



Sankalp India Foundation Annual Report 2010-11



About Sankalp India Foundation

Sankalp India Foundation is a voluntary youth organisation working for the cause of Voluntary Blood Donation and Disaster Relief since 23rd May 2003. It is registered under Karnataka State Registrar of Societies as an NGO working for blood donation and disaster management.

Voluntary Blood Donation: Since the organization took birth as a blood donor organization, the work area was identified as Blood Donation and related activities, the moment it was born. The purpose of the organization is to ensure 100% voluntary blood donation in our country so that no life is lost just because blood was not made available to him/her at the right time. The organization does not wish to take short cuts for these, but rather reaches out to people and makes them aware of the problem and gets them to participate in the solution. It also aims to push Blood Banking in India towards better quality. The organization aims at being the nucleus of a Red Revolution in India whose end result is to usher a new era of safe, quality and effective blood banking of course with enough quantity of blood. The ultimate vision is to make our society adopt blood donation as a standard practice and wipe out blood shortage in India.

Disaster Relief: When the Kashmir earthquake struck in 2005, members of the organization had a strong desire to work as a team and help out those in need. The collective opinion of the group is to reach to fellow Indians who have been the unfortunate victims of a disaster. As individuals who have potential and interest in providing relief, volunteers feel a sense of responsibility to do their bit in order to get lives of others back on track after a disaster. Over a period of time, maturity crept in and now the organization is equipped with resources and people to participate in disaster relief campaigns. Since a few days after the disaster a lot of agencies/organizations are present to rehabilitate people, Sankalp India Foundation focuses on relief operations in the first 72-96 hours of the disaster.

The Journey So Far: The sustained efforts of the teams have ensured that the organization has conducted more than 150 blood donation drives in the last 3 years with well over 20,000 units of blood being collected all over the state of Karnataka. More than 9000 school students and lots and lots of college students and working professionals have been made aware of the need and importance of blood donation and also the crucial things a donor needs to know for blood donation.

The organization over this period has also been able to inspire blood banks to strive for quality as Sankalp blood donation drives are run in strict accordance with the rules and regulations laid down by the National Aids Control Organization (NACO). The voluntary blood donation index has gone a couple of notches up since the time Sankalp stepped in to conduct blood donation drives

The state-wide helpline number 9480044444 too has been a successful and first of its kind in the country that has integrated a lot of good blood banks under one blanket. More than 60 quality and safety conscious blood banks are sharing their sock information regularly and participating in the initiative to have a common access point for blood availability information. With a view to make blood search a less cumbersome and painful process, the organization has knocked the doors of the media to help publicize this number. Leading English and Kannada dailies in Karnataka have carried



articles on the same, shows on the Radio have been aired and the success of the helpline is on the rise. More than 30 blood requests a day are attended to by the call centre executives

The Emergency Wing has been another major cornerstone for the success of the organization. Blood requests have poured in from all over the country, and all of them have been attended too. In fact there were requests for help from neighbouring countries too. The organization has pioneered platelet apheresis donations in Bangalore. Platelet apheresis is a special sort of blood donation where the unit of blood collected is an instant life saviour for people suffering from dengue, cancer etc. On an average about 120 blood emergency requests are attended to by the organization on a monthly basis.

The Disaster Wing of Sankalp has participated in disaster relief programmes at Jammu, Nagappitnam (TN), Raichur (Karnataka), Hyderabad, Jaipur, Mumbai, Bihar etc. The organization's methods and way of handling disaster activities have received good accolades from the organizations that have made financial contributions. The magazine 'Outlook Money' ran an article on the organizations success as a disaster relief organization in the country thereby showing the highly structured and effective disaster relief approach adopted by Sankalp

The organization is self-funded, i.e. the 30 volunteers who make up the organization are the ones who fund the organization. Every volunteer has an option to make a financial contribution depending on his/her will and ability. So in this way finances are available every month and these finances are utilized effectively for the various activities. If there are any resources for any particular activity/project which can be completely funded by an external organization, then the organization talks to such individuals/organizations that have a desire to help out.

Members of the 2010-2011 Executive Committee

| Name | Age | Gender | Occupation | Position |
|----------------------------|------------|---------------|-------------------|-------------------|
| Lalith Parmar | 27 | Male | Engineer | President |
| Amit Sedai | 26 | Male | Engineer | Vice President |
| Rakesh Dhanya | 27 | Male | Engineer | General Secretary |
| Ritesh Sharma | 25 | Male | Engineer | Treasurer |
| Kumari Ankita | 27 | Female | Self Employed | Executive Member |
| Sourav Roy | 24 | Male | Engineer | Executive Member |
| Rajat Kumar Agarwal | 28 | Male | Self Employed | Executive Member |



Registration Details

Sankalp has also obtained all necessary registrations for it to function as a fully transparent organisation. The following are the details of the registration.

- Sankalp India Foundation is registered as a Society under Karnataka Societies Registration Act 1960. Registration no. BLU-S297-2007-08 dated 29.05.2007.
- Sankalp India Foundation is registered with Income Tax Department under Section 12A No. DIT(E)BLR/12A/S-2049/AADAS3438A/ITO(E)-3/VOL 2009-2010 dated 28.08.2009.
- All contributions to Sankalp India Foundation are exempt under Section 80(G) of the Income
- Income Tax Permanent Account No AADAS3438A
- Sankalp is a member of Credibility Alliance



Annual Report (April 2010-March 2011)

Major Accomplishments

1. 5000+ units of blood were collected in various blood donation drives in Karnataka
2. 3000+ students were educated on Voluntary Blood Donation
3. Disha helpline received 1000 blood requests per month (average).
4. More than 1500 emergency blood requests were taken
5. Sankalp launched the "Initiative for Better Blood Banking". A state-level workshops were organised on 'Workshop on Blood Components' attended by 100+ experts from across Karnataka.
6. 'Sankalp Patrika' the paper newsletter of the organisation was registered and launched.
7. Sankalp got membership of transparency certifying organizations like Credibility Alliance and GuideStar India.
8. Sankalp won the 'Spirit Of Humanity Awards 2011' in the Jury's Choice category.
9. Sankalp completed the research paper on 'Quality in Blood Donation Drives'

Like every year that has gone by the last 1 year at Sankalp was an eventful one too. Starting the year at the back of yearlong Karnataka wide expansion activities in the previous year, it looked like the opportunities to improve and learn and make a significant and meaningful contribution in the field of voluntary blood donation, transfusion medicine and disaster management were there to be grabbed by both hands.



Rakta Kranti: The Blood Revolution

Voluntary Blood Donation

It was probably a year, when the numbers shot up – everywhere! With 4914+ blood donations in Bangalore and a few hundred in Karnataka, Rakta Kranti crossed the 5000 units collection mark this year. Perhaps the highlight of the year for Rakta Kranti was the historical 10th drive at ITPL, where in a span of 4 years, 4000+ units of blood have been collected. 4 blood donation drives were organised outside Bangalore where 261 units of blood were collected.

1 The 10th ITPL Blood Donation Drive. 4000+ units from the same campus in 4 years.



2 Inspiration comes to us in various forms. Nothing can stop a person from being good .. doing good.

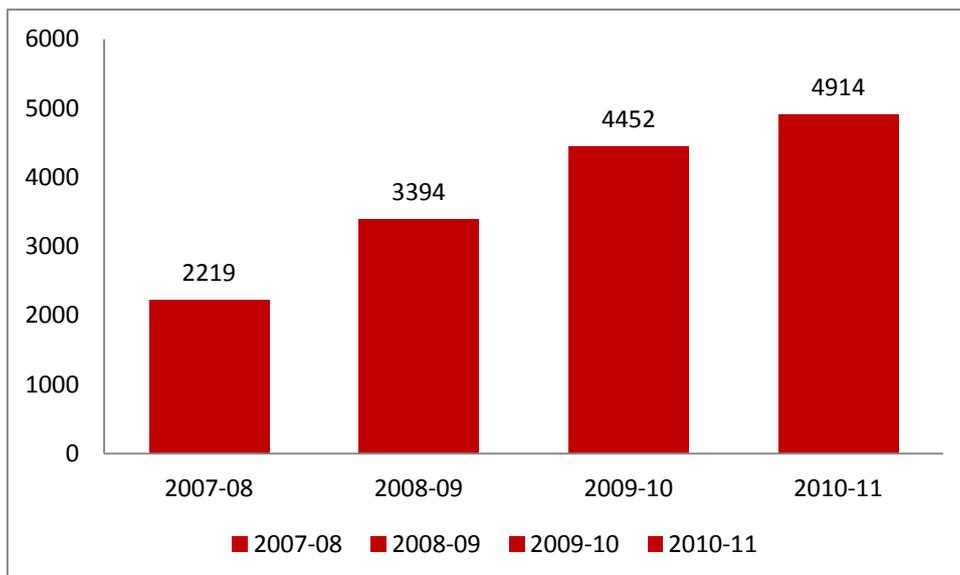




Awareness and Motivation

The schools wing of Rakta Kranti reached out to 3000+ children studying in classes 8-10 with the message of Voluntary Blood Donation encouraging and motivating them to be voluntary blood donors when they grow up. The organisation published regular articles on its front page site www.sankalpindia.net. We had 173,798 unique visitors on our website with 283,041 page views on our site indicating the popularity and usefulness of the data that is published.

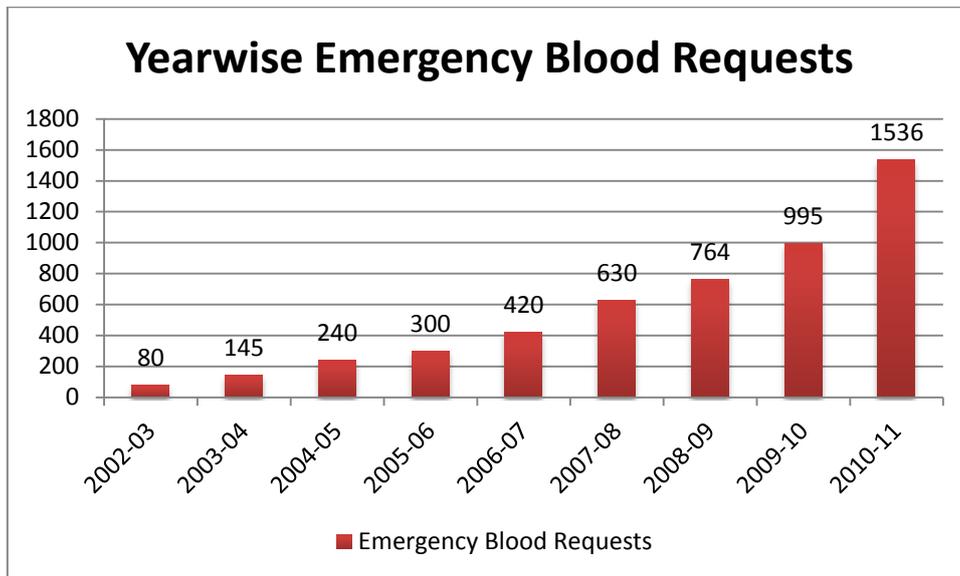
3 World Blood Donor Day celebration at M S Ramaih Memorial Hospital where the voluntary blood donors who travel an extra mile to save lives were falicitated.



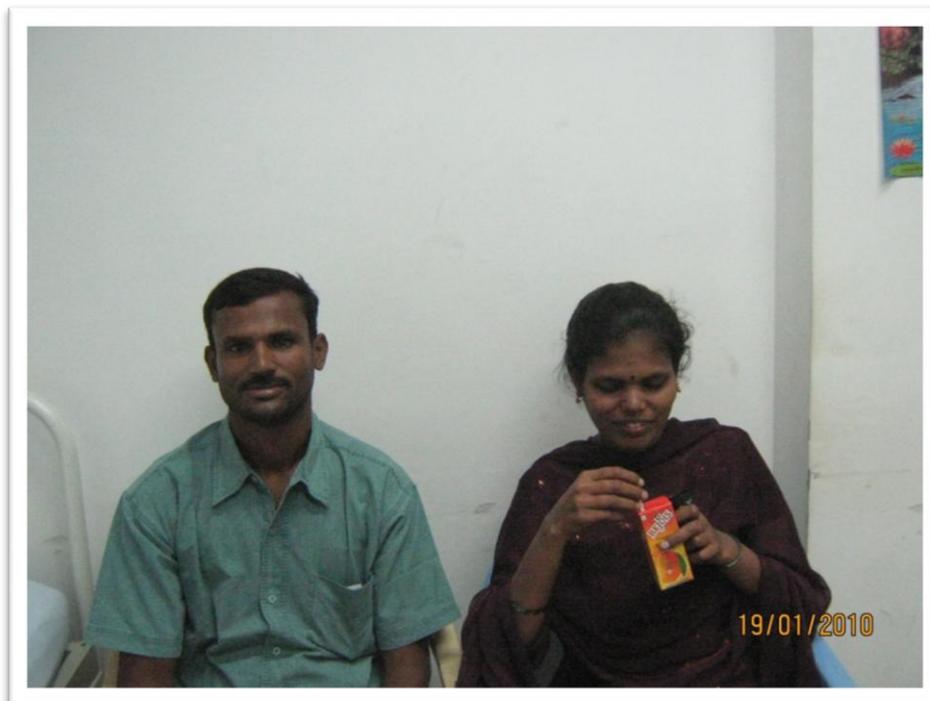


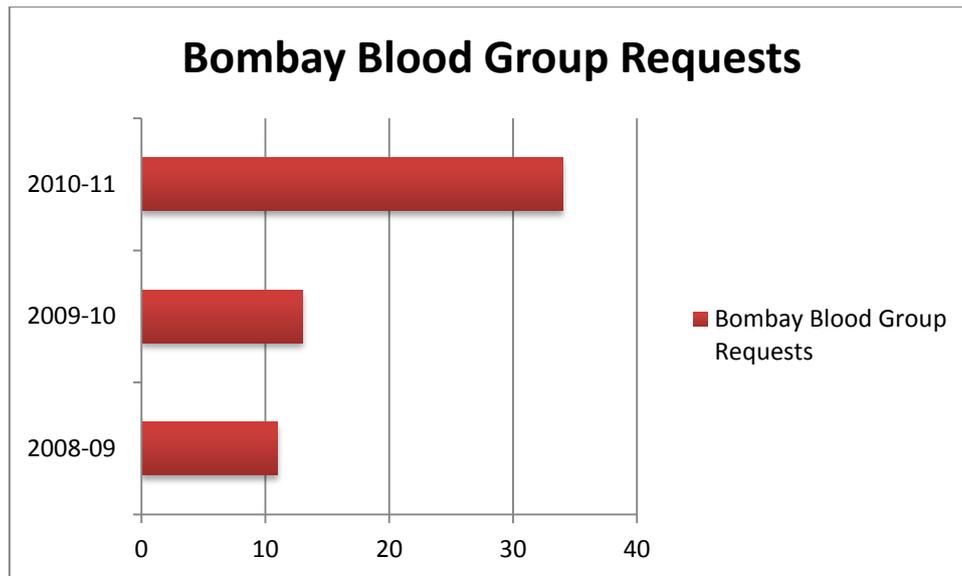
The Emergency Wing

The Emergency Wing took no less than 1500 emergency requests for blood, with a <exact number> of them being requests for the rarest of rare, the Bombay Blood Group. The emergency wing of the organisation has initiated a program to capture all possible means of arranging for safe blood in all districts of Karnataka. The same is being put to use in critical emergencies. A number of trainings were organised to build the capacity of the volunteers to interpret the most complex of blood requests and offer the best option to the needy.



4 Life came around a full circle when Ms. Bharti who received Bombay Blood Group in an emergency came around to donate blood for someone else.





5 Mr Amitabh Kumar travelled 2000kms to save a life. He is a Bombay Blood Group donor.





CTC Disha

The blood helpline was getting on an average 1000 requests for blood every month, with a significant increase in the number of calls coming in from far corners of the state of Karnataka. The organisation initiated the purchase of a fully automatic call centre solution which will enable streamlining the call centre operations and enable better scaling up.

CTC Disha – The **Blood** Helpline

In service since 13th September, 2006

Know More >>>

Resources

- [Download Wallpapers >>>](#)
- [Request Stickers >>>](#)
- [Volunteer for Disha >>>](#)

Visit Us >>>

An initiative of
Comprehensive Trauma
Consortium and
Sankalp India Foundation®



Looking for Blood
in Karnataka? Call
94800 44444

**SPREAD THE WORD..
JOIN IN THE MOVEMENT!**

Fast

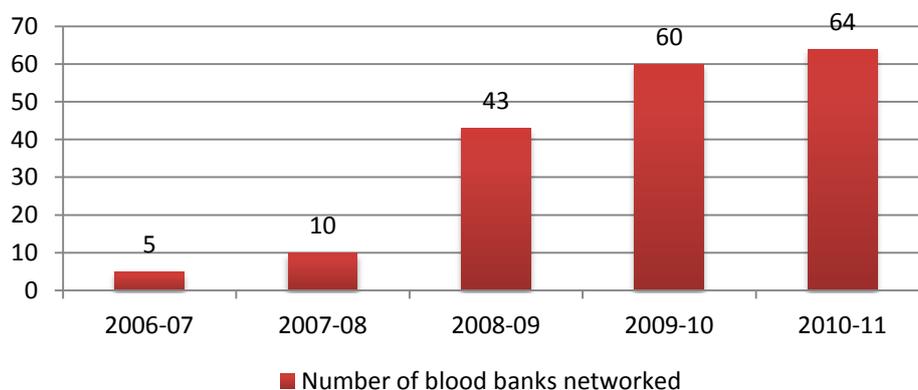
Easy

Efficient

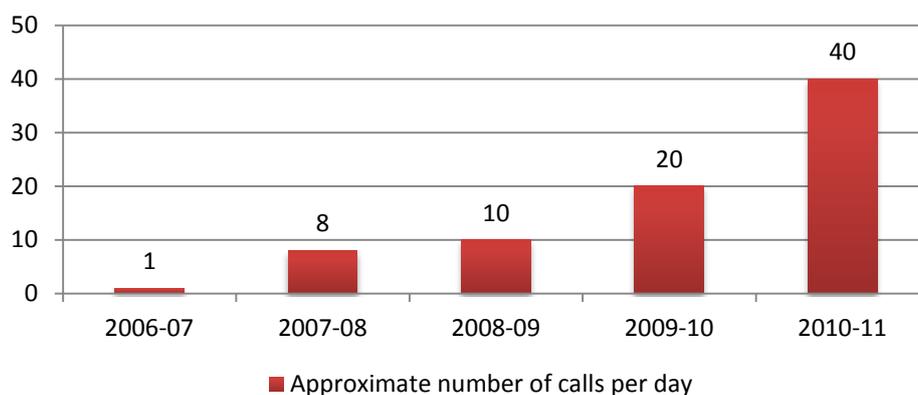
Salient Features

- > Locates **closest safe blood bank** where required blood is available
- > Over **50** blood banks across Karnataka networked. Still counting
- > **Back-up (emergency) help** when blood not available in blood banks
- > **Keep safe** from professional blood donors
- > Enables **fastest** possible search and collection
- > **100%** Voluntary Service: No cost to the patient
- > **24 X 7** working

Number of blood banks networked



Approximate number of calls per day





Initiative for Better Blood Banking

It was also a year of heightened activity for Sankalp in areas related to transfusion medicine and blood banking. By running and managing a successful 2 day state-level workshop on Blood Components, the organization made its presence felt in blood banking circles of the state. The birth of “Initiative for Better Blood Banking” further strengthened the resolve and commitment of the organization to enhance and improve blood banking in the state of Karnataka by creating channels for networking blood banks and opportunities for knowledge sharing and enhance learning.

6 Dr Shankar (Dean, NIMHANS, Bangalore) declares the Workshop open.



7 Dr Rajadhyaksha (Tata Institute of Cancer Research, Mumbai) with Sankalp Volunteers following the training on Bone Marrow Transplant





Sankalp Patrika

The year also marked the launch of “Sankalp Patrika”, the print newsletter of Sankalp. With articles from doctors, blogs and learning materials related to blood banking aspects, short motivational stories, articles about some beautiful little things about India and news and updates about Sankalp, the Patrika comes as a complete educational, informative and fun package for readers. Currently about 400 copies are printed and distributed each month.

8 Sankalp Patrika is receiving articles written by the best people in transfusion medicine and blood banking in Karnataka. The newsletter bridges the gap between the more fortunate centres and the people who are willing to learn and develop.

Sankalp patrika

Volume 1 Issue 4 March 2011

Top 10 mistakes to avoid when you donate blood
Read the article on Page 2

A retinal oil worker in California made waves by donating blood on his 100th birthday
His comments to the cause of saving lives made a lasting impression. Read more on Page 3

A young boy is suffering from thalassemia and has the rare Bombay blood group. He needed a blood transfusion and the options were too few. Turn to Page 4 to know how his life got another chance

AN INTERESTING QUOTE

"It's not just a number of people who come to donate, but also the number of deferrals which counts towards the success of a drive."

It is 10 and Counting @ ITPL

Hundreds of software companies, thousands of people. That's ITPL for you in numbers. But if you think a little more you get to realize a little more. These numbers also mean a huge base of blood donors. So huge that probably one would think the well planned blood donation drive there can become an annual affair. Back in July 2007, Sankalp India Foundation converted this opportunity into a reality.

"The tenth drive was in itself been an occasion of joyous celebration where special efforts were put in to educate and motivate more people. Accidents is planned in partnership with Sankalp India Foundation in conducting the 10th blood donation drive at ITPL. Through these camps we intend to maximize participation from the employees working at our park and also benefit the community we operate in through this noble cause," said Mr. Chairman from Accidents group.

Applied Materials whose employees are regular donors have this to say "Since the very first drive we arranged in July 2007, Sankalp started the culture of organizing regular blood donation drives at the ITPL campus on 5 July 2007. What followed since then was like a dream come true.

Sankalp India Foundation has now organized the 10th safe and quality focused blood donation drive at ITPL in the last 40 months. This was possible thanks to the support provided by Applied Materials and Accidents, two organizations based at ITPL, and of course the huge heart of every blood donor there.

Employees from Applied Materials and other companies located in International Tech Park, Bangalore have donated more than 3600 units of blood. Our association with Accidents and Sankalp India Foundation on this noble cause has ensured that there is more awareness on the need to donate blood and has met the constant needs of the blood banks in Bangalore. We encourage more and more businesses to come out and sponsor blood drives in their organizations on a regular basis."

History has now been made at ITPL with 10 drives in 40 months. Major blood banks of the city have benefitted immensely from this regular event. As time rolls by, numbers will keep shooting up and in a few years it will be time to celebrate the Silver Jubilee.

Man donates blood on 100th birthday!

Two days after celebrating his centenary birthday on Feb 22, a retired oil worker from California, La. Kerker marched into Houchin Community Blood Bank and donated blood on National Donor Day (in the United States of America), which was also Valentine's Day.

Valentine's Day. It was his way of recognizing his birthday from his heart. "If I can help somebody that way, it's the least I can do," Kerker explained.

This was not the first time Kerker donated blood. He began donating years ago on an occasional basis. After he moved to the United States on Sept. 11, 2001, Kerker became a regular blood donor.

"When the towers went down, I said, 'I need over to Houchin every 56 days when they call me and donate. I've made it point to get on a schedule and have been doing it ever since.'"

NOTE: In USA, a person can donate blood once in 56 days but in India it is once in 90 days (according to NACO guidelines). (Article inspired by news in AABR 3/10/11)

23 March - Lest We Forget

For many of us 23 March may be just another day in the calendar year where we get on with our daily and evening routines. However, it is a day where we need to remember the greatest of sacrifices made by three young men in India's quest for independence and freedom from the British rule.

On March 23, 1931, Bhagat Singh was hanged in Lahore with his fellow comrades Rajguru and Sukhdev. Since then 23 March is known as Shaheed Diwas.

Bhagat Singh was a revolutionary and was a constant source of trouble for the British in India. But the two major events that were the reasons for his execution were the bombings of the Assembly and the Saunders murder.

Bhagat Singh, Rajguru, and Sukhdev were charged with the murder and the assembly bombing case.

Bhagat Singh decided to use the court as a tool to publicize his cause for the independence of India. He admitted to the murder and made statements against the British rule during the trial. While in jail, Bhagat Singh and other prisoners launched a hunger strike advocating for the rights of prisoners and protesting the British rule.

All three were finally hanged on 23 March 1931 amidst thunderous shouts of 'Inquilab Zindabad' from other inmates made the jail.

Long Live Revolution!

Nutritional Advice For Anemic Donors

Ask any donor and they will say that blood donation is exciting and satisfying and are keen and eager for that next time. However there is always a small section of people who do not get to donate blood. Many of them especially ladies are anemic and hence not eligible for blood donation. The eligibility is primarily determined by the amount of hemoglobin present in the blood. In India as per NACO (National Aids Control Organization), which is the governing body for blood donation in India specifies that for a person to be eligible to donate blood the Hb level in the blood must be greater than or equal to 12.5 mg/dl for many donors this limit is too high. They are discouraged by the blood.

Deficiency of vitamin A limits the body's ability to use stored iron. Source of Vitamin A are yellow, orange fruits and vegetables like carrots, pumpkins, papaya, mango, sweet potato, winter squash, cantaloupe and so on. Vitamin C helps in better absorption of iron. Foods containing vitamin C are orange juice, lemon juice, pineapple, guava etc. Therefore just after the meal, its recommended to eat Vitamin rich food.

Lack of vitamin B12 also contributes to anemia, so in addition to adding iron, increasing the intake of foods containing vitamin B12 is advised. Vitamin B12 containing foods are Cheese, Milk, Yeast extract, Egg, Fortified cereals, drumstick, chickpea, kidney beans, lentils, fish.

What does low hemoglobin level mean? Hemoglobin (Hb) is a protein in red blood cells (RBCs). Almost 2/3rd of body mass is found in hemoglobin. It helps in supplying oxygen to other body tissues. Low hemoglobin condition is known as anemia. The common symptoms are certainly help feeling of tiredness, headache, dizziness, fatigue and lack of energy. Anemia is considered to be present if the hemoglobin concentration is below the lower limit of the 50th percentile (Males 13.5 g/dl, 12.5 g/dl; Females 11.5 g/dl - 16 g/dl). They are discouraged by the blood.

What is the normal Hb level? Normal range of hemoglobin differs in males and females. Male: 13.5 g/dl - 16 g/dl; Female: 11.5 g/dl - 16 g/dl. To be able to donate blood.

Dietary Recommendations: Given below is a small set of food products that can be included in your regular diet. These foods are rich in iron content and will help improve Hb levels. **Cereals:** Bajra, Jowar, Ragi, Rice Flakes, Puffed Rice, Whole Wheat Flour, Wheat Bran, Lentils (Mung, Moong, Chana, Masoor, Urad, etc.). **Pulses:** Peas, Horse Gram, Black Gram (d), Cow Peas (Black Eye Peas), Bengal Gram (Chana), etc. **Vegetables:** All green leafy vegetables, potato, brinjal, amaranth, curry leaves, Coriander leaves, drumstick, chard, spinach, bitter melon, etc.



DMMG

The year saw no major disaster where the organisation could offer help. However, the organisation promoted the Disaster Relief Partner Program to ensure that the set goals to provide immediate relief to the victims in the event of a disaster could be met. A candle lit vigil was organised on 26th December 2011 in memory of those who died in the Tsunami that struck the Indian shores on 2004.

9 Remembering the Tsunami: The event was organised to remind ourselves of the need to be prepared for disasters

Remembering The Tsunami

26th December 2004 the killer waves of the **Tsunami** hit the Indian shores bringing an abrupt end to thousands of lives.

Let us join hands to spare some time to pray for the departed souls.

Inviting you to participate in the **Candle Light Vigil** on the eve of the most horrific disaster of our times.

Sankalp India Foundation®

Date: 25 December 2010
Time: 6:30 - 7:30 PM
Venue: Opposite Jewel de Paragon, MG Road, Bangalore

Call: 9880132850
Mail: sankalp.admin@gmail.com
Visit: www.sankalpindia.net



Credibility and Transparency

Compliance to the highest standards set by Government and Regulatory agencies and maintaining provable transparency are integral part of our working norm. Significant steps were taken to bring credibility into the organization when Sankalp initiated and succeeded in being registered with transparency certifying organizations like Credibility Alliance and GuideStar India.

Sankalp also adopted a procurement policy to ensure systematic purchases for the organisation.

Awards and Recognition

Perhaps the biggest of them all was winning the 'Spirit Of Humanity Awards 2011'. Sankalp India Foundation was chosen to be one among the few NGOs in the country who are making a noteworthy and meaningful contribution in areas related to health sector in the country. The award instituted by the Americares Foundation was like a jewel in Sankalp's crown.

Internal Strengthening

The organisation completed the commissioning of 13 technology platforms to assist the organisation on various aspects of day to day work. The Tech Team of the organisation is striving to ensure that work can proceed with high degree of efficiency and reliability. Work has also been initiated to build technical platforms which could be used by blood banks. Financial and resource operations of the organisation are now being handled completely electronically. The organisation also has its own training portal.

The organisation conducted biannual 360 degree feedback for all volunteers. The regular feedbacks not only help the organistaion in early detection of problems but also enable us to help build our people to be better.

With frequent and relevant trainings and discussion sessions and strong networking with related organizations and celebration of certain important national events, Sankalp volunteers also kept the non blood side of the organization running effectively – this includes the Tiranga and the Disaster Mitigation and Management Wing.

Annual Report 2010-11



This gives a quick look into what the organization has been doing. I would like to take this opportunity to thank all the people who have been supporting Sankalp in one way or the other. When our work matches with immense support and participation from your end, then we are able to inch closer to “Giving Life a Better Chance”.

Vande Mataram

Lalith Parmar

President, Sankalp India Foundation



Transparency Disclosures

- No remuneration, sitting fees or any other form of compensation was paid to any board member or volunteer.
- Travel reimbursement made to volunteers who undertook travel to various parts of Karnataka for camps and networking helpline is Rs 21298/-
- No travel reimbursement was made for international travel.
- Sankalp does not have any salaried employees.

Income and Expenditure Account for 2010-11

Balance Sheet as of 31st March 2011

| LIABILITIES | AMOUNT | ASSETS | AMOUNT |
|---|--------------------|-----------------------|--------------------|
| <u>CORPUS FUND</u> | | <u>CAPITAL ASSETS</u> | |
| Opening Balance (as on 01.04.2008) | 43,760.00 | As per Schedule "I" | 1,91,125.00 |
| Surplus (being excess of Income over expenditure) 3,062.00 | | <u>CURRENT ASSETS</u> | |
| Less: Surplus (being excess of expenditure over income from previous year) -3,330.00 | | Cash in Hand | 17,289.03 |
| | -268.00 | Balance With Bank | 1,02,202.97 |
| | | | 1,19,492.00 |
| <u>FIXED ASSET CAPITAL FUND</u> | | | |
| | 1,91,125.00 | | |
| <u>CURRENT LIABILITIES</u> | | | |
| Sripada Data Services | 76,000.00 | | |
| | 76,000.00 | | |
| Total | <u>3,10,617.00</u> | Total | <u>3,10,617.00</u> |

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING ON 31ST MARCH 2011

| EXPENDITURE | AMOUNT | INCOME | AMOUNT |
|---|--------------------|--|--------------------|
| To Travelling & Local Conveyance | 10,520.00 | By Membership Fee | 1,88,200.00 |
| To Printing, Stationary & Consumables Expenses | 64,388.00 | By Bank Interest | 1,393.00 |
| To Postage & Telephone Expenses | 25,455.00 | By General Contribution | 37,580.00 |
| To Bank Interest & Charges | 925.00 | By Contribution for Router Purchase | 75,000.00 |
| To Legal Expenses | 2,135.00 | | |
| To Boarding & Lodging Charges | 4,563.00 | | |
| To Capital Expenses | 1,91,125.00 | | |
| To Surplus (being excess of income over expenditure) | 3,062.00 | | |
| | <u>3,02,173.00</u> | | <u>3,02,173.00</u> |



Name and address of the Bankers:

- State Bank of India, Koramangala 3rd Block Branch, Bangalore, Karnataka, Pin: 560034
- Punjab National Bank, 1382, 32nd Cross, 4th T Block Jayanagar, Bangalore - 560041
- HDFC Bank, Banerghatta Road, Bangalore

Name of Auditors: Chadha and Associates

Registered Office

Sankalp India Foundation
No. 460 Gokula,
8th Main Road, 4th Block,
Koramangala, Bangalore—560034, India

Call: 9880132850,

Visit: www.sankalpindia.net

Mail: Sankalp.admin@gmail.com