindi, English and Maths.

Sambhali Sisters for Sisters Project

Created March 2012, this is based in the girls' shelter home (Balika Grah) of the Social Justice and Empowerment Department. 30 girls receive basic literacy, tutoring in Arts and Crafts and basic sewing skills and we also help with homework for those girls attending school and do activities related to their self-esteem and personality development.

Sambhali Scholarship Programme

We place an emphasis on girls receiving an education and going to a good private school where possible. Many of our students have received little or no education, but through this sponsorship programme we currently have 51 students going to schools in the forthcoming year.

Sambhali Setrawa Empowerment Centre

Opened in 2007, this Centre provides both an after-school programme for girls who go to school and a programme for uneducated girls to read basic Hindi, Maths and English as well as washing facilities for those with no access to water in their homes. We now have Saturday School, where the centre holds educational workshops which are also open to family, friends of the children.



Swawlamban Yojna Scheme

Funded by the Department of Women and Child Development, we train 30 women and girls in Jodhpur in ready-made garments for two hours every day, Monday-Friday



Sambhali Sheerni Self-Help Group Project

Started in 2009 and based in the rural area of Setrawa, there are now 119 women in 8 self-help groups who are supported in saving money on a monthly basis and have access to loans to enable them to start a small business.

Priyadarshini Adarsh Self-Help Group Project

This is based on a government scheme initiated by the Dept of Women and Child Development, Jaipur. We have been assigned to train 10 women Self-Help Groups every year from the Jodhpur district which is now in its second successive year. We have provided professional speakers and trainers to help these women in business-training, capacity-building and further developing their skills.



Sambhali Graduates' Sewing Centre

Created in 2009, we have now moved into a larger new premises, where graduates from Sambhali Trust's Empowerment Centres are able to earn a regular income by making a variety of clothes, accessories and soft-toys for the Sambhali Boutique, as well as for national and international orders.

Sambhali Boutique

Established in 2010, we are moving in May 2012 to a new site in the centre of Jodhpur, on the route up to the Fort. We are producing Western and Indian-style garments, accessories, embroidered and block-printed items that our graduates have made and we are increasing the range and variety of our products year by year.



Sambhali Jodhpur Empowerment Centre



"I am self-confident"

"I was in school until 7th standard, when my parents couldn't afford to send me to school any longer. I have 2 brothers and 4 sisters. My mother works as a cleaner and earns 3000 rupees per month. I am happy at Sambhali, feel stronger and more confident." **Shilpa Pandit, student**

There are 25 girls in the Jodhpur Empowerment Centre and we now have a new teacher, Anju Choudhary, who is in charge of the Hindi and Arts & Crafts classes. The course has been shortened to one year, with a six-month basic course in sewing, embroidery, Hindi, English and Maths, followed by a 6-month advanced course where the girls will develop and make products that are suitable for sale. This we feel will produce faster results.

<p>Hindi The new girls have learnt to read and write basic Hindi. The older girls had learnt to read and write phrases. They have weekly tests and personal homework. We are in close touch with the parents as our teachers go to their homes and talk to the families. The girls' workbooks are regularly sent home so that the parents can check on the progress they have made.</p>	
<p>English They are beginning now to read and write simple phrases in English as well as working on pronunciation, listening, understanding and reading simple books.</p> <p>Arithmetic Numbers 1-1000; simple addition and subtraction</p>	
<p>Tailoring They have the ability to make made-to-measure kurtas, salwaars and skirts, using treadle and electric sewing machines. They have used different types of gathering, hemming and binding and frill variations.</p> <p>Embroidery Completed a file of 40 embroidery stitches which can be used on clothes and accessories, cushion covers, purses</p> <p>Soft-toy making, purses, cushion-covers</p>	





Story Domestic abuse in a patriarchal society

This is the story of Reena, an English teacher with Sambhali Trust. Reena came to Sambhali when she thought her life was in tatters, had suffered mental and physical abuse from her husband, had no support from her immediate family and didn't know which way to turn. She was feeling suicidal. With the support of Sambhali behind her and the freedom to be herself, she is now teaching the students in the Empowerment Centre and is also able to negotiate her way through her own life and realise her potential as a person, not as someone secondary to her husband.

My father died when I was 13 years old, but had always wanted me to have a good education, so I was determined to continue with my studies. However, an arranged marriage was planned for me and I got engaged at 21 years and so couldn't complete my degree. I was unhappy with the thought of marrying my future husband, because although he came from a good family, he wasted his time and I didn't feel we would have a good future together, so I declined the marriage. So a few months later, another prospective husband was lined up for me and so I felt I had to accept this time, as this is what my family wanted. So I married this man and we had 2 children together, but I soon realised that he didn't treat me like a wife, but like a servant. I was being a dutiful wife, looking after the household and the children, but he wanted to control me to the extent of me not being allowed to watch television, not to go out to the movies, not meet with my friends. He abused me from the first day of our marriage, when he slapped me for crying. I had been left in my room on my own all day long, without food or water. Everyone had forgotten about me. The emotional mental cruelty continued but I couldn't leave him as I was expected to continue with my marriage. Two years ago I found out he was having a relationship with my cousin and finally this made me make the decision to leave, despite the consequences. I am now living with my mother, brother and sister-in-law, none of whom support me, because they feel that I am the one to blame. My two children go to school and as I now have a job with Sambhali, I feel more independent and in control of my own destiny. I have filed for a divorce, but in India it is still very difficult for my views to be accepted as a woman, and to be believed.

Sambhali Payal Empowerment Centre



Increasing self-esteem

The three main goals for the year with the 25 women and girls were to improve their literacy, increase their capacity for income-generation and help the women's personal and social development. Due to the different levels and abilities we held a more advanced sewing class in the morning, taken by Tamanna and a more basic class in the afternoon. *Photo (right), Sonu teaching how to take measurements for garments and embroidery class (below).*



Teena Bishnoi, a graduate of the Payal Centre has been the Hindi teacher and Reena Rathore the English teacher. Many experienced volunteers have also taught English, Maths and Arts & Crafts and have helped to develop items for the Sambhali Boutique.

A Canadian fundraising initiative organised by Rosemary Smetana, Michelle Favero and Julia Renkema enabled 22 women and girls to have sewing machines, so that they could work from their own homes and earn money in their community (*photo next page*).



Empowerment in action...



By November 2011, half of the participants were receiving an income from making items for the Sambhali Boutique. In January 2012, 6 women graduated and solely concentrated on developing their expertise in making western-style garments and different embroidery techniques to use on cushion-covers and soft toys.

We then gave six new graduates employment at the Graduates' Sewing Centre. Before we took the second group of girls for vocational training, we were given very short notice by the Supervisor, Payal Kanwar, that she had started her own NGO and asked the Hindi and Arts & Crafts teachers at the Centre to join her and has since given employment to the young women who had graduated. We wish them good luck with helping to reach the people in need.

Sambhali then contacted the Child Welfare Committee to start a new Empowerment Centre at a Girls' Shelter Home operated by the Social Justice and Empowerment Department in Jodhpur. It is for 30 girls and we are successfully running this to date. We have called this new project "**Sambhali Sisters for Sisters**" inspired by the name of its funder, Frères de nos Frères.

Every year, a French group, Sans Frontières, come to visit Sambhali and have a cultural exchange programme for 3 days where they join together with our students in singing, dancing, games and discussions about daily life so that each group can learn more about their different cultures.

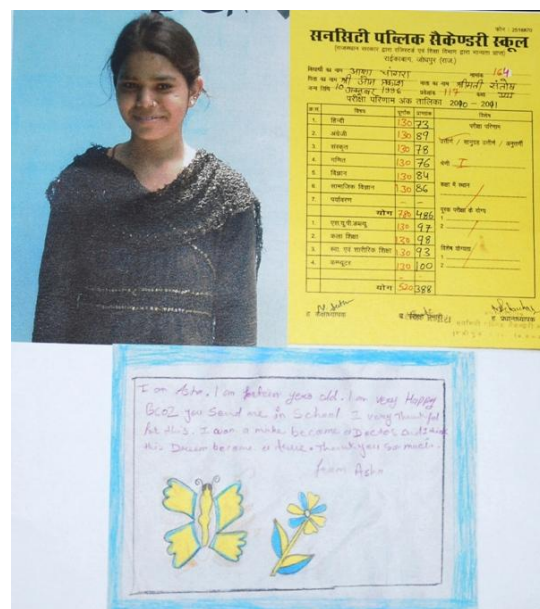
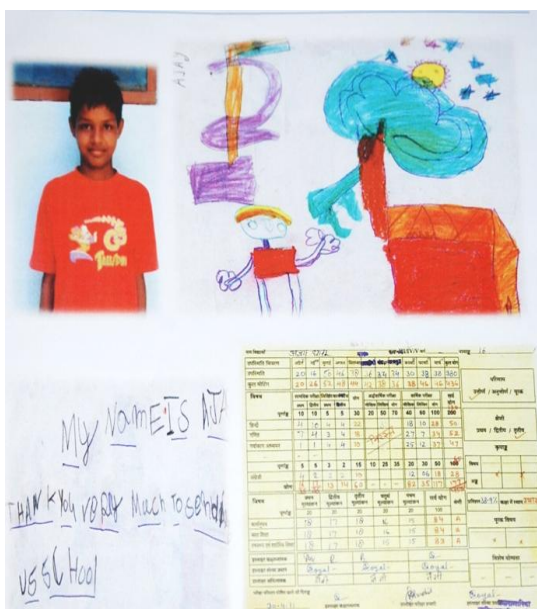
Photo above: Pushpa talking about her daily routine.



Sambhali Scholarship Programme



Sambhali now sponsors 51 children to go to school, 10 of whom are in Setrawa. For 8 of these girls it will be their first form of education even though some may be 12 years old already. All the girls and boys are enrolled in private schools close to their homes and attend for 4 hours, 6 days a week. They are educated in the main subjects of Hindi, English, Maths, Science, General Knowledge, Social Studies (Geography, History and Civics), Home Science and Sanskrit in 6th standard, as well as Computer Class. The children range in age from 3 years old to 19 years old. For these older children, they might be in a class with those of a younger age, but this does not matter to them as they are receiving an education, they otherwise wouldn't have the chance to have.





Story I want to become a nurse.....

Savita is 16 years old and first started coming to Sambhali 5 years ago. She learnt to sew and embroider in the Arts and Crafts classes and then studied at school for 2nd year. She lives with her mother, father, two sisters and one brother in a small dwelling, consisting of two rooms, 8' x 9', a toilet/washroom and an outside area where her mother does the cooking over a wooden fire. In this limited space, they store their sleeping mattresses in one room and sit in the other room. Her mother prepares the meals and does the household chores, whilst her father earns some money through doing menial jobs here and there. It's not easy when the temperature climbs to 40°C to stay cool but Savita and her two sisters, Ekta and Kavita, who are also sponsored to go to school manage to get their homework done and also help their mother when they get home. Savita hopes that one day she will be able to help to support her family and wants to become a nurse.



Sambhali Setrawa Empowerment Centre



“It was great to see the month to month transformation of the children as many of them had been sponsored to go to school from July 2011 so they were getting formal education and the work of the past volunteers in teaching English had really paid off as some of the girls even went straight to Class 6 and 7”.

Karina Szuman, volunteer

During the year, we have had many experienced volunteers who have helped to further develop and structure its activities together with Usha Sharma, Mool Singh and Pooja, Sharma the tutors and have started new classes called the ‘Butterfly’ Class and the ‘Peacock’ Class. There are now 74 children who attend the Centre.

Butterfly Class

14 girls and boys from the Dalit community

The nearest well to these children’s homes can be 200m away and so the first aim is daily washing, shampooing and tooth-brushing, followed by a **Circle Discussion**. This enables the children to express themselves as well as improving their English by saying their favourite colour, animal, how they are feeling etc.



“The girls attending often need a lot of care and attention with regard to hygiene, self-esteem and education. As well as teaching Hindi, English and the Maths we included activities that nurtured girls’ emotional development, creativity and practical skills **Caroline Chapman, volunteer**

Caroline also introduced the **Good News Assembly** to encourage attendance, self-esteem and confidence. Children are chosen from each class to receive public praise and a

sticker for special behaviour and effort.

Peacock Class

60 girls and boys from different castes who attend school

This class has activities that develop the children’s thinking skills, confidence, emotional literacy (acknowledging, accepting feelings and learning how to deal with them in a healthy way) communication skills, creativity and health and well-being. The **English tuition** classes are split into a minimum of 3 ability groups, taken by Usha, Mool Singh and Pooja. The main aim is to speak and write English correctly and to complement their schooling. The class also wrote their own fictional **stories**, which they read out loud to all the children as well as producing an information book about Setrawa village.

Workshops
These were held on Saturdays for all children and included:
Staying healthy
Drama
Painting
Sports
First Aid & Human Body





Story I'm ready to make my own world.....

This young girl is **Nakhtu Devi**, who is 12 years old and lives in the Dalit community in Setrawa with her parents, two brothers and three sisters. Her father works in a stone quarry and earns 4500 rupees (86US\$) a month so the family have little income and Nakhtu has never had the chance to go to school and so was **illiterate**. They have no electricity at home and they get their water from a village well, but often it is dry and so they need to walk 200m to get their water. Sambhali invited Nakhtu to attend the Empowerment Centre and after many conversations with her parents, they finally agreed by asking her little brother to help look after the other siblings, whilst she spent a few hours attending classes.

When she first came, she had not had a wash for 15 days, had **very dry skin**, long curly fingernails and she needed some **new clothes**. She soon got into a routine of washing, shampooing and brushing her teeth as part of the **Health and Hygiene classes** and now learns to read and write in Hindi and English in the "Butterfly Class". In the photo above, she is holding the small teddy bear as it is her turn as part of the "**Circle Discussion**" where the children take it in turns to express their favourite animal, colour etc. in English. The tutors at Sambhali say she is a **brilliant student**, comes to the Centre every day and is progressing well with names, numbers, consonants, vowels and simple arithmetic and can express herself well. This is someone who never held a pencil before and finally is realising her true worth. We hope that Nakhtu continues coming to the Centre and is able to go to school in the future.

Sambhali Sheerni Self-Help Group Project



*Sheerni emphasizes a different kind of practice than most other SHGs in Rajasthan. It is an organization dedicated to the **success of the social and economic goals** of the women it helps. Sheerni is not perfect and has had to learn from previous mistakes in the formation and workings of the groups, but because of the small number of groups this allows Sheerni to attend to the **personalized need** of each group. Attention and care is given to all members' needs...and that specialization is what sets Sheerni apart from other projects in Rajasthan. It truly is a **different kind of change.**"*

Jessica Modi, Undergraduate student at University of Virginia B.A English & Sociology

There are now 119 women in 8 SHGs, who have remained consistent in saving money each month and in the repayment of their loans. Manju Mehta remains the Programme Officer who monitors the project and makes sure it runs smoothly.



In the last 12 months, since April 2011, members of the SHGs have taken internal loans for 18 goats, 5 cows, 4 flour-grinding machines, starting 11 small businesses and other loans to individuals for school fees, emergency bills, medical fees and household needs. Government banks are not helping with this and so we also provide external loans from private sponsors of the Trust. This year they have provided loans for 8 cows, 10 sewing machines, 15 small shops, 9 goats, 2 flour machines and 2 loans for other purposes; also 5 free flour machines have been given to the poorest members.





Story Village leader of Dalit community in rural Rajasthan

Ganga Devi Nayak is the women's chosen village leader of Solankiyatala Village, a few kilometres away from Setrawa. She is 45 years old and has been a widow now for 10 years. Living in a poor rural community, the population is uneducated and generally earn a living through labouring in the local stone quarry. Since her husband passed away she has been dependant on her brother who works in the quarry. Ganga was keen to help other individuals in her community and so soon gained respect from her fellow villagers and became the village leader.

Sambhali Trust wanted to help this community by forming another Self-Help Group under the Sheerni Project. In January 2012, a group was formed of 13 women who started saving 50 rupees a month, with a Corpus Fund injection from Sambhali Trust. After a few months they will be able to start applying for loans to help buy a goat, cow or start a small business. Ganga has already initiated getting 4 small grocery shops started. She also went on a field trip with staff from Sambhali Trust to Manav Sadhna, Gramshree and SEWA in Ahmedabad to learn about what can be achieved by another NGO and started doing some embroidery entirely from what she saw and memorised there.

She is a strong and determined woman who wants to help the women in her community find a way to earn a living through their own hard work and enterprise. With the help of the Trust, we hope that her hopes become a reality.

Sambhali Graduates' Sewing Centre



Opening of new Sewing Centre

We are delighted that with the generous help of Mrs Ramona Saboo, Director of Forty Red Bangles and an Advisory Board member, who is helping to sponsor the operational costs for the first year, we have opened a brand new sewing centre in the Airforce region of Jodhpur for Sambhali's graduates. We now have 2 large rooms which provide plenty of space for production, storage, cutting-out etc as well as allowing more women to work there.

We have 13 graduates at present ranging in age from 20-45 years old. Two women, Saraswati Gharu and Radha Tiwari are employed as supervisors of each group with Tamanna Bhati now becoming Manager of the Centre. The women work Monday – Saturday, 11.00-5.00pm and squeeze in the time to work between all their household duties and responsibilities.

Five graduates have had extra training in dressmaking from the volunteers that we have had over the last few months and are now able to make western-style dresses, skirts, trousers and blouses.

Graduates from the Sambhali Payal Empowerment Centre have joined forces with the existing graduates from Prithivipura to work together and share their skills. We consider this a huge step forward in increasing the potential for providing more orders.

Photo right Christine Stein, (volunteer) with Tamanna Bhati and graduates *Photo below* Pushpa, Nirmala, Rita and Santosh show off the different skirt designs they have produced



Orders



During the year, we have had 13 orders including those for 300 block-printed scarves, 100 various shoulder bags and over 250 elephants and camels as well as 1000 bolster covers, embroidered birds and camels from the US, Europe and India, as well as numerous items produced for the Boutique. Currently we are making soft toys, including monkeys and cats for another customer in the US. All these orders have helped to maintain a steady income for the graduates.



Usha is 20 years old and has been a graduate for 2 years. She told us the other day that she was due to get married to a boy recently, that would have been arranged a long time ago, but her mother said that as now she was earning a regular income, she was independent and she could wait for a longer period of time to get married. This is quite a revelation in lower caste families where their daughter is generally married as soon as possible, because they are seen as a burden on the family, usually having no opportunity to earn a good living.



Sambhali Boutique



Sambhali Boutique opened in July 2010 in the centre of Jodhpur, which we expanded in January 2011. Now we have moved to a new premises on the pathway to the Mehrangarh Fort. In the past year, we have been producing a variety of items including soft toys, cushion-covers, shoulder bags, **block-printed scarves**, curtains and table linen; however, the **elephants and camels** are the perennial favourites! We have also been making salwaars and kurtas (Indian trousers and tops), but we wanted to be able to make more **westernised garments** that would appeal to our customers.

We are very thankful to our very experienced volunteers who have been with us in the last few months to train our graduates to make clothes for this market. To coincide with the opening of our new shop in Jodhpur in **May 2012**, we are making a variety of printed cotton skirts, blouses, dresses and **linen trousers** to start our new Sambhali collection.

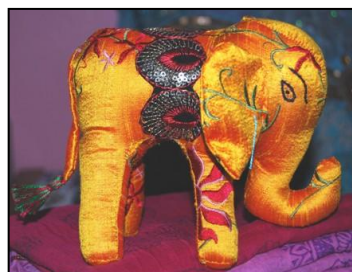




We also are working on ideas of **block-printing** our own cotton fabric and designing skirts and dresses made from our own designs. This has also been helped by having a new **larger sewing centre**, where we have been able to implement these ideas and we also have more graduates to work on experimenting with ideas for different products. This is a very exciting time for us and the graduates in particular, who have been very committed to learning **new techniques**, to work hard and to gain orders. We now feel confident to be able to take orders for garments on a long-term basis as we now have the **skills** in place to achieve this.



Asha Pandit our Assistant has been very helpful to all our customers in the last year. Equally it's been very enjoyable meeting people from all over the world and introducing them to the projects that Sambhali is running and providing an understanding of the **social, economic and domestic problems** surrounding the women in Rajasthan. Our goal for the coming year is to provide **top-quality items** and to expand our range of products including colours, fabrics and range of designs and sampling decorative items to see what our customers prefer. Our aim is to be **individual in design** so that we can be unique in what we are selling and so have the best possible opportunity for **our graduates** who are our main beneficiaries. In the last year, the boutique has been self-sustainable with its profit going towards the Trust's other projects. We hope through increased publicity, being listed in the Lonely Planet Guide, we are able to **achieve sustainability** and become a platform for our graduates and Sambhali Trust as a whole.



Sambhali Workshops



“For two months I had the privilege to work with some really *amazing women* and girls of Jodhpur. Because of my ability to communicate with them in Hindi, our conversations and relations were greatly enhanced. They were able to tell me what bothers them, *what makes them happy*, what their lives are like. There was no language barrier to block our bonding. I felt so honoured whenever they would call me a sister, when they would tie a friendship band on my wrist for the Friendship Day”
Marta Schmidt, volunteer

Games workshop

“I tried to make them familiar with some *plays*. First we started with "musical-chairs" as a warm up and..lots of fun. Then they had to run through the room and to copy everything. Next was an *exercise for trust*. We built a tiny circle shoulder on shoulder; I had to teach them that the person inside (the circle) has to rely on us that we could rock her for- and backwards. A last exercise was to let them feel *how it feels like to be on a stage* and give us a presentation of dancing. This was difficult and the little ones of a second group were very shy. I told them it needs courage to present oneself. The idea behind was to build out their self-esteem. The only one was Lakshmi who showed us her dancing... It was important not to push the other ones.” **Carlotta Heckmeier, volunteer**

Beauty Workshop

Carlotta taught the girls about *skincare* and talked a little about adolescent skin problems. She taught *facial massage* and how to cleanse the face using this technique. They worked in pairs and each took it in turns to try out the massage.



Dream and Reality A collage made of 6 scenes

- 1. Puppet and puppeteer** The puppeteer dreams that his puppet can move alone, so he feels unnecessary.
- 2. The Mirror** A girl feels shy and worthless. She becomes more and more self-confident the longer she looks into the mirror.
- 3. The Daily Masks of Women** Women are in submission to their violent men. They take off their masks and feel happy when they come together with other women. When the men return, women put on their masks again and the daily life continues.
- 4. We have to do something** People pass unaffected by a scene of violence; they consider this and decide to change the situation.
- 5. Dream of a Man** A man dreams about the power of women, bewitching him. Continuously his dream has an effect on him.
- 6. I have a Dream** Sambhali girls express their dreams and wishes.



Self-defence

This workshop took place for 7 days. Primarily using bamboo sticks, the girls learned various moves and participated in physical education. Mr. Singh, the teacher, would finish with some **meditation and yoga**, teaching the girls about their bodies and how to maintain health.



Bollywood Dance

The girls in both Jodhpur Empowerment Centres have had a lot of training in dance, firstly from Marta Schmidt, volunteer (*above*) who did a weekly workshop followed by a professional dance choreographer, Mr Sagar of Jodhpur, (*below*) who taught the girls traditional and Bollywood dancing for 7 consecutive days. They created a **short play regarding domestic violence** and a dance and have since performed in Jodhpur and Jaipur.



Family Planning

"It was quite challenging. So very quick I could realize that even the word Family Planning was very different in my understanding from an understanding here. So I stepped into my first lesson with 15 years old unmarried girls who never have had any information about their body from their mothers or older sisters, what they will expect when they get their first menses or what will happen when they get married and pregnant and how to deal with that?"

I started to tell them something about nutrition and hygiene, the different vitamins, important trace elements and what else a body needs for good growing and development especially children and pregnant women... They told me that they eat very little fruits in their family, sometimes only once a month."

*"In the second group with married women and one or two born children it was very different and a little interest for knowing more about HIV, but because women here were all sterilized I explained them that sterilizing would not protect them against AIDS." **Carlotta Heckmeier, volunteer***



Sambhali Workshops



“The women I worked with were really motivated and eager to learn. We were a good team and got to know each other better and better”

Christine Stein, volunteer

*“Now I stitch **garments** like shops in the market and learn new techniques”* **Pushpa**

*“I feel **more confident** and I’ve learnt new designs”*
Nirmala

Dressmaking



We have been very fortunate in having volunteers who are **dressmakers and tailors** and have a lot of experience in Arts and Crafts. Christa, Urte, Priscilla, Christine and Marlies have all helped to introduce new skills and have taught them how to make a variety of **western-style garments**: skirts, trousers, jackets, tops and dresses. Their immense experience, their patience and perseverance now means that the women can make items with pleats, darts, different clasps, double-seams, can cut-out from a pattern and work with different sorts of fabrics. Workshops have also included developing **embroidery techniques**, making dolls in Rajasthani dress and embroidered cards.





Conversational English



Workshop on Women's Legal Rights

It was led by a sub-inspector from the city of Jodhpur, Mr Satya Prakash, (above), who presented the girls of the Jodhpur Empowerment Centre with the idea of the **injustice** going on between women and men in Indian society; how from the beginning girls are devoid of choice in their life – they are pulled out of school, despite their **constitutional right to education** and are often forced to marry and have children, and then punished if they have girls rather than boys. He drew a chart of the ages girls and boys do different things in life and how usually girls have to suffer much earlier, **deprived of their childhood**, they are forced to grow up.

He informed the girls about the Protection of Women Against Domestic Violence Act 2005. It is against the law for their family to force them to do anything. It is also **illegal** and they should report if they feel at any time insulted, humiliated, ridiculed or called names for any reason; that **domestic violence** extends from physical to verbal and psychological. The legal age for girls to get married is 18 years old. Many participants had no idea about the many protective aspects of the Indian Law.

Health and Hygiene



Painting
Nutrition
Sewing



Sambhali Community Involvement



The Managers from all the Sambhali Trust projects together with some members of our Self-Help Group Project in Setrawa went to Ahmedabad in Gujarat for two days to visit Manav Sadhna, Gramshree and SEWA which are long established organisations. We were able to see how they run co-operative stores and Self-Help Groups all run by women. It was very inspirational.

Field Trip



Sambhali attended a workshop on community-based rehabilitation organised jointly by Shared Vision Foundation, India Rehabilitation Council, Community-based Rehabilitation Network and the Blind People's Association. Sambhali is now continuously working with Shared Vision for our participants who receive free sight tests and glasses

Conferences



On invitation from the National Law University, we attended the Regional Conference on Good Rural Governance and Citizen Participation. We discussed many scenarios where the implementation of good practice can help the villagers, particularly in areas like Setrawa, where there are poor amenities. The day was very informative with an exchange of ideas and we hope to work with the Law students in future.



The Shearni Self-Help Group Project was visited by an international group studying Informal Enterprise, Social Entrepreneurship and Local Economic Development as part of their training programme whilst visiting India. We were very honoured to tell them about how this group has been running for over two years



Medical Aid



When Govind was visiting Setrawa in May, he heard from the women of the Sheerni Project that Dakhu Devi, the girl who Sambhali Trust rescued two years ago from being tied to a tree because she was suffering from post-natal psychosis, was again tied to a tree for 4 months because she had become very violent. When she recovered with our help last year she returned to her husband again and became pregnant; three days after the birth, the baby died and she fell ill again with the same illness.

Govind decided to bring her back to Jodhpur and she stayed in his home whilst she was receiving treatment from a very experienced doctor, Dr Vimal Razdan. Dakhu recovered and has gone back to live with her family and is now regularly monitored by Sambhali Trust to make sure she receives the correct treatment.

The three daughters of one of our participants, Manju, from the Dalit community were getting married. One has polio and is disabled and Sambhali wanted to present her with a gift for her wedding day and so we provided her with all the saris she needed to make her feel special on her big day. Two of Manju's grandchildren are also sponsored to go to school through Sambhali Trust.

Legal Aid



Rachna came to Sambhali Trust for help after she was suffering physical abuse and her husband nearly strangled her. She had only been married for 8 days. She left her home town of Barmer and fled back to her parents in Jodhpur. The police were not filing a complaint until Sambhali went to the police and pressed charges. She has now had her dowry payment returned and she is filing for a divorce.

Financial Help



Two large organisations in Jodhpur, Bhagwan Mahaveer Viklang Sahayata Samiti and the Saboo Charitable Trust joined in partnership to support 50 underprivileged women and girls from the local community providing help for self-employment. Sambhali Trust was invited and five girls from Sambhali Jodhpur Empowerment Centre were gifted with sewing machines and also flour-grinding machines were given to five women from the Sambhali Sheerni SHG Project in Setrawa.



Sambhali Community Involvement

Working with the Department of Women and Child Development



Swawlamban Yojna Scheme

This project (*above*) is helping 30 women and girls from the Dalit community in basic garment training to make ready-made clothes. Manju Mehta is supervising the training which is conducted in the Jodhpur Empowerment Centre

Sambhali Trust is now being given projects directly from the State Government of Rajasthan, Jaipur to manage and take care of. We are also working closely with the local Social Justice and Empowerment Department and the Women and Child Development Department in Jodhpur who come and visit the Trust's Centres to look at Sambhali's potential for overseeing more of their projects.



Sabla

The Dept of Human Rights organised a two-day workshop on how to deal with adolescent girls. Two members from Sambhali participated in the workshop in Jaipur.

Pryadarshini Adarsh Self-Help Group

This project (*above*) comes under one of the Development Goals for Women's Empowerment for Rajasthan. For a second year, Sambhali Trust has been given 10 of the best self-help groups in the District to manage for one year. We are training the 108 women in vocational training and income-generating activities, with the help of professional experts. Each group has a President, Secretary and Treasurer and they also receive help with training in market-linkage and working as co-operatives.

International Women's Day

Girls from the Sambhali Jodhpur Empowerment Centre went to Jaipur to perform theatre at the Women's Empowerment Conference which was celebrating International Women's Day. They performed theatre on women's issues and domestic violence. They were also asked to perform at the Auditorium in Jodhpur.



Setrawa Art Competition



This competition extended to the whole village – they loved it..!



Project Aasha began in April 2011, as a programme mainly dealing with sexual health concerns and the prevention of HIV/AIDS for the sexual minority of the town. We had weekly workshops, team-building exercises, counselling and Q&A sessions. Sambhali provided a space for 15-20 LGBTQ community members to relax in an atmosphere where they could develop an understanding and awareness of all these issues that directly affected them, with the advice of an expert psychologist and counsellor. The programme continued for 8 months, at which point it was felt that more funding was required for the project on a long-term basis to develop it into a drop-in centre, so that more people could have access to this vital information and the required counselling. We hope we will be able to develop this in the future.

We are very thankful to Dr Mithelash Narayan Bhatt and the psychologist, Dr Neeraj Razdan and to our volunteer at the time, Kerry Kisbey-Green, who helped with a lot of the initial work involved starting this project.

Project Aasha



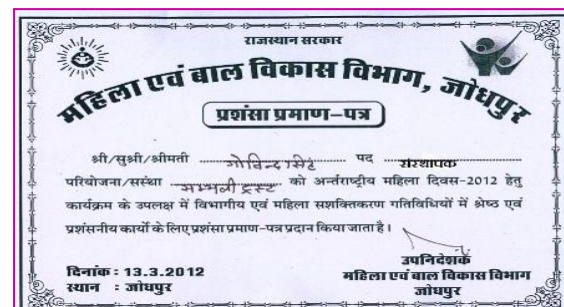
Awards and Celebrations



We were delighted to receive our first award in December for the work we have been doing over the last five years and as Sambhali has become increasingly involved with local government departments so we have been equally recognised, which in turn has meant we have further opportunities to broaden our assistance in the community.

On 25 December 2011 Sambhali Trust received its first recognition from the Rajput community of Jodhpur. We received a certificate and an award for our social work in the field of Women and Children Empowerment. The award was given by the chief guest of the occasion H. H. Maharaja of Jodhpur.

Photo right Govind being presented with certificate from Maharaja, (centre)



Certificates



Anita (left) one of our longest-standing participants receiving a scooter, kindly donated by Danni Bartosch and her friends in Germany

Certificates issued to Sambhali Trust by the Dept of Women and Child Development, Jodhpur in recognition of the work done with women and girls in vocational training and literacy.

15 August We were honoured to receive the Deputy Mayor of Jodhpur, Mr Nyaz Mohammad as chief guest at our celebrations for Independence Day, which we held at the Sambhali Payal Empowerment Centre. The girls performed theatre and dance in celebration.

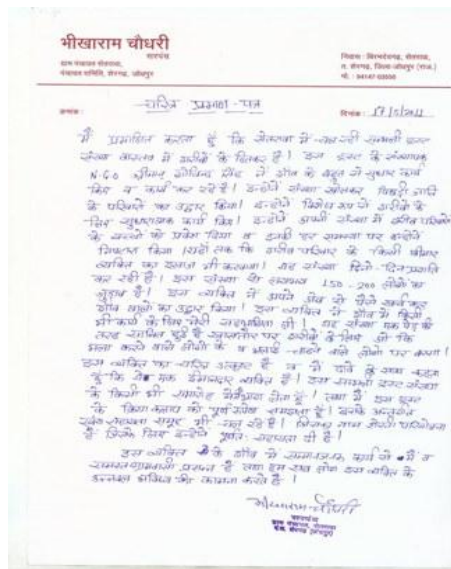
Independence Day



Appreciative letter from HM The Queen (right)



Letter from the Sarpanch of Setrawa village and Department of Women and Child Development, Jodhpur (below right)



Support



We would like to thank all the many generous individual donors and sponsors who have helped to support the women and children of Sambhali. Your donations have helped to give them motivation and encouragement to realise more opportunities in their lives, improved their education and given them the hope of a better future. We hope we have mentioned everyone in the list below and our sincere apologies if we have missed anyone

Marie-Thérèse Kuhn
Andrea Virde
Antonella Asproni
Sabine Gunkel, Beat Kirchhofer
Stephan Bartosch
Margret Bartosch
Christa Steinmann
Petra and Holger Peterka
Ulrike Wertheimer-Heckmann
Dorothea and Hans Wertheimer
Simone Tetzlaff
Gerda Lerch, Gabriela Brupbacher
Paul Hammond, Susanne Ruf
Kevin Brown, Erika Ruf
George Little, Lei Anne Sharratt
John Trenaman
Dr. Eduard Waidhofer
Dr. Heinz and Otti Birner
Enrica Kohli, Kathleen Domeisen
Heidi Wyttenbach, Margaret Bartosch
G Anderheggen
JJ and Louise Martin



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Luisa Baselgia, Margaret Anne McKay
Maurice Sermet
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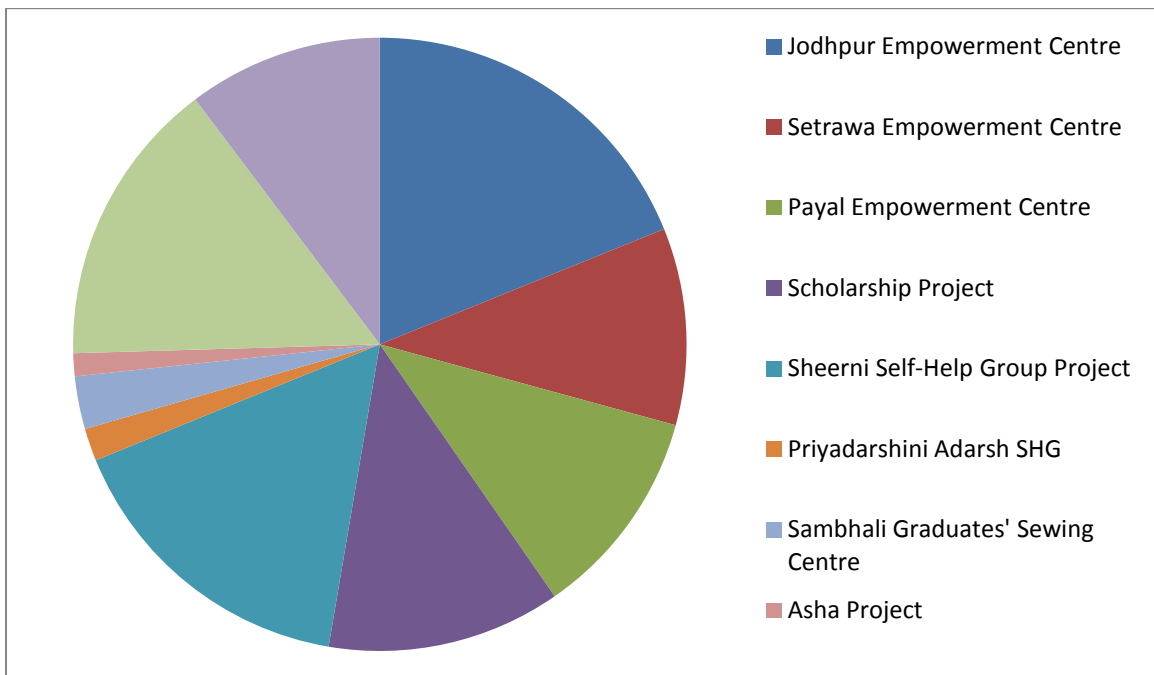
Volunteers

To all our volunteers: a huge thank-you for all your energy, expertise and tremendous contribution that you have all given to each and every one of the women and girls at Sambhali



Ulrike Britscho
Carlotta Heckmeier
Ingrid Geilert
Sylvia Hasenheit
Heide Rose Lange
Katja Morgener
Hildegard Lehnguth
Christine Stein
Frederike Schwarz von K ugelgen
Rachel Clements
Marlies Schmid
Roberto Mauro
Laura Fornoni
Florian Erb
Anne-Marie Miller
Jaime Davila
Valerie Bromann
Matthieu Layec
Sahil Garg

Sambhali Trust Expenditure 2011/2012



If you would like further information on the financial expenditure, please email us and we will send you the Audit Report for the year 2011/12



"I have taken three loans of 7000, 8000 and 10,000 rupees respectively. Slowly I've been able to increase the volume of products in my little shop. I'm repaying 1000 rupees every month. Earlier we used to work as labourers carrying sand for building projects. This has stopped now.

I now take 25% of the shop's turnover as profit. Slowly we want to go ahead in life and become successful."

Jasu Devi Member Sambhali Sheerni Self-Help Group Project, Setrawa