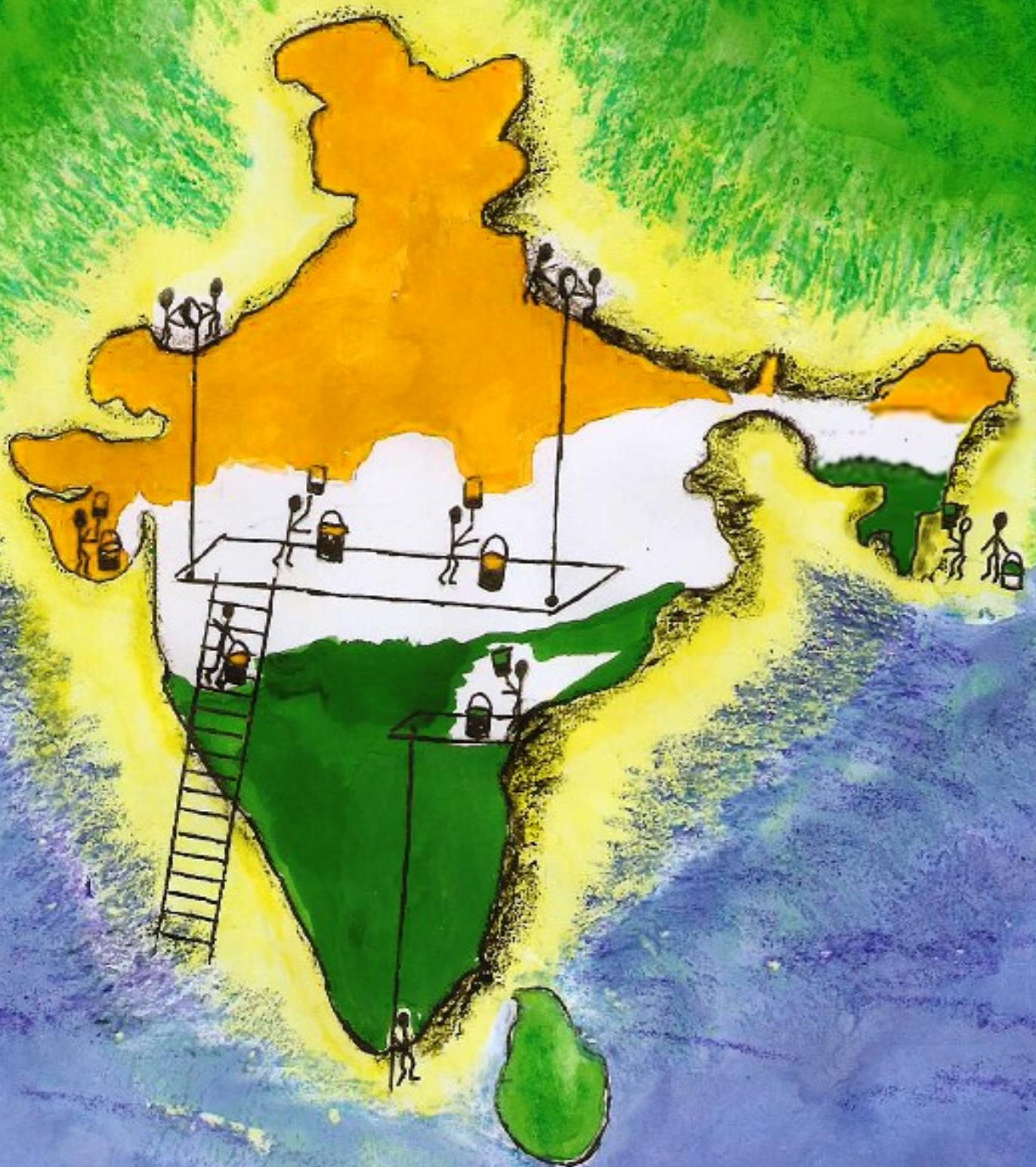


# Abhivyakti 2010

The Annual Magazine of  
Sankalp India Foundation®





# ***Abhivyakti* 2010**



**The Annual Magazine of  
Sankalp India Foundation®**

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### Small things making life bright and beautiful

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## MSRMBDS Annual Report

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## What do you do when you are angry?

"I never work better than when I am inspired by anger; for when I am angry, I can write, pray, and preach well, for then my whole temperament is quickened, my understanding sharpened, and all mundane vexations and temptations depart." Martin Luther

## Disaster Mitigation And Management

"Better response, better training, better preparedness and better relationship with door organisations is the message for 2010 from the DMMG team.."

## Experiences Of A Newcomer

"Sankalp is a relatively small group of volunteers. I thought I will have to fill some forms before I become a member of Sankalp. Surprisingly, all I had to do was attend the Sunday meeting!!!"

## Rakta Kranti

"A total of 53 schools were approached where 20 programmes were conducted. 4391 students were enlightened in this phase. More than 400 college students in 7 major medical hubs of Karnataka were trained to be Team Red volunteers. This year the donation count in RK hit a new milestone. We have now more than 10,000 units donated in 3 years!"

## Sankalp Volunteers' Review Meet

"The Volunteer's Review was envisioned as an opportunity for various teams to share their report with fellow volunteers and facilitate the shaping of the future strategy for each one of them."

## Don't know Where The Road Leads Me

"Let's put it the straight forward way: "When in life you get confused and worried, try to give lesser importance to the thinking hat for some time, assume a workers profile, and move on!"

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"Excellence is not a destination; It's a journey which should be start from today Keep giving your best and you won't realize when you crossed and came to path of excellence."





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Sankalp is now a very integral part of my life; it's so important that before taking any personal life decision I do think about Sankalp. It has gives a new dimension to everything I do. Sankalp life has its own beauty and I am sure all Sankalp Volunteers would have the same opinion.

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Today when I have completed about 4 years in Sankalp, I am still searching the mistakes. And I request my seniors to let me continue doing mistakes until I identify them.

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**T**he Year 2009-10 was an eventful year for Sankalp India Foundation. The group of 30 individuals who call themselves Sankalp volunteers were kept very busy with the back to back activities that took place in the last year. We are happy to bring to you the yearbook of 2009-10.

A lot of major projects took great shape in the last year. The Blood helpline for the state of Karnataka reached **95%** of the needy people in 2009-10. The year also marked the migration of the blood helpline number from 1062 to **9480044444** for higher reliability and performance. Sri Sri Sri Balgangadharnatha Mahaswamiji from Adi Chunchunagiri Ashram inaugurated the helpline on Independence Day. With this Karnataka becomes the first state in country to have a dedicated helpline for blood.

March 2010 saw the completion of **10,000** blood donations in various drives organised by Sankalp. This milestone comes exactly 3 years after we organized the first drive in March 2007. Rakta Kranti is an attempt to make sure that there is no shortage of blood in the blood banks and that the blood banking moves towards 100% Voluntary Blood Donation. At the same time the schools wing of Rakta Kranti reached out to **4391** children studying in classes 8-10 with the message of Voluntary Blood Donation.

When the floods hit North Karnataka in August-September 2009, Sankalp undertook a relief operation code named -

"Sparsh". The organization provided **1000** sets of utensils to the most affected families in Raichur district as part of the project. This also led to the reorganization of Sankalp's Disaster mitigation and Management Wing to increase the organization's preparedness for Disasters.

The emergency wing of Sankalp that helps the people who fail to find blood from any other source expanded its area of expertise. The wing developed the potential to effectively help people in emergency requirement of blood in any part of Karnataka. The team also came up with a very effective and standardized process model in order to effectively take the increased volume of blood requests that may come as a result of the Statewide Expansion.

Another major attempt in the direction of ensuring supply of safe blood to blood banks outside Bangalore (who suffer from terrible shortage) was the Rakta Kranti Karnataka Programme. There are 12,00,000 students studying in 2000+ institutes of higher learning in the state. With the blood requirement of the state marked at 4,00,000 units annually, if only these institutions organize blood donation drives, no one would suffer due to shortage of blood anymore. With this opportunity the team set off to encourage systematic blood donation camps across the state. **8** districts were visited and a total of **126** colleges were approached. This is a giant leap in the direction of ensuring sup-

*(Continued on page 2)*





## A Note From The President ...

ply of safe blood to blood banks across the state.

In the last year, Sankalp received ample support from the media. The programme and activities of the organization found space in 6 newspapers, 4 Radio programs and a TV channels in the year. Awareness and public mobilization of this scale was never before seen by the organization.

Compliance to the highest standards set by Government and Regulatory agencies and maintaining provable transparency are integral part of our working norm. Sankalp is happy to announce that the Government of India has exempted all contributions made to the organization under the section 80G of Income Tax. This paved the way for greater contribution in the event of a disaster. The organization also became a member of the prestigious Credibility Alliance. Credibility Alliance is a consortium of voluntary organizations committed towards enhancing accountability and transparency in the voluntary sector through good governance.

Another major enhancement to the organization in the last year was the upcoming of a number of websites for the day to day operations of our teams. A total of 6 new portals were integrated with the organization.

The MSR Memorial Blood Donation Service which aims at ensuring regular small blood donation camps in MSR Group of Institutions, Bangalore was strengthened in the last year with more colleges participating

in the programme. The streamlining of resources was done to a great extent. Any team can now raise a request of the materials they need and the same is made available to them at cheapest price and with good quality. The process of systematic feedback also found way into the working mainstream. The organization's main website [sankalpindia.net](http://sankalpindia.net) is getting 6000 unique visitors a month.

This gives a quick look into what the organization has been doing. The magazine will provide you a comprehensive look into the work that is being done and how it is progressing. At the same time, the magazine provides you a quick look into the Sankalp volunteer.

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".

Happy reading.

Vande Mataram



*Let's Give Life A Better Chance*





I was, I can say, somewhat frustrated. I locked my PC and entered a meeting room. I wanted to draw a plan. A new plan. A better plan. I wanted to do something creative. I was very restless. There was a marker on the table. I casually picked it up and soon found myself writing whatever was coming to my mind on the whiteboard in front of me. Words, words and more words flowed out in abundance. I was scribbling stuff and wondering how many things do I carry in my circuit up there

Just then he walked in. He thought no one is there in the room. He came in to clean the place and make it ready for next meeting. No light of the room was



on so it is natural for him to have thought that the room is empty. He apologized and left. I shouted on his back that it was okay seeing his walk

back steadily. I was back to the board soon. It is good to dump what is there in the brain on the board sometimes. Just then, there was a knock and he reappeared.

Communication between him and us, in the past 3 years, has been mostly non-verbal. He speaks raw Kannada. I can understand what he speaks but it gets difficult for me to convey my thoughts to him - verbally. So, the language chosen is that of smiles. Innumerable times I have smiled at him and he has smiled back at me. I have

*“ Life comes to me in small boxes of chocolate. And all those chocolates are pleasant surprises. Feeling at this moment is that of blending deeper into the spirit of life ”*

got hurt in the past with such relationships when the person on the other side, at some point in time, asked me for special favors. For me these are very strong human bonds - not business. Yet, with this person, exchanging a smile had always been a great thing.

He reappeared in the room speaking something which must be an attempt

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Discussions

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Activities

You can do anything in the world if you don't look for credit.



Activities

to excuse him. He uttered something more and what I could make out of it was 'photo'. I could make the connection. A smile lit up my face and I told him in broken bits and pieces of the two languages I can speak (Hindi and English) and some bits of Kannada that I have the photo at home and that I will get it for him soon.

A few days back we had an event at our office. It was a grand event with participation from many organizations. Hundreds of educated smart young people came in. The organizers were enthusiastic and cheerful. The event was a success. People coming from other organizations were happy.

Much of the quality delivery came from the persistent hard work of the office staff who worked from morning to late at night

ensuring that everything was right in place. As the event drew to an end, someone suggested that the organizers take a photograph. All of them came together and invited me as well to attend. I join in but not without my silent friend. I pulled him alongside my colleagues and got a snap taken

For most people, the images taken on that day will find their way into the social networking sites. A few comments and then they will be lost in oblivion. Some may use the images in magazines and newsletters too. But for one man there, that image will have a slightly deeper meaning. He is surely keeping that image safely with a sense of pride and accomplishment. I guess, he will, to a small degree, walk back home with the feeling of the unspoken gratitude I have for him and the real fine work that he did.

Expressions

Discussions

**We don't really know what destiny hold in store**

**Expressions**

We don't really know what destiny hold in store for us. All we know is that we want our nation to be a place where no one suffers due to shortage of blood. Our steps have been small. We are still insignificant in our work and our impact. We feeble humans have very few reasons to be sure about the result. But I have a deep sense of comfort in the fact that I stand shoulder to shoulder with some of the finest people born in this nation who have been blessed with the education, the parenting and the upbringing that makes them workers for the cause of this motherland. I am comforted with the realization that I walk hand in hand with men and women who will continue to walk ahead, firmly and steadily on the road that will take their nation, their people to see a day when no one suffers due to shortage of blood. - A Sankalp Volunteer

*True heroism is remarkably sober, very undramatic.*

**S**ankalp India Foundation conducts regular blood donation drives within the MSR group of institutions. Periodic drives with a collection of 30-40 units enhance the stock positions of Ramaiah blood Bank, which is a major hospital that caters to most of North Bangalore requirements. This project named MS Ramaiah Memorial Blood Donation Service (MSRMBDS) was started to ensure that regular supply of blood is maintained in MS Ramaiah Blood Bank throughout the year.

This project has been going on for the past 3 years. The focus is on getting a regular schedule fixed for all colleges in the campus. A high degree of quality is pressed for and volunteers from Sankalp look at fixing the drive, inviting the blood bank, visiting classes, publicity and then finally conducting the drive itself.

Although there are many colleges and

hence a large donor potential there, only a few colleges participated regularly. The major reasons for this being

⇒ Only 6 colleges were participating in MSRMBDS

⇒ Camps were already being held in these colleges and most of the colleges give only one camp in the year

⇒ Some colleges had their exams and some were busy with other college activities.

So volunteers couldn't arrange for a camp in any college for 5 months. A strong initiative to get all colleges to participate saw Sankalp approach the head of MSR hospital. A letter addressed from medical director was sent to the colleges which were not a part of MSRMBDS. As an extension to this, the Blood bank chief personally approached the college principals along with the volunteers and

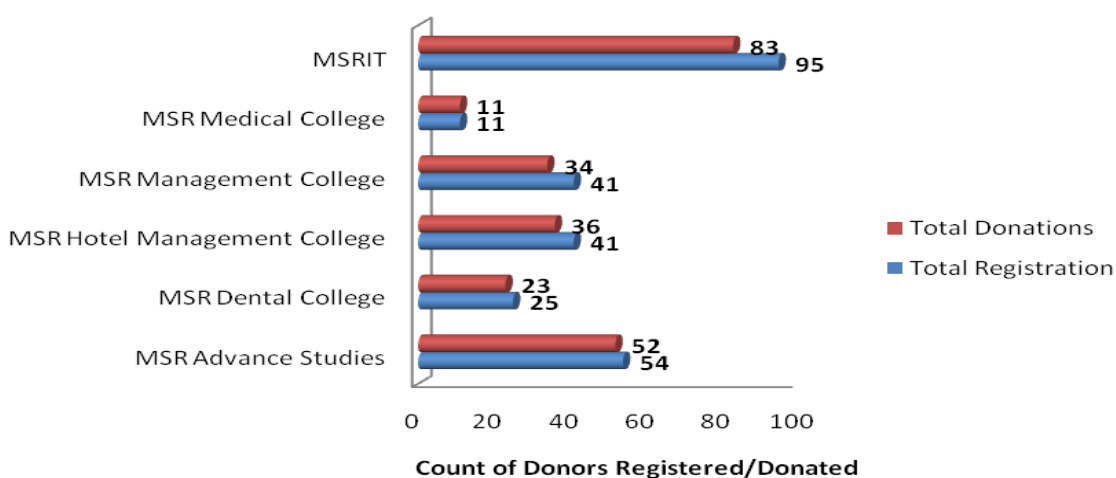
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Activities

## Participation of Colleges



*If You look in one way there is always a cause for alarm.*





## ...MSRMBDS Annual Report

### Activities

convinced them to give camps.

The team had a relook at the working strategy and introduced some new processes

**Thank you letter after the camp:** Initially, 'Thank you letter' and 'Thank You poster' were given to the college principal few days after the camp, but now these are given to the college or person-in-charge on the same day after the camp. And it's made sure that the thank you poster is put up on the college notice board, so that the principal and the donors are happy.

**Mail to volunteers participating:** Mail is sent to volunteers participating in the camp with all the required details like, the camp venue, volunteers involved in the camp, camp in charge, the contact person from the college, main feedback from the previous camp and few points to be kept in mind during the camp. This ensures that all the volunteers are clear about the camp.

**Website:** MSRMBDS team has started using IT to maintain its data. The donors' website (donors.sankalpindia.net) is being used to update information about the MSRMBDS camps. As of now it's being used for following:

**College Information::** All college details is being updated and maintained on the website.

**Camp Feedback:** Once the camp is over, the feedback report is updated on the

website for other volunteers to see and comment.

Based on a lot of feedback received and analysis made by the team, the following changes are in the pipeline for the forthcoming year.

### The 2010-2011 schedule

| College           | No of Camps |
|-------------------|-------------|
| MSRIT             | 6           |
| MSR Dental        | 2           |
| MSR Medical       | 2           |
| MSRAS             | 1           |
| MSR Hotel Mgmt    | 2           |
| MSR Management    | 2           |
| MSR Degree        | 1           |
| MSR Law           | 1           |
| MSR Nursing       | 1           |
| MSR Polytechnic   | 1           |
| MSR Physiotherapy | 1           |
| MSR Pharmacy      | 2           |

***The team has charted a detailed plan for the year 2010-2011. A total of 22 camps have been planned.***

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### Expressions

### Discussions

To think of losing is to lose already



## ...MSRMBDS Annual Report

### Team Red in each College

We plan to build Team Red in few of MSR institutions. Team Red is a group of volunteers from the college itself. This Team Red will help coordinate and organize camps better. During the camp the donors are asked if they would like to volunteer for organizing such camps that will be happening at their college. In few colleges, this has been done, the next task is to bring few students from these institutions together, explain about MSRMBDS and provide them sufficient training.

### Website

It is planned to use website for following purpose:

**Camp details-** Updating the camp details once fixed

**Standard template mails** – Mail sent to the volunteers will have a standard template with all instructions. This will be generated using the website. This is just to ensure that instructions are not missed out.

### Requesting Resource – Resource

request will also be sent out from the website. This will help us keep a track of resource being used for the MSRMBDS camps.

### World Blood Donors Day celebration

Since various institutions have been providing camps regularly, we wish to celebrate World Blood Donors day on 14<sup>th</sup> June by inviting the institution heads, student contact from colleges, donors and faculty in charge.

### New Resources

#### Better certificates for the Colleges:

Presently a A4 size normal paper is given as certificate to the Colleges after the camp. We plan to get better coloured certificates

**Standard Feedback form for colleges and Blood bank:** After each camp a formal feedback will be taken on feedback forms from the Principal and the Blood Bank Officer. This will ensure quality is maintained in MSRMBDS Camps.

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### Cause And Cause Only - Amit

### Expressions

*I get questions on what I would like to do that would make me proud, make me a happy man when I die. I search for various options to see which fits best. In the end I realize that it is work that motivates me. Selfless continued work with no sense of gain or pride. It's always been that I get motivated by people who work endlessly - no matter what work that is. It doesn't matter how many books I read or understanding about the world I get, it always has been work that gives me a high. . And finally when I think about a platform where I can do selfless work for just the cause and cause only... I see Sankalp.*

*If you think it will rain, it will.*



# What do you do when you are angry?

by Rajat

## Activities

## Expressions

## Discussions

There are times when you feel you have had enough of the non-sense and anger seems to dominate the emotions. What is it that you do then? Playing with my anger for a while now, I wondered how other people respond to anger.

Some related discussion ideas that come to my mind are: Is it okay to be angry at all? Why does someone get angry? Can anger be good at times?

### My Take —Jayesh

First thing first, "ANGER" is a natural emotion so I don't think it's bad to have anger. My personal encounter with such circumstance had taught me following:

Get out the thing which is making you anger. Get "Good distraction". Good distraction can vary from person to person. For some one song can be good distraction for other eating can be good distraction :)

It natural to be anger but it bad to act under the influence of anger.

*Small note my school principal though me. It has helped me in last 8 year after leaving school. "Give any of your decision at least a time of one night to make sure you not making decision under influence of any emotion (anger, depression, excitement etc)"*

This is my personal take on anger or any emotion irritating you. WRITE DOWN. You won't realize the power of this unless you

do it. Most of my blog are result of this practice only.

If possible talk to some neutral person on the issue.

**Nice question..Looking for more replies myself :) - Lisha**

Firstly I'm answering the three questions asked:

Like Jayesh sir has told, anger is just another emotion and cannot be reined in. But what happens after that is individual's strength of self-control.

Anger maybe the cause of any slightest of triggers (again the trigger varies for every individual :) ) or maybe for no reason at all (has happened sometimes for me)

I don't think anger can be good in majority of the cases.

Distractions (like mentioned) are a good idea. I guess for me music and silence does the trick. Since I don't want to complicate things by talking when I am angry I prefer to stay silent. It is pretty good if we can get the distractions, but sometimes it's not at all feasible to do so. Two simple examples I can give from my experience are: One, I'm trying to keep quiet but if I'm outside with a couple of friends this does not happen for more than 5 minutes at the maximum n anger doesn't ebb away in 5 minutes though. Two, exam time and preparation incomplete. If I lose my

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Change your thoughts and you change your world





## ...What do you do when you are angry?

### Discussions

### Expressions

### Activities

temper with something then it affects my studies. Distracting myself would not be feasible then. :) So if distractions are not feasible, I try to go on as much as possible with the task at hand. (be it a gossiping group of friends or studies :))

So I guess with anger, the good things (for me) is to stay quiet and sleep for a while or listen to some soft slow music. :) I'm open to other effective ideas which may say otherwise too. Please suggest :)

**Hmmm—Amit Sedai**

#### Why does someone get angry?

I usually get angry when I am unable to do something that I had been thinking of or I commit the same mistake again.

Some stuff: I realized during my childhood that I was very short tempered. It took a long time to control. However, I still get parts of it, but now my anger gets limited to myself :)

During my college days, I used to get angry mostly on Saturdays. I guess this was because I had too much idle time to think about stuff. There were various techniques I adapted to control

1. During my first year in coll .. I went to have lots of Gobi Manchurian when angry. I dunno why but it seemed to somehow control my anger.

2. During the second year, I realized that the first method wasn't really good when the next morning came... so I adopted a

way to exhaust myself whenever I got angry. I found vent in running in the ground near the hostel. By the time I was through, I did not have enough energy to get angry!

3. during the final year.. I got interested in spirituality and yoga. I started practicing pranayama and other stuff. Nowadays, I do have lesser instances of anger.

Coming to the second question:  
**Is it okay to be angry at all?**

Yes.. It is. I did find answers to the frustration that was developing inside myself. It was at these moments when I limited the anger to myself to find out how to overcome them. And when just thinking couldn't help.. I went further to start implementing what I felt was required.

#### The Three Questions To Ponder

- ♦ Is it OK to get angry?
- ♦ Why does someone get angry?
- ♦ Is anger good at times?

Hence in some ways, I can attribute that anger helped me shape myself.

#### Can anger be good at times?

Yes... indeed. It is anger which tells us that there is a change required. However anger has various forms.. For me it led to introspection in later years which proved good for myself. In the case when it can

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*You can promote your healing by your thinking*



## ...What do you do when you are angry?

### Activities

hurt someone else, it is best to control such feeling.

#### A Take on Anger — Pramod

Is it okay to be angry at all?

- No. Never.

2. Why does someone get angry?

A few reasons could be:

When you hold something long enough, "inside". When something "external" goes in a way, which is clashing with your internal way of looking at life. A few examples and what I feel right are:

Internal: Say, you are not happy with someone on something but are not expressing it out directly. This will eat you up internally. The best thing is to express it out- Directly. Helps to cool you down and is good for the other person too.

External: Say, someone does something to you or to someone; which goes very against your basics. Confront. And confront NOW. But under reason, not under anger.

3. Can anger be good at times?

- Never. You will always repent. For anger is a feeling under whose influence you react. If you think, there is something which needs to be acted upon - Act. For a boxer hits, but not under influence of anger, but because he has to.

#### Emotions—Rajat

Anger! Knowing whether it is good or bad or whatever else it is to be angry is not of much help to me. I don't like to be immune to emotions at all. Like to be a submissive, unpolished, unrefined man when it comes to the more human side of things. I would not like to see myself as an acetic who does not feel. I feel and that is what is good about me. I can't let the best of me die out! I'm sure there can never be a band pass filter installed into your emotional side which can filter the emotions on the basis of whether they can prove to be useful to you or not. Anger, for one, has been very useful to me in more than one ways. Let me take a few instance:

*(Continued on page 11)*

### Expressions

### Discussions

#### I find comfort in Sankalp-Volunteer Expressions

I started my journey with Sankalp India Foundation when I came to Bangalore in the month of August 2007. That time we visited Swami Vivekanand School on 15th August 2007. I found, in today's world every one is thinking about him or her self's, but there is a team who actually thinks about others needs and happiness. I like the way they work and the best part is there determination and passion. I am concluding my sentences here, "I salute those who thinks & work for others need and happiness".

Keep walking

*Give me few men and women who are pure and selfless and I shall shake the world.*



## ...What do you do when you are angry?

### Discussions

### Expressions

### Activities

**Failed External Expectation** There are times when the root of anger is the consequence of seeing a person, organization or a system fail upon an expectation. Anger is the emotion that comes into play. Anger comes with pain. Many times frustration also lurks in. Yet, I know that I have in the past, and I hope I will in future, used the opportunity to make the subject of the expectation (e.g. an unaccomplished task) an example for myself and for everyone else. Leaves me confident.

**Discontent:** There are other times when the simmering head vows, resolves, stabilizes upon, commits, refines upon

*"I never work better than when I am inspired by anger; for when I am angry, I can write, pray, and preach well, for then my whole temperament is quickened, my understanding sharpened, and all mundane vexations and temptations depart. "*  
*Martin Luther*

future ideas and actions. Anger is the mother of discontent. When I get angry, I set out to resolve, at a pace, higher than ever before

So, in an overall perspective, I will never want to get rid of all the anger at all unless I am thoroughly convinced that the UNIVERSAL TRUTH has dawned upon me and that I have nothing more to do in this world.

However, what is of interest to me is the handling of this anger. This is where I want to be sharp, accurate and awesome :) This is where I am a student with nothing at hand.

Manifestation of anger to the external world in direct modes of expressions like speech, physical strength, stares etc are what I want to get out of. And I find the suggestions given on this forum pretty useful for the same :) Distractions keep the man away from acting insane in that situation. It is very unlikely that you can get your mind of the situation. I cannot. Even if I sleep, I wake up with the same feeling. For days together all the time the same feeling persists over me. And yet,

- ⇒ Listening to music,
- ⇒ Sitting alone in the dark,
- ⇒ Going on long long walks,
- ⇒ Eating like anything,
- ⇒ Talking to a friend
- ⇒ Screaming while riding the bike at 80kmph
- ⇒ Singing songs in extremely random manner and tunes
- ⇒ Watching "Air Crash Investigation" episodes
- ⇒ Cleaning up
- ⇒ Write it out on paper and burn it off.

Make creative stuff like that guy up there with a gun! Help in making sure that the

(Continued on page 12)

*Without a purpose, nothing should be done*



## ...What do you do when you are angry?

### Activities

external manifestation in a manner that I am likely to regret never happens.

Having said this, I must admit, the people get to know the minute I get angry, and I can't hide it ever. Don't know how and why :(

#### **My Take on talking it out with people**

If a person is very close to me and I am angry with them, I am likely to lose it then and there. And frankly, I don't mind. They are my loved ones. They love me. I love them. I don't want management and tactics between them and me. I'd rather prefer to break down in front of them! They will understand. :) Glad, that I have such people. Sometimes I may wait for some time to take them away where only they and I and the problem are present. Then we can talk it out. If a person is not in this very selective circle of confederates and friends, I WILL NOT TALK TO THEM

### Expressions

UNLESS THE TIME IS RIGHT! I can wait for Never talk at all, feel bad and bad and yet not open my mouth unless I realize that the time is right when I can talk openly without my emotions playing games with my mind. I like to talk to these people in the realms of rationality. Emotional me is absent when I talk then. I am not in control of external situations including the behavior of people. And I don't want to be. Emotional discussions have an undue sense of compelling individuals to act in accordance with one's wishes. This is the last thing I want to do. In the wait for the rational moment, most of the concerns that I have are resolved internally.

I've done it again. Written a whole lot. Hope someone manages to reach till this line.

### Discussions

#### **Thank You Sankalp ... - Shyam**

#### **Expressions**

Biology has explained me that blood is a connective tissue necessary for life. But I understood the non-explained part about it once I joined Sankalp!

In life, when we all have hundreds of reasons for not to be happy, I have one good reason to smile and cherish for.

Life in Sankalp is never easy; for every moment is challenging but the satisfaction that I get at the end is beyond explanation.

I wish God bless me with this opportunity to serve the humanity till my last day on Earth.

Thank you Sankalp!



*No wind serves him who addresses his voyage to no certain point*





The compelling feeling of not letting go of the disaster victims brings Sankalp Volunteers back to working for disasters. Year 2009-10 was a mixed bag for the team. H1N1 pandemic and Project Sprash, for Karnataka floods were the most major activities undertaken. The Team underwent thorough re-structuring in order to be prepared in a better way for the disasters to come.

### H1N1

As the rumours about H1N1 spread and the number of deaths rose, confusion and panic hit the community. Sankalp India Foundation initiated a series of measures to take on the pandemic - if at all it took shape of a disaster. Firstly, steps were

taken to  
o safe-



guard the operations of the emergency wing of Sankalp. Sufficient quantity of facemasks and sanitizers were procured to make sure that Sankalp could continue helping the people in emergency need of blood if H1N1 situation turned worse. Keeping the donors and volunteers safe

was considered most important and no stone was left unturned to ensure that this happens.

At the same time, the teams came across a very well designed poster from WHO which had the potential of preventing the spread of the infection. At that time the schools and colleges were pressing the panic button and even the industry was confused on what to do. With rumours all around, accurate sensible information was the need of the hour and we took steps to provide the same.

MSR Memorial Hospitals came forward to fund 2000 posters for H1N1 awareness. Our volunteers went over to various schools and public places taking these posters ahead and spreading the word. In one month after 25th August we visited 234 institutions with these posters. Thankfully the pandemic came under control and also more accurate news about the virus reached the masses bringing an end to the chaos the sudden outbreak had created.

Looking back, it was felt that the organisational preparedness that was undertaken was adequate and necessary. However, it was felt that our attempt to provide information matched similar attempts by many other people.

### Karnataka Floods Relief

After realizing the magnitude of the calamity caused due to floods in North Karna-

(Continued on page 14)

### Activities

taka, Sankalp India Foundation initiated an operation to provide immediate relief for the affected people. To make an initial assessment of the damage, one volunteer visited the flood-affected areas in Raichur within 72 hours of the disaster.

The volunteer visited many villages and



the affected families.

The money was converted into resources. In all, 1000 sets of utensils, (each set comprising of 2 bowls, 2 plates, 2 glasses and 2 serving spoons coming to an average of Rs 230 per set) and 73 sarees (costing about Rs 95 per saree) were purchased after an extensive market survey. Over a period of 25 days, 4 groups of volunteers travelled to Raichur and distributed the items to the most affected families in various villages like Bichalli, Katakunur, Pannur, Chicksugur, Tungabhadra (Andhra Pradesh), Daddala, Katarki, Akshala. Help was sought by

### Expressions

also spoke to the District Commissioner, Raichur, the Superintendent of Police, Raichur, the Village Gram Panchayat heads and some other locals of that area to come up with a detailed analysis of the damage. Project Sparsh was born within 96 hours of the ravaging floods. With an intention to provide basic immediate help to the victims, funds were collected from known and trustworthy sources. Reports from media and other locals there indicated that food and clothes were reaching people in huge numbers. Almost all relief agencies provided the same. We were told that people would like to rebuild their lives in some way, and a basic element of that is for every family to be able to cook for itself. Sankalp decided to provide utensils to



### Discussions

known and trustworthy sources in Raichur for the distribution work.

During the review of the work done during the floods, some critical factors affecting the relief programme were identified. This led to the DMMG restructuring in 2009.



## ..Disaster Mitigation And Management

### DMMG restructuring

#### Participation in Relief Activity

It was decided that Sankalp should continue to participate in the disaster relief work because of two major reasons. Firstly, working together the volunteers of the organisation could make a deeper impact on the disaster relief process and secondly, it was felt that Sankalp can help the victims of the disasters at a time when the need for help is most and yet, no help is in sight.

#### Only Response Phase

The organisation agreed to work only in the Response phase of the disaster. In all future events, the organisation would aim at providing systematic relief at the fastest possible pace. Rehabilitation will be ruled out a targeted area.

#### Need for Disaster Readiness

The organisation felt the need for disaster readiness all the time. A systematic training programme was to fill this gap.

#### Disaster Relief Partner Programme

The organisation felt that approaching donors for funds during disasters delays the

process much and valuable time is lost. It was decided to go ahead with "Disaster Relief Partners Programme" to develop a prior understanding with organisations for the purpose of disaster relief.

#### Training Programmes 2010

With the view of ensuring organisational readiness for disasters and also to train the volunteers in specific areas of disaster relief we have initiated a fortnightly training programme. 5 sessions of this programme were conducted till March 2010. Gradually Sankalp is preparing itself in a better way to tackle disasters better

#### Disaster Relief Partners Programme

With the aim of ensuring that mobilisation of funds is as fast as possible in the event of disasters; Sankalp India Foundation has initiated this programme. The aim will be to develop an understanding with the partner organisations for disaster

relief before the disaster strikes so that the response time can be reduced and faster mobilisation of resources happens. Organisations will be identified as the Disaster Relief Partner to work with Sankalp.

***Better response, better training, better preparedness and better relationship with donor organisations is the message for 2010 from the DMMG team. Even as we hope that we have nothing to report at the end of the year, we aim at ensuring the best possible response to any unfortunate event that may come up.***

Discussions

Expressions

Activities

*One starts an action simply because one must do something.*

## Activities

## Expressions

## Discussions

I once heard a talk by an eminent civil servant about the fact that “Our world is not flat”. He clearly highlighted the social and economical inequalities prevalent in our country and how this prevents the unprivileged ones from living a life of dignity and self respect. Until that day, little did I realize that many in this country did not have the opportunities that I was privileged to have. For millions, elementary education and basic health care for example, are luxuries which they cannot afford (forget about these being of good quality). So, we the “privileged ones” might want to do something to make this world a little more flat. Before I write about my experience with Sankalp I wish to share another simple thought. From dawn till dusk, all the activities that we get into, are predominantly aimed at satisfying our personal needs. From brushing our teeth to watching a late night movie...we can hardly think of anything that we deliberately do for others. In my opinion those who can willingly spare some time for the well-being of others are true **Heroes**.

I consider myself extremely privileged to be able to work with a small bunch of such heroes.

First thing that struck me when I met them was the age group of the members. Majority of them are undergraduates doing their B. Tech. in an engineering college. Putting myself in their shoes, I could not imagine myself managing the hectic schedule of

classes, labs, exams and still find time to work for Sankalp. For example, one young guy (most probably finished his 12<sup>th</sup> class a couple of years ago) is predominantly responsible for the publicity of the statewide blood availability helpline. After sitting through the boring classes in the morning this guy finds time and most importantly the energy to go to several hospitals in Bangalore, talk to the medical superintendents and make them aware of the life saving helpline. This guy is one such hero I was talking about. There are many more... I do not have the space in this article to write about all of them.

***“Sankalp is a relatively small group of volunteers. I thought I will have to fill some forms before I become a member of Sankalp. Surprisingly, all I had to do was attend the Sunday meeting...look at various activities of Sankalp, choose the area that suited my interests and then get started. That’s it!!!”***

The founder of a Bangalore based NGO, working for urban reforms has this to say...“In India, the total number of employees in all the NGOs put together is larger than that in the Indian Railways.” Obviously there are many people trying to do many good things. Looking at the way I

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*Applause is the spur of noble minds, the end and aim of weak ones.*





## Experiences Of A Newcomer

was drifting away from academics my boss (read mentor) once gave me a long lecture about staying away from spurious NGOs. I am clear that by working with Sankalp I am with the best set of men and women. Reason?...their efficiency!!! I once got associated with a disaster relief activity organized by students of a prestigious academic institution. We pooled in good amount of money and did a reasonably good job. But, at the end of this adventure I was a little dissatisfied with the way we went about doing things. Without giving many details, I should say that we seriously lacked planning, organization and most importantly leadership. In my opinion, Sankalp's biggest asset is their leadership. Every single activity is well planned by the leader of the group and then extensively scrutinized by the rest of us for any possible loopholes. After we complete the planned activity we have a feedback session where, we critically look at the work we did and suggest possible improvements. Members of Sankalp are very open to criticism because

we believe this helps us personally and also the organization. This way, Sankalp is moving towards perfection at a very good pace.

Though, I do not wish to elaborate on the various activities of Sankalp, I cannot help but write about one of their initiatives. We call it "Raktha Kranthi – Schools". The major hurdle in voluntary blood donation is the inhibition, fear and lack of information about the process of blood donation. Even well educated men and women are apprehensive about blood donation. By providing school kids with loads of facts about blood donation and the much needed inspiration, a small set of volunteers in Sankalp are making sure that school kids grow up to become responsible citizens. I think I am not wrong in assuming that these school kids will be more aware and confident about blood donation than their parents. It was a great feeling to have worked with these heroes.

Discussions

Expressions

Activities

**Wonderful Time... - Pratima**

**Expressions**

It has been wonderful time since I have joined Sankalp. Working in Sankalp has helped me lot in improving myself. It is very nice feeling I get in helping people which can't be explained in words. I want to do my work still better.

**" SANKALP IS AWESOME..IT ROCKS"**

*The virtues and the vices are all put in motion by interest.*

Children if taught the right things at an early age can be a major boon. The Rakta Kranti Schools Team does just this. They visit schools and conduct an awareness programme for kids of class 8,9 and 10 telling them the importance and need of blood donation so that once they are 18 they automatically become voluntary blood donors.

#### Improvements last year

**Improved brochures:** At the end of blood awareness programme in each school, all the students who were a part of it are given a brochure containing information about blood, some puzzles and blood donation. Last year we changed the brochures to colorful ones. New images were added and quality of it was improved, making it look much better than the previous ones.



**Improved presentation.** Keeping in mind the response we had from students in the past year and feedback from schools, we spent time to improve the quality of talks and skit. Skit was changed and new activities included. Both the new skit and the activities have been received well by the students.

**Videos and PowerPoint:** Initially, the blood awareness was done using hand made col-

**Statistics for 2009**  
*A total of **53** schools were approached where 20 programmes were conducted. **4391** students were enlightened in this phase*

orful charts to explain the concept to the students. Few schools suggested us to use PowerPoint presentations and videos during the programme. Now, depending on the availability of projector in schools, programme format is chosen. With videos and ppts, the program quality seemed better.

**New RK schools Site:** All documentation regarding resources used, school information, program information and feedback were documented using Google spreadsheets. Last year, a new website was launched to update all these details. This website([school.teamred.in](http://school.teamred.in)), not only allows the volunteers to update and find all the information at a single place, but allows others to get to know about RKS

**Motivational and competition posters:** After the programme in school, we go back to the school and conduct competitions so that the students can enthusiastically read and learn about blood donation. Now, we have an A3 size poster containing the competitions details, such as time duration and materials to be brought, topics, date and venue of competitions so

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that it could be put up on school notice board and students clearly know about it. Apart from these competition posters, we also give the schools few motivational posters (2 or 3) that could be put up around the school in order to inspire the students.

**Flexibility of volunteers :** The dates of the



competitions and the prize distribution in the schools were announced only after meeting the schedules of the available volunteers. Initially when we started off, 5 volunteers, and even upto 7 volunteers were present to conduct the 1 hr programme. Now, we have reached a stage

***Punjab National Bank sponsored beautiful takeaway items for the RKS project. Apart from just a brochure, we started giving each student a timetable and label set. Children just started loving them. Competition and motivational posters are also given to the schools were also sponsored by them.***

where 3 or even 2 volunteers can handle the entire session. Sometimes, even a non RKS volunteer was trained to perform the skit to help us ensure that we don't cancel schools due to shortage of RKS volunteers.

**Program feedback collection improved:**



At the end we give one of the teachers who participate in the programme a feedback form which contains 10 questions. These questions are related to the impact of the programme on the students, about resources given, volunteers and overall rating. School principals are also asked to give their feedback in school letterhead.

**New volunteers:** This phase had new volunteers joining this wing. In the later stages of this phase, during the month of January, schools were approached, so that juniors get comfortable and get to learn how the programme must go on.

**More meetings:** After realizing that our work is only during semester end holidays,

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Discussions

Expressions

Activities

A person who takes the success calmly takes the failures calmly as well.

## Activities

during the semester, we had regular meeting where we practiced the talks and skit, had sessions where we realized improvement points and plans for implementing them

**Divide the programme into sessions:** After realizing that we are not able to deliver our best when the number of students are more, we have started dividing the programme into sessions. In each session we cover around 150 students. This new approach seemed to work well.

**Super Bible:** This is a document that explains everything about RKS. Any new volunteer who joins RKS could get to know all the information from, why we conduct such a programme to how we go about conducting the programme.

Technical problems in schools, swine flu, poor crowd management, poor follow up

### *Tasks planned for 2010-2011*

- ◆ Improve interaction with school principals we plan to use an interaction form where details of programme and schedule are captured and we have an official record
- ◆ Search for more schools and try to reach a target of about 7000-8000 students with an improved, standardized programme
- ◆ Make more enhancements to the overall content of the talks.

strategy, approaching schools at the wrong time, postponement of programmes due to non availability of volunteers were some of the major work stoppers. This year we plan to address these and work with a better plan.

## Expressions

## Discussions

### A different experience.. Prabha **Expressions**

Being a part of RK schools, I encountered a phase wherein, we used to cover maximum schools possible in that phase, covering one school a day. After every school, we had few negative points which had to be improved... Something which never gave us satisfaction, something which told me I need to improve a lot. But this day was different. Because of lack of planning, we had to cover 4 schools in a single day. We had a fear that it will be very hectic and will surely mess up. But it turned out to be the best day as compared to all the school visits... The preparation we did so that we don't mess up that day... Just played a small role. The enthusiasm shown by the students enhanced our enthusiasm. These interacting sessions with the students made us learn a lot about the subject, include fun in learning and most important of all have fun and enjoy what you yourself are doing and do in better ways to communicate the information to the students.

*If you don't succeed in first shot, call it version 1.0.*



2009-2010 saw a sea of changes make its way into Sankalp. From a primarily Bangalore based operative unit, suddenly Sankalp was there all over Karnataka. All teams were expanding! To make the circle of expansion from Bangalore to Karnataka complete, Rakta Kranti had to spread its wings as well. With 1800 colleges spread all over the state the game was our's to play, or so we thought! Our challenge was to conduct blood donation drives in colleges in all districts networked to Sankalp. Before people could know, Rakta Kranti was already split – Rakta Kranti Bangalore and Rakta Kranti Karnataka.

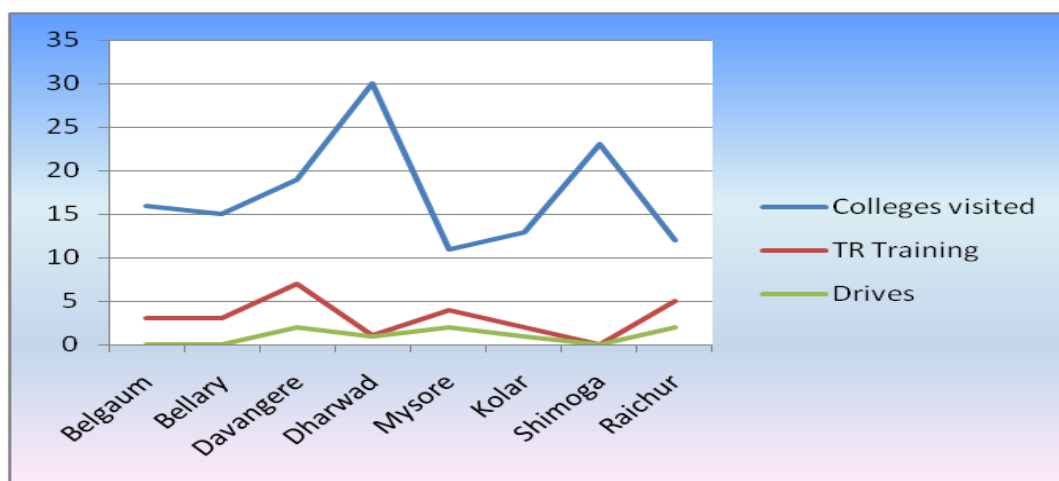
**RK Karnataka, The Preparation:** We needed a little reality check and decided to work on a sample set of colleges. We took up the task of visiting colleges on one

### Objective

*To visit colleges all over Karnataka and promote the concept of regular voluntary blood donation by training students there and conducting blood donation drives. In the process we also wished to work with some of the best blood banks all over the state and help them improve their stock positions. Registration of donors for emergency and promotion of the helpline became implicit objectives as we travelled far and wide across the state*

stretch of Bannerghatta Road and covered 10-15 of them. In each we proposed blood donation drives in the way we wanted to and looked at how things would move. Taking clues from this sample survey and extrapolating it, a detailed district wise plan was laid out, a Sankalp internal site was prepared for

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*In all, 116 colleges in 8 districts were visited. Team Red trainings were held. Team Red Trainings were held in 25 of these colleges resulting in 8 blood donation drives leading to a collection of 632 units of blood. Sankalp looked into complete end to management of each drive*

*If you do not live life on the edges, then you are wasting space!*

the team to log status , publicity materials were decided upon and the team members had their plans in mind. It was going to be an eventful year in view for the team

**RK Karnataka, The Journey Begins:** Bellary, Davangere, Shimoga, Mysore were chosen to be initial targets. One volunteer took to the field and visited these districts. Colleges were visited and our plan was proposed. Initially many colleges agreed and we were looking at 15 blood donation drives, but slowly as the schedules of colleges, i.e. exams, vacations etc became more obvious things got a little slower. In the course of time, Kolar, Raichur, Dharwad, Belgaum too came under our scanner. Problems of various degrees came up. While some colleges just did not want any such thing in their college, some had an existing relationship with a particular blood bank. There were others who were already holding drives and were satisfied with the frequency of drives or in some number of students were too little to expect a meaningful response. Wherever the team felt holding a blood donation drive is not possible they proposed a tie up with the Sankalp Emergency Wing. These visits, follow up meetings have taken place over the entire period and have laid the foundation blocks for Sankalp drives outside Bangalore.

**RK Karnataka - Building "Red" Units:** An essential part of our expansion strategy was to build sub units outside Bangalore

who could make a difference in spreading the message of voluntary blood donation. Who better than students themselves could do this? In any college where a blood donation drive would get fixed, the idea was to conduct a 2 hour training programme for a set 5-10 volunteer students. They would be the warriors of blood revolution in the districts. The need for voluntary blood donation and the situation of supply-demand gap in Karnataka leading to terrible moments in the search for blood was explained. Also the potential of students as blood donors was shown and they were given training to hold a blood donation drive in their college. A total of 25 colleges were covered for Team Red trainings where more than 400 students across the state were made aware of the crucial aspects of Blood. Descriptive and informative Team Red manuals were given to them along with well designed brochures to enable them go back to their colleges and work on essential publicity and spread the message to all. Thousands of students were being reached.

*More than 400 students in 7 major medical hubs of Karnataka were trained to be **Team Red** volunteers. Unfortunately, the energy of these volunteers could never be tapped to promote voluntary blood donation beyond their colleges*

(Continued on page 23)

*It's important in life not necessarily to be strong... but to feel strong.*

**RK Karnataka Blood Starts Flowing:** With the stage set it was time for the blood donation drives to be held. Team Red volunteers who had attended trainings were in touch with the Sankalp team in Bangalore to try and achieve some sort of publicity. In the meanwhile blood banks which were networked with the helpline were ap-

*Although only 8 drives were held, the quality standards in the drives were not on par with the ones in Bangalore.*

*Many of the best blood banks across Karnataka have shown a severe disregard to the most essential quality factors. This has left a lot to be desired.*

### Camps were held at ...

| Name Of the College          | Number of Units |
|------------------------------|-----------------|
| Maharanis Mysore             | 13              |
| AVK Davangere                | 52              |
| Vidya Vardhaka Mysore        | 52              |
| Bapuji PolyTecnica Davangere | 158             |
| Govt College For Women Kolar | 60              |
| LVD Raichur                  | 62              |
| Govt PolyTech Raichur        | 35              |
| BVB Hubli                    | 200             |

### The 2010–2011 target

- To make a strong presence for Sankalp within Karnataka by working in close sync with Disha and Emergency team
- To conduct blood donation drives in all major medical hubs by looking for opportunities in colleges and companies
- To build and nurture team red units all over the state. These people will be the local Sankalp volunteers in their district
- To build up a statewide donor registration drive program to enhance the Sankalp statewide database of emergency donors
- To work more closely with Blood Banks and push them to deliver better quality in drives



proached and invited for the blood donation drive. Quality standards to be followed were discussed at length and only after considerable satisfaction that the blood bank and college were ready for things drives were held. 8 blood donation drives were held with a total of 632 units of blood being collected.

A person is fit to become a leader when he can dream and achieve the impossible.

The Rakta Kranti Bangalore team (formerly Rakta Karnti Companies) has for the last 3 years been ensuring constant supply of blood to the best blood banks in the city by organizing regular blood donation drives. With a collection of more than 3000 units in the last year, this time the plan was to get bigger and better.

#### ***What Was On The Agenda***

- *To have regular drives all through the year with a focus on repeat drive in known companies*
- *To introduce better quality processes for end to end management of the drive with a strong focus on donor education and safety*
- *To push blood banks to deliver greater quality by enforcing the blood bank policy that was introduced last year*

Innovations In The Year That Went By

**TeamRed.in website:** A dedicated website has been set up for the team ([www.teamred.in](http://www.teamred.in)) where all information that would help in organizing blood donation drive is available. It is an internal working website that has ensured tracking of progress, and made availability of complete information for drive management at the click of a few links. Right from invitations to the feedback is tracked here.

**Donor Reaction Form:** To know about the possible causes of adverse reactions and use this learning to ensure better and

safer drives, Sankalp initiated a donor reaction form which captures all essential details of a donor who faced an adverse reaction after donating blood. These points will be thoroughly studied and an action plan to address them will be designed

**Digitalization of Database:** The registration book which has information about all the donors who have donated in all blood donation drive organized by Sankalp is being shared with the Emergency Team of Sankalp so as to digitalize this information and create a database of donors. The whole purpose behind the digitalization is to use the database for any emergencies in future.



**Enhanced publicity materials:** A lot of time was spent on designing quality material that can be used for publicity. All Publicity material like Donor guides, Quotes, Presentations, Posters, Videos, Flash Animations and standard mail templates which are required in spreading awareness about blood donation in a camp has been made open to all companies. Informative and attention seeking online quizzes are also

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included to increase participation of prospective donors



**Enhanced safety standards:** Blood Banks have been pushed to

conduct drives with greater attention towards donor safety. Donor Care is of paramount importance in Sankalp drives. Due to such a hard stand adopted by us there has been a variation in number of blood banks working with us for Blood donation

drives.

### Problems We Faced During Last Year

**Inconsistent Team Red Units:** We have failed to have team red set up in many organizations and even at places where it is set up, over a period of time it just does not work. Time and again we start everything from scratch all over again.

**Non Usage of Disha Stocks:** Although stocks from Disha are supposed to be the indicator for conducting a blood donation drive, many times this was not done. Drives were scheduled on requests from blood banks or interest of

(Continued on page 26)

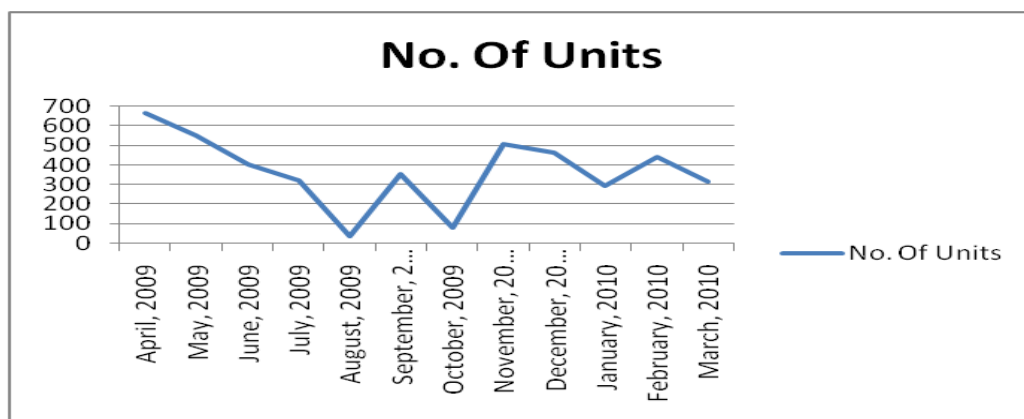
Discussions

Expressions

Activities

### The number of blood units ...

In the last financial year (2009-2010), Sankalp Organized 34 blood donation drives with **4431** donations compared to 21 blood donation drives in the previous year (2008-2009) with **3394** donations an increase of 35%. Looking at the data, there are some months where plenty of blood



was available in the city. In those months no drives were organized. The August of 2009 saw sufficient stocks of blood in the city and hence very few drives were organized by us resulting in 38 donations.

Only in our dreams are we free. The rest of the time we need wages.

### Activities

companies. This cycle needs to be standardized by taking inputs from Disha

**Reluctance from Blood Banks:** Many times during the year blood banks refused drives due to a multitude of reasons. This led to some drives being rescheduled thereby creating a lot of chaos.

**Volunteers availability:** Usually in Sankalp drives, volunteers from Sankalp are there to ensure complete management of the drive from start to finish. Sometimes we faced an acute shortage of volunteers attending the drive leading to some volunteers taking unplanned days off from their normal routine

**Lack Of Training:** Except for a few volunteers most of the volunteers in the organization did not have a complete overview of all the things in a blood donation drive.

Periodic trainings though scheduled, failed to materialize.



**H1N1:** At the time when the media ripped apart the country with stories

and articles on H1N1, Sankalp faced a major crisis too. it was very difficult to convince the company HR'S AND CSR team to organize a blood donation drives.

*This year the donation count in RK hit a new milestone. We have now more than **10,000** units donated in 3 years!*

### Expressions

### Discussions

Keep It Up .. Vinutha, CSR Team @ Logica

### Expressions

"It's my immense pleasure to write about Sankalp and the way it carry out the drives. The drive conducted on 17th February 2010 was a good success in Logica. Employees really turned up to the drive to donate blood and made a difference. The way Sankalp organize the drive is really appreciable. One thing I must mention about is the awareness program we had in Logica before the drive. It was really an eye opener for everyone to let the people know all the facts about blood donation and motivate them in donating blood. This also inspired us to have the TEAM RED inside Logica. We constantly publish the blood emergency number in our communications to the employees which help them in getting blood without a struggle. I would like to thank you for coming over here and letting us know about the facts on blood donation. It was a delightful session indeed. You guys do a phenomenal job. Keep up the good work."

*Our greatest foes, and whom we must chiefly combat, are within.*



#### **Whats Coming Up This Year?**

- To continue effectively following all processes in a blood donation drive. The team will dedicate itself in ensuring END to END management of a blood donation drive.
- To focus on having regular drives in the organizations which are associated with Sankalp and also add many more organizations to be part of this wonderful case
- To have regular drives during the months of April to July where there is shortage of blood as most colleges do not organize drives in this period
- To have Team Red trainings in all the companies. Until now this training is being organized in only 1 out of 4 drives. The team would like to have increased this to at least 2 to 4.
- The team would like to focus on planning drives well in advance so that sufficient time is there for effective publicity and also preparation for blood bank
- The team would like to explore further blood banks outside Bangalore and organize drives with them when required
- The team will also like to have the blood bank meeting so that the complete feedback from the previous year's blood donation drive can be addressed.
- The team will start interacting with more colleges in Bangalore and ensure team red is set up.

#### **What Do People Say ...**

- It is a good initiative by the organizers. Let's make Bangalore & Karnataka a no shortage city & State for blood. Keep up the good work. -

#### **Rajesh Raju - West Telecom**

- This is my first time donating blood. Hospitality is really nice and we appreciate it. We would like to emphasize to organize the same for once in 3 months

#### **Shyam Babu - ARM II Drive**

- First time experience. Feels good. The doctors/personals were good. Took away all my concerns, everything went smoothly and thanks for letting me started with this initiative.

#### **Rakesh Agarwal - NI**

*We're pretty comfortable with working with Sankalp. Your processes are professional and your publicity posters are pretty effective. The entire operation is handled professionally and it makes the job of any company CSR team coordinator like me easy. It would help to raise the profile of Sankalp within the employees by organizing publicity or awareness programs during blood camps*  
- Sriram, CSR Team @ AMD

There is a kind of victory in good work, no matter how humble.

### Activities

"The common dream, the combined effort, the sharp quest for improvement, the systematic project cycles and a sincere effort to get things done for the cause of the nation." Sankalp volunteers would be happy to describe themselves as such. The first ever Sankalp Volunteer's Review was a major step in ensuring that the organization is true to the above statement.

The Volunteer's Review was envisioned as an opportunity for various teams to share their report with fellow volunteers and facilitate the shaping of the future strategy for each one of them. Preparation

started months in advance with individual teams taking feedback and putting their documentation in place. Sankalp organised the first "Volunteer's Review" from 18th to

25th April, 2010. The program which extended for almost 12 hours saw the review of 13 projects by the volunteers. There were comprehensive presentations, SWOT (Strength, Weakness, Opportunity and Threats) analysis, discussions about the good things and the bad things that happened in the last year, rich discussions on the strategies and healthy debates on the course to be taken next.

For senior volunteers it was an opportunity

to get greater clarity and detail into the plans that are coming up. For junior volunteers, it was an opportunity to appreciate at the extent and amount of things the organization undertakes and for all of us, it was a chance to see the big picture of Sankalp India Foundation. However, the soaring afternoon temperatures and the demand for 7 hours of attention in a day was a bit too much for some volunteers ;-). Next time the review will be distributed across 4 weeks.

Srinivas Raju, one of the volunteers expressed his feelings at the end of the review as "Looks like

each team of Sankalp has improved over the last year". Jayesh Parmar was more focused towards execution when he stated - "The plan looks good. Let's

see how the execution goes". Ambika, who joined the organization in last year was happy to learn how much the organization is doing. A Volunteer who came back to the meeting after a long time commented - "The organization has become much bigger and much more complex than before. Good that I attended this meeting to get a feel of what's up". The senior volunteers were happy to see the dreams and the plans getting more ownership.



### Expressions

### Discussions

*Do your duty until it becomes your joy.*





# Don't know Where The Road Leads Me

by Pravachak

There are times in life (like the time I have right now), when it gets difficult to see what lies ahead. I really don't know where I am heading. Things are so messed up, so confusing. This is not the first time I am going through this phase. It comes! Sometimes. Especially when the pressure to get things done immediately is not high! So, the road ahead is not clear and the des-



tination blurred! Classically speaking this is a bad omen! Often you get to hear that the goal should be right there in front of your eyes when you walk to your destination. Sorry! Let me admit. It is not happening.

There are other classical beliefs! "Make hay while it shines". "Prepare for the Rainy Day". The classical Panchtantra tales that talk about the wise man who is planned and the fool who is directionless. Hmm!. All these are like small small daggers that keep poking me. Asking me - "Mr. Are you planning? Are you all set?". And I, sheep-

ishly answer back - "I don't know!"

While the classical theories scare there are other set of beliefs, which I call person, but in fact which are culmination of the ideas that I picked up from here and there while on the journey of last 26 years. That belief says that you will make it. They tell me that I just may die the way I like. That on my death I would like to be reborn the same me :). These senseless beliefs come from the fact that I do have my likes and dislikes. People who have preferences - real strong ones - have a scope to bending the rules to match their preferences. I am hoping the same will happen with me. I hope one fine day I will wake up to realize that the goal is right there. Crystal clear :)

With these contradictory philosophies residing in my head, I need to go on. The principle for the day is - "Keep Going". Change requires movement + direction. At least assure that the movement does not change to static while you resolve the direction. Makes sense?

***Let's put it the straight forward way:  
"When in life you get confused and  
worried, try to give lesser importance  
to the thinking hat for some time,  
assume a workers profile, and move  
on!"***

Discussions

Expressions

Activities

A full mind is an empty baseball bat.

### Activities

I am writing the blog after a long time. A lot had happened from last time I wrote one and this one. Life is not a same, as it is never. Lot of thing changed. Some towards betterment and some still on a way of improvement. What made me to write this blog is learning in this time. This blog is one of my lesson which I had always knew but never understood.

In our daily life, one term which slow and steadily vanishes out from our life dictionary is "Excellence". When was the last time you thought, thinking is only first step, of doing the work in best way it

### Expressions

***"Excellence is not a destination; It's a journey which should be start from today Keep giving your best and you won't realize when you crossed and came to path of excellence."***

### Discussions

should be done or at least tried to give your best? Don't try too much to think. Either It will come up naturally or it won't. Many of us do our best or at least try their best to give in academics exams and many others not even that. Once we get to the real world all is over. Isn't it ironic, academics are mean to built us for the real world and things happens other way around. Also, most of our academic are gone looking for short term gain (marks) than long goals. Frankly speaking we don't have long term goal itself. Many of us

have this saying "we don't have the time for excellence". It would be insane to expect excellence from ourselves in every aspect of life. But don't you think its inclined more on the excuse side than reason. We should not get so involved in running the show, day to day problem, that we completely forget and forgive our self of time or other excuse for not even trying for it. Some also have this to say, that they don't get the work to do what I love most. If you can't find even one job in which you can't put forward your best than surely it's time for introspective. If you can't find what you love, Love what you are doing. I know you will say I have heard it many times but for this I want to say you never understood it as it should be. If you do this you get to know what you love. If not, you will at least get to know what you hate. Believe me it always works. At least work for me. I am pretty sure it will work for you. What the importance of all this? Is it worth putting extra effort for this? Answer is "Yes". How silly or insane it might seem but it matter most. Think "Why Taj Mahal is praised for its beauty all over the world? Is it because it has awesome marble or its one of the biggest man made structure or because of its incredible art work. Answer is all. A beautiful life not made in day, it is built of each day: hard work, love and excellence. "Rome is not built in a day". It needs a foundation of years of excellence work to build anything worthwhile.

*The history of free men is never really written by chance but by choice; their choice!*

Providing the revolutionaries all the technical support that they may desire and ensure that they are able to carry out their activities better, faster and in a more efficient way is the job of Sankalp Tech Team. Year 2009 - 2010 saw many technical advancements in the way various wings operated, improvement in the understanding of the volunteers on the system they were working upon, leveraging their technical expertise and providing better methodologies for work sharing and availability.

### Major Achievements Include :

#### Creating internal Websites

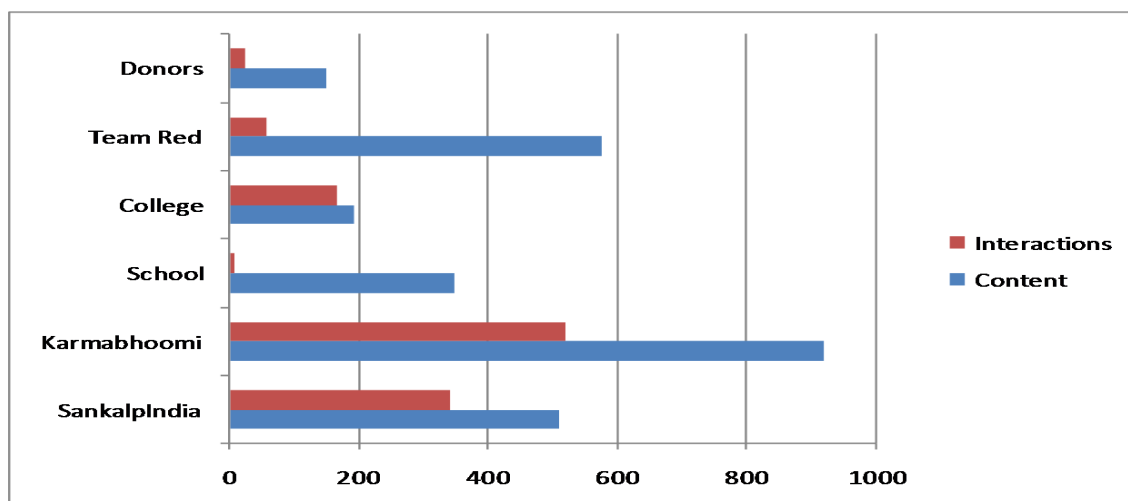
This year saw many internal websites being created. These sites were in need as the volunteers wanted to have a platform where they could share as well as update their tasks. The following are the websites

**Rakta Kranti School Website:** The RKS Website provides options for updating data from the schools visited by the volunteers, the competition, prize distribution and presentation done by the volunteers at various schools. In short, the entire management of RK Schools program is handled by the site.

**Rakta Kranti Karnataka Website:** It was considered necessary for having another site for managing blood camps conducted in insitutions across Karnataka. The site boasts of infrastructure to accomodate college, companies and blood bank related interactions and team red trainings

**Donors Website:** The Emergency Wing maintains a huge database of donors with data coming in from multiple

(Continued on page 32)



A graphical representation of how strongly the Sankalp websites were used by teams

*There is a budding morrow in midnight.*

## Activities

## Expressions

## Discussions

sources. The donors website addressed the need to store the incoming data in a scalable way where searching donor and blood bank information is possible. It also acts as a forum where EW blood donors can discuss issues.

**Disha Website:** There was a need for a unified interface where the RCEs (Response Center Executives) from the 94800 44444 call center could log any blood request coming to helpline, details of people who request for becoming a blood donor and upload the daily blood statistics sheet. The Disha site created for this is also used by Sankalp volunteers to track activities of RCEs, publicity work for 94800 44444 done and other activities under Disha.

**Sandbox Website:** Creation of websites specific to each team required volunteers in each team to learn basics of site management tasks. The sandbox interface was created for providing a blackbox for the volunteers to get their hands dirty in experimenting and implementing various features in Drupal.

**Chatbot - Chat Client:** Chatbot is mostly a content search system. It is a bot(robot) with whom a user can chat. The chatbot provides a menu based interface for the users to select and provide search data. Apart, the chat also provides features to mail / ping all the users associated to the chatbot. The chatbot development from the scratch has been done by the Sankalp-

Tech team.

### Tasks planned for 2010-2011

- ♦ **Drupal Sites Monitoring:** Monitoring of essential system resources like CPU bandwidth, memory consumption etc.
- ♦ **Site wide contact module:** Search contact seamlessly from a single location in all Sankalp sites.
- ♦ **Common Registration for all volunteers:** Register on one master website, without the need to create an account for accessing other internal websites.
- ♦ **Parallel Sankalp Sites running:** If a master website of sankalpindia.net goes down, then the other (slave) websites becomes alive and users would see almost no glitch.
- ♦ **Finance Site:** A new website for Sankalp Finance Wing.
- ♦ **Remote Administration:** Having a remote interface where we can monitor all Sankalp sites at one go.
- ♦ **SMS Integration:** Updates on what is happening in Sankalp via SMS!

**Messaging And Notifications:** Messaging and Notification(M&N) provides an interface to the users when they create or edit a content to select the list of users

(Continued on page 33)



from the site to whom they would like to send this update. The update is sent as an email. This feature has made communicating to the relevant volunteers very intuitive and simple.

**Better Search:** Search donors by blood group, location etc has been improvised in the donors site. Users can add or remove filters for search to make their search more relevant and accurate.

**Boost:** Sankalpindia.net website today loads 200% times faster. Thanks to Boost, the frequently viewed pages are cached to make them available faster for display to the user.

**Opportunity Management System:** Using OMS volunteers can assign tasks to themselves as well as assign task to others. Volunteers are able to see their pending / completed tasks whenever they login in their dashboard thus helping in tracking.

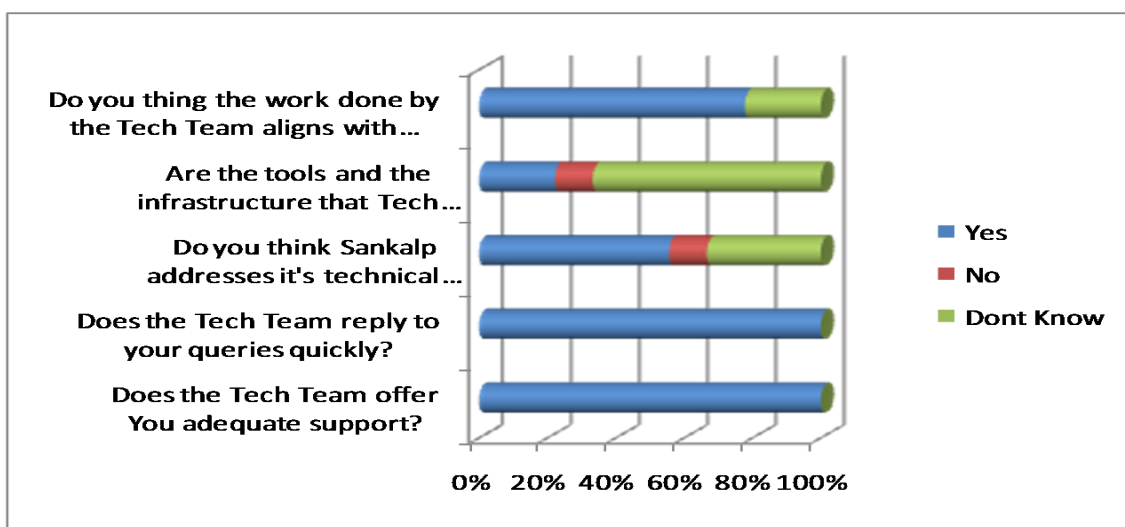
### Auxiliary Tasks:

**Virtual Private Server:** Sankalp websites have been moved to VPS. We felt that these sites need more power and performance to accomodate increased features and number of users.

**100% local backup:** Websites can crash, servers can crash. It became necessary for us to maintain 100% backup frequently so that the latest content are backed up and which can be used when the need arises.

**Upgrade to Drupal 6:** It was high time that all D5(Drupal Version 5) sites are upgraded to D6. The D6 release was out for almost a year and had matured enough Sankalpindia.net, Karmabhoomi and TeamRed.in have been ported

(Given below are the results of an internal survey conducted by the team )



**1** 1th February 2010 will go down in the history of Sankalp Tech Team in bold letters. We are not particularly proud of this date. Yet, the series of events that unfolded on the evening of this date have ensured that the organization takes a whole new approaching into handling its technical requirements. Sankalp Tech will never be the same.

At around 7:00 PM on this day all Sankalp Sites went down. The service provided withdrew all services without notice. As we scrambled to understand what has happened we got a mail from the service provider showing that we had over consumed the CPU resource and hence our sites are being blocked!

Having no central office where all of us meet very often, we have made the workflows of Sankalp very much dependent on internet based communication. We have multiple intranet like portals which allow each of our teams to work seamlessly with very powerful information logging and exchange. Going down of the sites spells disaster for the organization. Even of the sites do not work for 24 hours, we can have many situations getting easily out of hand.

We initiated a conversation with the support staff of our service provider and tried to understand what has happened. He explained that our account is consuming too much of CPU and that we should upgrade to a Virtual Private Server from the Shared

Hosting that we currently use. This meant paying at least 5 times more that what we pay now! Sankalp volunteers pay from their own pockets to run the organization. We have to think 10 times before we spend an extra rupee. And here we had a situation where to get things back online we needed to pay a huge amount of money!

It took time to explain to the support staff that we need to get the sites back online and request them for 2 weeks to either ensure that our sites stay in the utilization limits or take a VPS. Persistence paid off and the sites were put back online.

There was a sigh of relief within the team. At the same time an investigation into why this happened, how could it have been



handled better and how to prevent it next time began. One thing we realized is that we had faced a similar problem 2 months back. When that happened, though it was minor, we had identified what can be done

(Continued on page 35)



## ...Tech Team Nightmare

### Discussions

### Expressions

### Activities

to fix it. The same things were posted as high priority task items. But even after 2 months we had not actually worked upon them. There was something fundamentally wrong in the way we were managing our systems.

To give a background, first Sankalp had just one site: [www.sankalpindia.net](http://www.sankalpindia.net). The Tech Team was responsible to maintain this site. As we understood the power of Drupal and started using more and more installations of Drupal for various different activities, the complexity increased. All the tasks that happen in the organization were systematized and we had more than 6 dru-

***“We first learnt how to measure performance. Then we used this understanding to identify bottlenecks and fix them. Finally we put in place a regular monitoring structure to give us an early warning if something unplanned for starts happening.”***

pal installations running in parallel receiving hundreds of hits daily. Each of this was a very custom and a very stand alone setup. As teams began using them rapidly, we started getting a lot of requests for enhancements and improvements. What was once a periodic update converted into daily bug fixes and upgrades. The Tech Team was held up almost all the time and

they shifted their focus from ensuring stability and scalability to providing features and keep things going. This was a perfect recipe for disaster and it struck!

As a learning from this event, we stopped taking random feature requests completely. We focused on ensuring that we do one thing at a time for longer duration taking care of requirements going deep into the future.

The first major agenda item was an investigation into why this happened, how could it have been handled better and how to prevent it next time. For the first time we started looking at system level issues. Linux sysadmin's work came on our tables. We focused on identifying the things that can be done to ensure that our setups give more performance with lesser resource.

We have learnt a new dimension of looking at web hosting. If now we consume more resource than allowed, we will be happy to move to VPS as we know that we have done our best to keep the resource usage low. Now the transfer to higher resources will be justified :) At the same time, the recent change to the way to work, by picking up one thing at a time and drilling into it, looks very refreshing and interesting for now.

Happy working on our sites. Happy surfing our sites.

*A straight path never leads anywhere except to the objective.*



## A life message from my father

Ankita

### Activities

### Expressions

### Discussions

(A message by Dr APJ Abdul Kalam)

While I am with you I would like to share an important message my father Janab Avul Pakir Jainulabdeen gave me a lesson when I was a young boy. It was just after India got independence. At that time panchayat board elections took place at Rameswaram. My father was elected panchayat board member and on the same day he was also elected the President of Rameswaram Panchayat Board not because he belonged to a particular religion or a particular caste or spoke a particular language or for his economic status. He was elected only on the basis of his nobility of mind and for being a good human being

I was reading the school lessons loudly and I heard a knock at the door. We never used to lock the door in Rameswaram in those days. Somebody opened the door, came in and asked me where my father was? I told him that father had gone for evening Namaz. Then he said, I have brought something for him, can I keep it here? Since my father had gone for Namaz, I shouted for my mother to get her permission to receive the item. Since she was also on the Namaz there was no response. I asked the person to leave the item on the cot.

At that time my father came in and saw a tambalum kept in the cot. He asked me "what is this? Who has given that?" I told him, "Somebody came and has kept this

for you". He opened the cover of the tambalum and found there was a costly dhoti, angawastram, some fruits and some sweets and he could see the slip that the person had left behind. I was the youngest child of my father, he really loved me and I also loved him a lot. He was upset at the sight of the Tambalum and gifts left by someone. That was the first time I saw him very angry and also that was the first time I had got a thorough beating from him. I got frightened and started weeping. My mother embraced and consoled me. Then my father came and touched my shoulder lovingly with affection and advised me not to receive any gift without his permission. Gift is always accompanied by some pur-

***"When the Almighty appoints a person to a position, He takes care of his provision. If a person takes anything beyond that, it is an illegal gain." "***

pose is a dangerous thing. It is like touching a snake and getting the poison in turn. This lesson stands out always in my mind even when I am in my seventies. I would like also to mention the writings in Manu Smriti which states that "By Accepting gifts the divine light in the person gets extinguished". Manu warns every individual against accepting gifts for the reason that it places the acceptor under an obligation in favor of the person who gave the gift.

*Great minds have purposes, others have wishes.*



**T**he hustle bustle of modern living had begun to undermine some things that were once seen with great respect and importance. Not having seen what it is like to be ruled upon by the others, our generation has limited understanding and appreciation for the fact that we are born in a free country.

People gave the best they could; they gave their lives, happily to secure Independence for the future generation. Often one may start thinking what is it that those people saw coming in with independence that they thought it important enough to give away their lives for it? At the same time it is not difficult to hear people cribbing about the pathetic state of the country, the governance, the people etc. It is easy to find people questioning the relevance of independence itself!

Sankalp Volunteers look upon themselves as people who are responsible for their nation. Project Tiranga gives them the opportunity to connect with their motherland in the best possible way.

National Holidays are an occasion to celebrate the spirit of nationalism, remember the martyrs and most importantly, to reinforce connect between their actions and ours. Sankalp Volunteers get together to sing their praise, celebrate their sacrifice, try and understand what they thought and figure out what they (the volunteers) can do in order to be worthy recipients of the Independence they have been handed

over. Project Tiranga is the opportunity for Sankalp Volunteers to come out of the ir-daily tasks and have a look at the big picture- the picture of a dream nation that we want our country to be. Even as the organisation works for blood, one must not forget the introductory lines to the organisation - "In the era of self-centered thinking, when the sense of responsibility towards the society and the country is dying out, Sankalp India Foundation is a Youth Organization that begs to differ. Promoting Youth Empow-

***Project Tiranga is our soul food. It is our pitstop. It is our inspiration. Project Tiranga is an opportunity to the thirsty people to drink from the stream of patriotism in unrestricted portions.***

erment for Social and National Welfare, we invite all those who believe in the change for the better to Stop Thinking and Start Working."

**Independence Day 2009** was an occasion for Sankalp to dedicate to the people of Karnataka the state wide helpline for blood. The team promised independence from the pain and sorry what their brethren suffer from when in need of blood. As the ribbon was cut, the hearts were making a promise - a promise to give

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*Having a dream isn't stupid. ... It's not having a dream that's stupid.*

### Activities

all it takes - blood sweat and tears - for the supreme cause of the motherland. At the same time, again, on this Independence Day, we found more flags left on the



hanged in Lahore Central Jail in 1931, Sankalp Volunteers queued up to pay tribute to them and make a promise to live a life worthy of the sacrifice.

The thirst to know more about our nation is un-quenching. We publish Stories from India, which bring you closer each time to this mighty nation.

**India after Independence (IAI)** is an attempt to discuss in detail the events that have shaped the country after independence. A clear unbiased presentation of events as they happened give us, the modern generation, a better understanding of the journey our nation has gone through to be where it is today. Every month we add a new India Topics like Bhopal Gas Tragedy, Chipko: A People's Movement, Farm Suicides In India, Food shortages on 60s and Green Revolution, Indo-Pakistan Conflicts/ Wars, Integration of states, White Floods, Emergency etc are discussed

**Know India:** While IAI talks about the events, Know India is a series of short crisp write-ups on the amazing diversity of the nation.

**Hero of the Month:** When life tells you that you can't do it, read about these men. Hero of the Month is a special series on SankalpIndia.Net which brings to you the story of few of the greatest sons and daughters of this nation.

### Expressions

streets and the tied between poles once the festivity was over. We collected them, cleaned them up and kept them safely with us, as always.

**The Republic Day 2010** was an occasion for us to sit together and put our hearts and minds together to explore the meaning of independence, the relevance of patriotism and many other baffling questions. It is amazing to see how common people like the volunteers, can get together and strengthen each other for the cause of their mother - their soil. A few volunteers also attended a small programme in a school in Bangalore.

**Shaheed Diwas** came on 23rd March 2010 giving us yet another opportunity to feel one with the Revolutionary Martyrs. Few young men with determination ended up changing the face of the Indian freedom struggle. At precisely the same time as Bhagat Singh, Rajguru and Sukhdev were

### Discussions

*The purpose of life is a life of purpose.*

**A**nd then she said .. "Did you not blog about this?"

The morning after the Independence Day, I was woken up with a phone call. It told me something that reminded me of 5 years younger me on the roads picking up the Tiranga's that could be seen through the mist that engulfs the mountains in the rainy seasons :)

After having a small breakfast, I went to the kitchen to pick up a polythene bag. I chose a reasonably sized one. But the message was clear - carry a large bag. After finding one that did justice to the word 'large' I walked up the road from our flat till the time I could see on the far end of the *gali* (lane) a couple of hundred Tiranga's being washed down by the early morning rain. Each step in that direction was a step into my past. Each step taking me closer to 'Project Tiranga'.

One dental college had decided to have a fabulous Independence Day program. And for decoration, they had decided to use plastic national flags. 10 .. 100.. no they must have been a couple of hundreds in number. I tried to raise my hand and reach out to the closest few. They were tied pretty high up. But some strings were broken. Some of them had come down. Some were torn down. Till about 50 meters away, I could see more of them scattered on the road. I could see them in the drain. I could see them piled in garbage.

I tried to knock the iron gates in hope of finding someone who could help untie the strings. No response!

I tried to jump up and pull the strings down. But, there were string wires which supported the strings. They were tied to electricity poles. The task was demanding something more than I had expected.

One at a time, slowly, I untangled the strings and picked the ones that had fallen. One at a time. Sometimes jumping and doing some antics created some noise. In a few minutes I had audience. Some people from the same build-



ing were hiding behind windows on the second and third floor and watching the spectacle. They did two things. Watched and talked.

In the mean time I realized that the polythene bag was not large enough. There were more and more of those. I tried to keep my mind focused on loving the flags.

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## ...Project Tiranga Lives On

### Activities

I tried not to think about the organizers. I tried not to think about the people who were watching. They probably were 4th class employees earning a couple of thousands to keep their family going. I did not know what their pieces of plastic meant to them - if at all anything?

After the ones in reach were all pulled into the bag, I used some physics to pull down the higher ones. And lo, I had fireworks! I told you na, there were electric poles involved? I stepped back for a moment, carefully watched the tangle, and slowly got back to work trying not to disturb the electric wires as far as possible.

The last string remained. Tied high up, way beyond me reach. I tried to throw a stone tied with a rope in order to be able to grab

the string and pull it down. Did not help much :( And then finally, some magic happened.

2 guys came down that building. They did not try to make eye contact with me. Nor did I try to look at them. They climbed the fence and reached out to the place where the rope was tied. With a good jerk he pulled out the nail which held the string and passed me the rope. I took the remaining flags. I realized one of the flags had fallen inside the campus. I requested him to pass me the same. He obliged.

I gave him a brief smile and walked back down the road. I did not know what to feel. Good, bad, uneasy, comforted??

I just knew - Project Tiranga lives on!

### Expressions

### Discussions

I would say... - Pramod

### Expressions

When asked "Task, Team, Self".. This is the priority order we would love to see in our Organization.. Can u think of examples when someone in the Organization exhibits this idea?" This is what was one of the responses...

Two senior volunteers travelled during any weekend whenever it was needed. As a matter of fact, they were even ready to travel on a weekday taking a day or two off if needed. In spite of their tiring office schedules, they always went for any training with a smile on their face. Also, if there were situations when they felt that one of the team members couldn't do something for certain reasons, they were always there to take it up without ever complaining. Without any doubt, they have kept the task first, then the comfort of team and at the last their own comfort... :) And although, I haven't got much chance to work with other wings, I feel, the volunteers in emergency wing are always on their toes to take up a request, keeping their self interest in last and the task first..

*Laboring toward distant aims sets the mind in a higher key, and puts us at our best.*

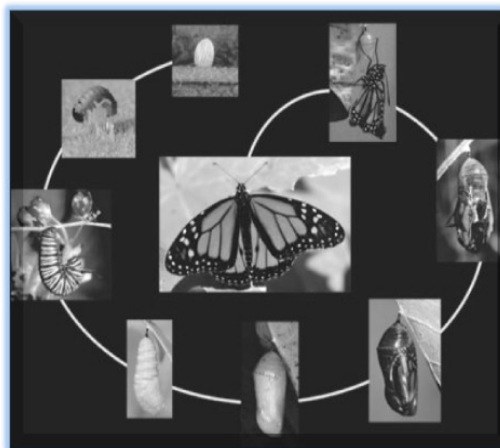


I hardly paid any attention to butterflies till I read the book " Family Wisdom" by Robin Sharma .In this beautiful book , the protagonist Julian Mantle and his sister Catherine receive a golden butterfly as a gift from their father. This is the trigger for me to notice colorful butterflies around me. This noticing gradually changed to admiration and now to joy. A sight of a butterfly makes me so happy and eventually makes my day beautiful. The most beautiful thing about butterfly is the way it flies. It has very delicate wings and yet it flies against the winds as if nothing can stop it in this world. It hardly cares the chaos around it. It knows only flying . Unstoppable !!

***"One day you are going to be a butterfly and you will never be a caterpillar once you become a butterfly. So cherish this valuable moment of being a caterpillar and trust God."***

One day ,as usual, I encountered a butterfly on my way. That day I was very frustrated with life and my friend butterfly tried to make me happy by its presence. But I was in no mood to be happy. I cursed all the circumstances that are making me feel sad, mad, bad. In the midst of this cursing , the thought of butterfly came to my mind. How lucky the butterfly is!!!It has nothing to do and it has no circumstances that make it feel sad, mad, bad. I wished I

were a butterfly. The realization dawned to me that the butterfly evolved from a caterpillar. It was not born as a butterfly.



So to become a butterfly I have to first become a caterpillar. God's design of this Universe is so amazing. I never heard of anything like a caterpillar crying for being a caterpillar or for not being a butterfly. Then why am I crying ? I felt that like a caterpillar , there is definitely a butterfly hidden in me. To find out this hidden butterfly in me ,I need to have endurance of a caterpillar. Without a caterpillar there is no butterfly. This realization soothed me and brought me back to normal state. I felt awe towards caterpillar for its endurance and optimism and also truly understood the cliché "No Pain. No Gain" Kudos to you my dear butterfly !! You make my life beautiful just by your presence . You give me strength by your silent urging "

Discussions

Expressions

Activities

*If you want to lift yourself up, lift up someone else.*

## Activities

## Expressions

## Discussions

People get into Sankalp India Foundation very young. And those who stay, find themselves sending an incredible amount of time doing things. Doing as in real world work! College is a place to learn and evolve. College is a place where our guys WORK! There is a raging debate in my mind (though I am clearly on one side of the motion) since a few days on the best way to learn something. Is it 'Learn' 'Know' and then 'Work'? Or is the best technique 'Learn' as you 'Work'? Can 'Work' be used as a better opportunity to learn? Even as we know that different people have different learning styles, as an organization, we would like to have a work culture that grows individuals at the better than the nest pace. I thought it would be interesting to hear from people about this subject.

### Learn as you go.... Jayesh

I don't think in today world of knowledge there would anyone who think he should learn all before applying it.

As stated in other posted "Learn as you go" is the best way out.

Personally Learning brings life out of me. It gives me a pleasant satisfaction when you learn something very new and apply it.

### Practical Gyan—Rajat

I'd always prefer practical gyan. It is like a vary array of knowledge laid before me by the people who walked on this earth before and even alongside me. Each one was

a master in their own way. Guys who did everything that it took to get what they wanted done! Then at some stage jotted it all down for future reference.

Now, I know my road is not same as theirs. None of them do exactly what I do. And yet there are some overlaps sometimes.

I prefer to start the walk. Find the questions. And then find answers. This way, the vast knowledge base is applied with the filter of relevance and need. The learning is immediately put to test, assimilated and thereby built into my own fabric. :) Wow! I tell myself. I learnt. I got things going. And I can move on!

Think of a man on a solitary island with loads of gold! Think of a man having skiing kit on the beach. Thing of a man who has all the knowledge in the middle of the river not knowing how to swim. The vast assets a man may possess are of no use (as I see it, and sorry to those who immediately get offended by this statement), if one cannot make use of them.

Learn as you go on. Drink from the fresh streams. Eat the local food. Dance to the countryside tunes. (Sort of getting a feeling that most people will think of me as crazy for the last few words. But it's okay. Some others will understand:)). Enjoy the Practical Gyan!

### My opinion.. Lisha

According to me, it is always better to

(Continued on page 43)

*As long as you don't try new things ,you dont learn new things.*

learn as I work..There is a vast area of knowledge available to do anything..One cannot think of knowing or mastering all of it, before applying it to their respective work..

As far as the argument of making work

better by learning beforehand is concerned, then there will always be many more opportunities to make this experience of learning the work and implementing it alongside count for the new work later. :)

## You Must Hold On - Rajat

## Expressions

There are 2 types of people. The first kind of people take things as they come without much if's and but's. Whether they are okay with it or not, they do what life demands from them. They are the people who may want to do so many things but who may not be able to do much about what they want. And then there are the other kind. The people who constantly try and find ways to do the things they want to do. These are the people who won't accept what life gives to them unless the giving in line with what they want from life. Our volunteers are the second kind of people. For a person to be able to follow the path of their dreams, there are some things to be aware of. Nothing comes for free. If life allows you to live at your own terms then surely it will do things to make sure that you deserve this. It will surely test you. And when these tests come in, they come in most surprising packages.

The deal is that life creates conditions such that they tend to overwhelm you. There is a feeling of pressure so intense that you find it unbearably tough to go on. The irony is that the only way to pass this test is to do the seemingly most difficult thing - Go On! No matter what, if you make sure that you continue to walk, it's not just that moment, that period over which you will emerge victorious, you will also gain the strength to walk an extra mile for the tests in future. Every time you tell life that it can't do enough to deviate you from the path you have chosen, a bit inside you becomes stronger. Every time you let go, something becomes weaker.

People have been tested. Beliefs have been tested. Things have been bent and broken. The rule book, as I have seen, does not count speed as high as persistence.

You can live life your way. Just don't forget to Hold On!

*Attitudes are contagious. Is your worth Catching?*

### Activities

At the end of last year we had many plans for Disha, a few worked beyond our expectations and a few were disastrous. We had planned to integrate more blood banks, get associated with more districts other than Bangalore, improve the quality of service provided by the call center, make sure more people are aware about this number and thus we started our journey with a intention to achieve these goals.

#### Journey in the last one year

We started the year 2009-10 with several blood banks across the state of Karnataka networked to the helpline. More efforts were put in the same direction. In order to get the blood banks networked to the helpline, Sankalp volunteers visited them in different districts of Karnataka. They spoke to various blood bank officers and explained to them our idea of blood

helpline. They had various queries in their mind which they clarified before they agreed to join us. The result of the efforts put into this activity is that today 19 districts where 94% of the blood requests from Karnataka originate are networked with the helpline.

Year 2009-10 saw stability and reliability of stocks reporting come in as a consequence of patient communication explaining the cause and addressing the issues for the blood banks. Most blood banks however have become very supportive and co-operative with the helpline. This year we mailed monthly reports to all the blood banks associated with us giving them the details of the blood stocks they shared with us and also their performance or involvement with the helpline in order to

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### Expressions

### Discussions

| Status                           | No | Districts   |
|----------------------------------|----|---|
| <b>Networked Districts</b>       | 19 | Bagalkot, Bangalore (Urban), Belgaum, Bellary, Bijapur, Dakshina Kannada, Davanagere, Dharwad, Gadag, Gulbarga, Haveri, Kolar, Mysore, Raichur, Shimoga, Hassan, Kodagu, Chikmagalur, and Udupi |
| <b>Still to Network</b>          | 5  | Bidar, Chitradurga, Tumkur, Mandya and Uttara Kannada   |
| <b>No Blood Banking Facility</b> | 5  | Bangalore (Rural), Chamarajanagar, Chikkaballapur, Koppal and Ramanagara  |

We are always getting ready to live, but never living.

enhance the relation with them. However communication with the blood banks is to be improved more.

### Launch of the Statewide Helpline for Blood

There had to be a new, universally accessible and reliable helpline number for the statewide helpline for blood. Finally on August 15<sup>th</sup> 2009 we had a official launch of the statewide blood helpline number -

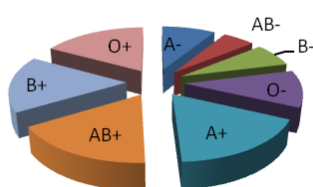
a wonderful concept that I have heard till now. Any person who is looking for blood need not roam from one place to another



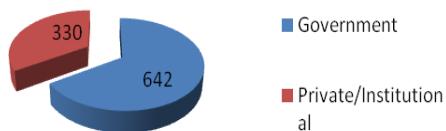
### Statistics

A groupwise call status is depicted. As indicated most came from government establishments

#### Groupwise Call Stats



#### Number of Blood Requests



9480044444. The helpline was inaugurated in B G S International Residential School by Sri Sri Sri Balagangadhara Swamiji of Adichunchanagiri Ashramaa. "This is

now. It is a very useful helpline and to add to this service, all of you present here can be donors and make way for elimination of blood shortage", he said.

### Migration from 1062 to 9480044444

Last year the team faced the mammoth task of addressing the unreliability of the helpline number 1062. Yet, the number was publicized greatly and it was required for the team to migrate the callers to a more reliable service. With the announcement of 9480044444 as the statewide helpline the team took the responsibility of bringing a conversion from 1062 to 9480044444 in Bangalore. To this regard massive publicity was undertaken. In the last few months there have been very few issues with the network or accessibility of the number.

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#### Publicity

**Media & forums:** We continued our publicity like the previous year. We requested various newspapers and radio channels to publicize about the helpline. Articles about the helpline were published in various newspapers like Vijaya Karnataka, Praja Vani, The Hindu, DNA and Times of India. The helpline saw a peak in the number of calls, where the callers ranged from people who had a genuine blood request, people who wanted to know more about the helpline and also people who wanted to register themselves as emergency donors. Our volunteers were also a part of few



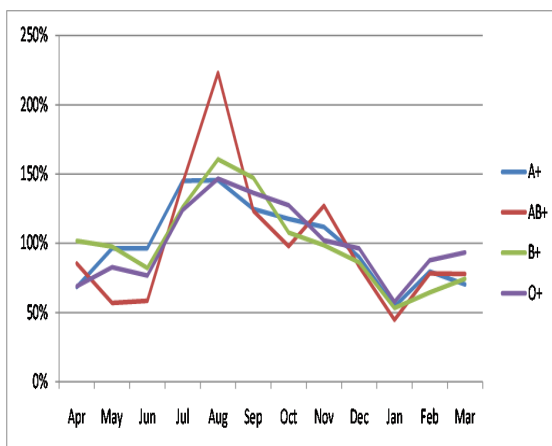
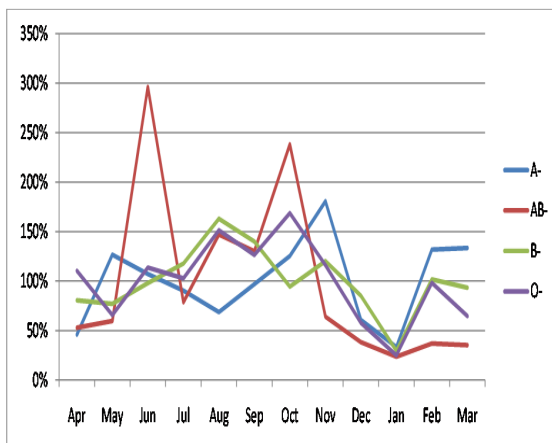
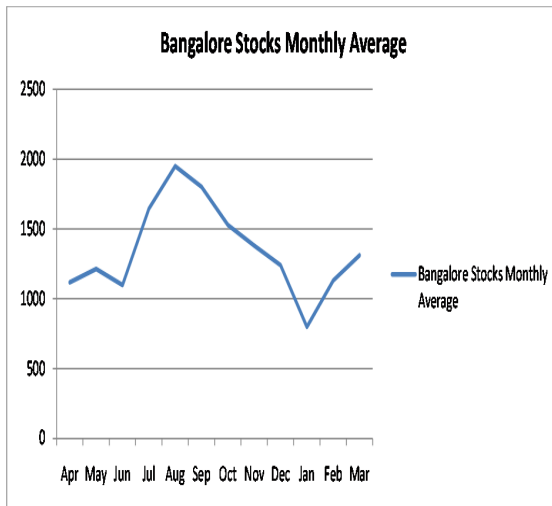
shows on radio stations like Rainbow and Mirchi where they spoke about the helpline. A few articles were also posted on some online sites like NGO post which are online forums to publish about services. The details of the helpline were also given in various camps organized by Sankalp. We had plans to even send mails to various IT companies about the number and even put up videos on various sites,

but we failed in doing this. Other means of casual publicity were also not taken seriously and it is one of our action items for the coming year.

**Hospitals:** Various hospitals in Bangalore were visited and stickers about the helpline were stuck in prominent places. Various staff members were spoken to and informed about the number. Around 43 government and private hospitals are covered. Major hospitals outside Bangalore were recognized district wise and letters requesting the hospitals to put up posters and stickers in various places within the hospital were sent. Presently around 300 letters are sent to different hospitals in 11 districts.

#### Problems at the Call Centre

Not all the calls that were received by the helpline were logged, as a result of this we were not able to see the exact results that we got after the publicity measures we took up. Many times these are HR problems due to low motivation factors of the RCEs. Our volunteers need to explain to them the reason for the helpline and also the cause all together. We plan to properly monitor the call center and have regular training for the RCEs as a high priority in our plan for the coming year.



### Disha 2010-11 Major Goals

- ♦ **Call Centre Control:** Staying away from the Call Centre's management as turned out to be an inappropriate choice for Sankalp. Soon we will start active participation in the internal management of the call centre including HR issues.
- ♦ **Auto Call logging:** By making use of new hardware and software we need to ensure 100% call logging. Year 2010-11 should see a distinct improvement in Quality Control at Call Centre.
- ♦ **100 % Karnatka reach:** By Sankalp Anniversary 2010, Sankalp should be networked to all blood banks in Karnataka which are considered eligible to be networked.
- ♦ **Information Leveraging:** As an outcome of the better Call Logging, Call Centre Control and better Volunteer Involvement we aim at ensuring regular supply of updates to other Sankalp Working Teams, Blood Bank Officers and the outside world
- ♦ **Disha Website:** The new Disha website should be well stabilized so that the activities of Disha can be well documented and various mistakes in the past are not repeated. This can even help us have a better communication within the team and also have a better motivation factor for the RCEs.
- ♦ **Aggressive Publicity:** Disha needs to reach people at a pace faster than ever before. Immediate steps and efforts in this direction need to be taken.

Discussions

Expressions

Activities

The opportunity is often lost by deliberating.

### Activities

### Expressions

### Discussions

Once upon a time in a village, there lived a father and his eight sons. They worked in their field from early morning till late evening, very hard and lived happily in prosperity. But the father was very sad about a particular habit of his children, they perpetually quarreled among themselves always; even for silliest causes.

The father advised the children and asked them to live in love but the sons could not keep their promise for long and they used to end up in quarrel the next moment. One day the clever father, decided to teach the sons the lesson of unity, called everyone near to him.



Suddenly the sons heard the footsteps of their father. He had in his hand a bundle of sticks. Then he called the eldest son and asked him take one stick from the bundle and break it.

He took a stick and could easily break it. Then the father asked him to take two sticks and asked the son to break them together. He could do that easily. And the next time he could break even three sticks together.

Now the father asked the son to take the entire bundle of sticks and break it holding together. But this time it was a hard task

and one by one all the eight sons tried their hands; but no one could break it.

Now the father asked the children "Did you understand the lesson behind this"? No explanation was needed for them as all of them understood what their father wanted them to learn that 'unity is power.'"

All of them understood what their father wanted them to learn - 'unity is power.'

I am sure that the story is not new to you. As young children all of us have heard this story. Now let me bring you to the reason of quoting this story here.

Disha! Our project to network blood banks is an attempt to put the learning from these fables into real

life action.

The Blood Banks across the state are like the sons. Each one has their own way of operating. Each one has their own strength - they are the sticks. The blood requests that come in are the breaking force. Disha is an attempt to put the blood banks together - give them the power of unity.

I guess, that is what Disha is all about :)

Lets stand together against suffering pain and death

*All things must change to something new, to something strange.*

All of us have dreams. Packaged in various sizes and shapes, these dreams are a major reason to motivate ourselves to live on. However, converting these dreams to reality is not as comfortable as having them. I thought it will be interesting to know what are the stumbling blocks, the retarders, and the breaking points on the road to the realization of dreams

Lack of patience—Jayesh

**Patience:** One of the biggest hurdles I see with myself is PATIENCE. I just could not wait for results. I had inclination towards the impulsive work where I can see the result instantaneously. Last year Jan (around same time) was time I started working on this and have improved a lot. I think one of the major learning of 2009 was BE PATIENCE. So now if you have patience, visit this page daily to get more replies....)

I don't know—Amit Sedai

I will not try to address others here.. This is my problem and I need to FIX this...

I don't know what my dream is... Short term, long term, what makes me happy, what makes me truly happy. There are a lot that I can choose for myself. Need a worthwhile Direction for investing my energy.. I have options

I have one major choice that has been in

my mind and I have been working on, and I certainly believe that can be my road to salvation. But I don't want to hurry... I want to become my own MASTER first. I would like to make INDEPENDENT decisions on my own. Then in wake of such decisions I will make the choice for my life.

PATIENCE as Jayesh Sir said, is a virtue. I get swayed too often and I need to have a concrete thought process for myself. When I am fully convinced with my choice and I believe that is the only road I seek for myself.. I will make some internal changes for bringing the balance.. Then I would go ahead focused and without fear or want, because I would



be going where I always wanted to be in. Music will seep in .., soothing my ears as I struggle through my dream. But I need to do some internal homework first.

Yoga or Pranayam—Jayesh

(Continued on page 50)

*There are no permanent changes because change itself is permanent.*



## ...What Stops Us?

### Activities

For me these two things works like anything. Just give it a shot for few days and I challenge you will feel and see the difference. A small 20 - 30 min of Prayanam with small concentration exercise can solve lot of problem. This 20 minute give you time to plan your day, prioritize your task, and most important to connect to the bigger picture over day to day hurdles.

One of my favorite concentration exercises is "A Simple Breathing Meditation" For more details refer to link:

<http://www.how-to-meditate.org/breathing-meditations.htm/>

### Expressions

Loss Of Focus—Lisha

Firstly, I'm replying to this question with the understanding that the dreams or goals spoken about here are applicable to short-term goals (or rather objectives). So I think for me also it's similar to what Amit sir has mentioned, but in a slightly different context with regard to choosing the path.

For me, even when I know what I want to do, a few distractions make me lose my

focus. If not distractions, I could call these as small hurdles, which at the moment look pretty big and unbreakable and make me shift my focus to it completely thereby sidetracking the main dreams. By prioritizing my goals and working according to the priority list (with a little planning) can help me with my problem. Please suggest any more methods to overcome these "hurdles".

Blame transfer—pravachak

One of the biggest inhibitors to the pursuit of excellence and goals is the tendency of a person to self pity, blame others or just disown the problem. If something needs to be done in order to achieve a mission, it is required to an individual to take full responsibility for the delivery no matter what! How often have I told myself that I would have done such and such if the conditions were such and such. This is denial of the divine laws. This is denial of the strengths a person harbours. Taking charge and by and large the biggest move in the direction of accomplishment! If it has to be done, be prepared to do it - yourself!

### Discussions

#### A Sankalp Volunteer Says ...

#### Expressions

Looks like it is clear in my head. You become good at something not because of experience or history or formal training. What matters is how badly you wanna learn that thing. We dont want to produce expert workers alone. We need mad passionate lovers.

*On the human chessboard, all moves are possible*





## An Experience To Cherish

by Lisha

One Sunday meeting, well in advance we started to plan for the upcoming 7th Anniversary of Sankalp. Honestly speaking, I appear to work in a wing which is totally opposite to my profile. But this is what makes me work here in the first place, coz it provides me an opportunity to learn new things and overcome my problems. Anyway, coming back to anniversary discussion we decided to invite a chief guest (for the first time). Few big names came up and that was enough for me to back off. But determined to take the first step, I agreed to get the contacts of people who may be called as a chief guest for the anniversary program. Just the first step, get the contacts and forward them to the seniors who will take it forward.

This morning (13th March) began in much the same way or rather on a depressed side (internals in college). But the day began to grow meaningful after about 3 in the afternoon. After internals, Rakesh sir had informed me that we would go to meet a person (and no other details). After internals when I met him, he said he had taken ahead my first step of getting the contacts and now it was the second step (and I was supposed to be a part of it). So there I am,

getting prepared to go on the first official PR meeting. The plan was to invite the father of Major Sandeep Unnikrishnan.

Journey is another incident to mention (as we had to look for the house). But on the way, I realized one thing. It was not just another name that I have probably heard of or read about. People actually remembered him (which was a good sign). The name may have had a highlight in my mind coz the person was in the Army and he had died in the Mumbai Terror Attack. But (honestly) in the day to day life of cribbing I had forgotten to give space to remember another name. But I think it will make a difference to me again now. We reached the house (after pretty long search). I was apprehensive when Rakesh sir told I was to speak, but finally he spoke. This gave me time to notice some other things about the family of this martyr.

The one line introductions happened and when we mentioned we wanted to invite them to the anniversary function, the first thing Mr. K Unnikrishnan (Major Sandeep's father) said was "Perfect tim-

*(Continued on page 52)*

Discussions

Expressions

Activities

### Miles To Go - Rajat

### Expressions

The woods are lovely, dark and deep, But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep. (Rajat, echoed these lines by Robert Frost on completion of 6 years of Sankalp)

*An aim in life is the only fortune worth finding.*

### Activities

### Expressions

### Discussions

ing, it is Sandeep's birthday in 2days". Then we entered the house. This could have easily passed as any normal Indian family home. Happy family, quite a number of people walking in the home, a kid playing in the hall curious to look at the visitors, retired resting father and a loving mother.

Few details about the organization was given, then Mr K Unnikrishnan started speaking. He told that he would make it to the function in case nothing comes up from the Army's side. Slowly he started to come out of his composed manner and began to share his point of view. His whole life was spent in a simple manner, where he was devoted to his work in ISRO and his family. His earnings was good enough to balance the basic needs and provide too education to Sandeep sir. Though there were other options in front of Major Sandeep, he determinedly chose the Army and wanted to serve the Nation which apparently no one could shake out of him. Being in ISRO and his son being in the Army, Mr. Unnikrishnan had a decent idea about voluntary blood donation and its

importance.

Always lived as a person who has never had to face any crowd, Mr. Unnikrishnan says now he is a transformed person being able to face thousands of people and talk about his son and his contribution. "What u see now is mostly Sandeep not me" he said, which seemed true (even in physical resemblance and determined voice). He tells to have lived his life as a common man with a good job, no promotions or transfers in Bangalore dedicated to his two worlds: Family and work.

While Mr. Unnikrishnan was probably pouring out his heart as much as he can, I could see his eyes well up at some points of time. Especially when he said, "We both (parents) are fit and do not have major problems. But problems may appear now coz we don't do our daily exercise these days. When Sandeep was around, he used to call us everyday, from wherever he was, at 5:30 in the morning and tell Chalo Chalo for the walk. Now he is no longer there to motivate us to do that." Probably I cannot even imagine the shock of these parents

*(Continued on page 53)*

### Keep Walking... - Jayesh

### Expressions

Keep Walking is the first thing that comes to my mind, summarizing my journey in Sankalp. There are times when you can't ask for direction, when walking itself is the triumph. You can't connect the dots forward it can be connected only backward.

Keep Walking... (Jayesh on completion of 6 years of Sankalp)

*He who has a why to live for can bear almost any how.*



## ...An Experience To Cherish

when one fine morning they wake up to realize that the son who called daily would never be heard of any more.

In all this while, if one noticed Major Sandeep's mother has not been mentioned at all. It was probably because of the silence she has adorned. In the midst of our conversation, she dotingly came to sit next to me and offered us some juice and snacks. When I refused, she asked in such a caring manner my reason to refuse, I felt as though I had hurt her feelings. She enquired quite a bit about my refusal and finally we accepted the juice. She sat there for another 10 minutes silently and offered us the snacks again when we didn't pick it up.

She could

have been the perfect motherly image in my mind except for a small missing factor: her smile. It

seemed to me that Mr. Unnikrishnan has made a brave

attempt to hide his sadness in all his talks he gives in places, while his wife has lost all her smiles and twinkle in her eyes with the incident about 475 days ago. He mentioned this number of days in the course of his talk while his wife listened silently the whole time.

Why did I bother to write such a long con-

versational blog which may or may not have made sense to many people.? Nothing productive was happening around me leading to accumulation of negative energy inside of me. This meeting was a motivation I needed, a cleaning solution to the dusty glass of my SOP. Just looking around oneself once in a while helps to keep the required focus in all the domains of the life I think.

On an ending note, Mr. Unnikrishnan said that the youngsters today needed motivation from older generation and wanted guidance to be better than the "produced (manufactured)" engineers, doctors or lawyers of this age. Then he

said something which probably will remain with me for a long time from now on. He said, "Seeing u people who seem to be able to find time from your work and do such work, probably we were wrong in our conclusions in

that discussion. Some of u people are the motivating factor for older generation people like us." I disagree sir, it is a symbiotic set-up where we both are motivated and motivating each other to work for our Motherland.

Discussions

Expressions

Activities

***I refuse to belong to the larger group of people who complain about the "unsolvable" problems of this country. I have chosen to belong to smaller group of people who work to solve the problems than to just talk. Being in Sankalp has provided me that platform, and time and again, helped me redefine my SOP. :)***

*Obstacles are those frightful things you see when you take your eyes off the goal.*

## Activities

## Expressions

## Discussions

As a new joiner in Sankalp, I wanted to make myself familiar with the blood banks. So, one fine Thursday morning, I got up, got ready, and took a bus for NIMHANS hospital to visit its blood bank. After reaching there, I was walking down my way to the hospital, when a person sitting inside an auto asked me for Neurology Department.

He looked like an outsider, a bit tired and troubled. And then I saw walking crutches and realized that he has some trouble with walking. I asked him to wait there till I get the address. After walking a few yards, I saw a security person who told me the way to department. I came back and escorted him to the department. While walking to the department, he asked if I can escort him to the doctor since he didn't understand the local language and the doctor may not be aware of Hindi. I felt there was enough time to visit the blood

bank, and it would be nice if I can stay with him till he is done. I myself somehow wanted to stay with him. We went to the registration counter, paid his fee and found the token number to be 127.

The current count was in 30's. To spend the time and to know each other, we started interacting. And, thus I came to know that he has come from West Bengal. He came from a poor family, where his dad was no more. He had an elder brother who was married and staying away with his wife and kids. He had an old mother of whom he was taking care till this condition occurred 6 months back. He had an attack of paralysis on his whole body and had spent some 4 months completely on bed where his mother had done both cleaning and feeding for him.

He was a young man in his early 30's, and his relatives were looking for a match for him to get married, when this attack happened. He was shattered, still trying to understand why God did this to him! A person who never did anything wrong to anyone in his life, a plain simple labor, the sole support for his mother! I had no answers for his questions except asking him not to lose faith in God and hold on.

Thus talking and waiting for nearly 45 minutes, we realized that the count has only come to 40, then from 30. He looked at me a bit worried and asked if I will be able to escort him since the numbers were

(Continued on page 55)





## ...My First Day @ Sankalp

moving really slow and it might not be before evening when he might get his chance to visit the doctor.

I asked him not to worry, since by this time I had decided to stay with him, till he is done. Since there was a lot of time to his number, we went outside, had something for our lunch, and spent some more time sitting outside knowing each other.

In the evening, we got to meet the doctor, who asked him to show in another ward next day morning. He was kind enough to give him an accommodation in the hospital longue at a rent of Rs. 10 per night.

Once we were done, I asked doctor if his disease was curable and if it is affordable. He told me that there are very low chances of improvement and on top of it, it is very costly. This was a truth which could not be told to him and at the same time could not be hidden since the person was getting

even the food grains from the village panchayat!

We settled his accommodation in longue, came out and had tea. I asked him if he has enough money to sustain his stay in Bangalore. He said he had a Rs. 1000/- and that should be sufficient for him.

It was evening and now I had to come back. Before coming, I asked him if possible, to work in an ashram and do seva. That was the only thing I could think of at that moment, which I felt could help him reestablish his faith in God.

Giving him small cash and 1062 number, I asked him to call in case of any blood requirement and parted. By this time the blood bank was already closed.

While leaving, there was a strange feeling of satisfaction and I knew, on this first day of work with Sankalp, a life has touched another LIFE!

Discussions

Expressions

Activities

### My Best Day - Ramya Expressions

This was during the phase 2 of Rakta Kranthi schools. During this phase, usually the program was usually conducted in 2 schools each day on an average. But, on 16th April, for the first time we had the program conducted in 4 schools, all covered before 3:30(the third school on this day was instantly added into our schedule though ;). At the end of the day, not only did we return back with a nice satisfying feeling of having spread the message about blood donation among many students but also amazed by the intellect of few of them, which left most of us Google more info about blood the same night. It was a day, where we not only shared the knowledge we knew but learnt a lot too. No doubt it was a hectic, but it's one of the days I'll remember for a really long time. "

*There is more hunger for love and appreciation in this world than for bread.*



### Activities

### Expressions

### Discussions

**S**ankalp – The first thought the name brings to my head is - A blend of few of the finest men and women of highest order of integrity, persistence and patience. If someone feels, in today's world no one works for selfless motives, I recommend, he must spend some time with Sankalp. One year back, when I came to Sankalp for a one year voluntary work, I have some vague ideas on blood banking, some worthless paper plans ( which I thought fundoo when initially I prepared them 😊) and a desire to do my bit for the society (which has given so much to me). In the process, I wished to become a better man by staying in company of few of the finest people I have ever known and to do some learning and a lot of unlearning.

Initial evenings were spent on long walks, asking a lot of questions and doubts revolving around the concept of blood with Rajat (A friend and a Sankalp Volunteer). Doubts ranged from “what’s wrong with replacement”?, “Why not have mass drives”?, “Why focus so much on donor comfort”? etc etc... It was these discussions which created a base for all our future planning’s and the way we will be taking forward our work. To reach out to colleges in Karnataka with the message of voluntary blood donation and asking them to conduct blood donation camp was a outcome of these long, memorable and interesting walks.

With this initial learning, we stepped out to visit a few of the colleges in vicinity of our residence to see what are the ground level problems we may face while visiting outside and what all we need to prepare before we actually start visiting colleges outside. This was one of the most important learning period for us, for we needed to find out which is the best suited strategy to visit a principal - A strategy which will allow us to put forward our point in a most righteous way and at the same time which should be able to achieve results. And finally after visiting nearly 20 odd colleges we found out the strategy which will work for all colleges and Principals. And it was – “There is no fixed Strategy”.

With this initial confidence gained we decided to step outside Bangalore. With a initial list of colleges prepared by Rakesh and 4 districts in plan, it was time for my bike “The Companion” (a 350 CC Enfield)



(Continued on page 57)

*Only he who can see the invisible can do the impossible.*

to do the job it was born for; Ride along countryside. With some breathtaking views on the trip to Shimoga, Davangere, Bellary and Kolar we visited quite a good number of colleges and got mixed responses from all of them. In my first visit to Shimoga, it appeared, I landed on a wrong season. It was raining heavy the day I reached there and it kept on raining continuously for next 3 days of visit. Every morning, I used to wait till 10:30am for the rain to wait and with no results had to come out protecting my bag of resources riding on bike, visiting colleges the whole day and taking fever tablets in the night to ensure that the work is not hampered the next day. The drive from Shimoga to Davangere was one scenic drive and only if my bank balance would have allowed, I



would have purchased a small place in the beautiful green fields surrounded by small mountains ☺. The weather become pleasant in Davangere and apart from visiting colleges I spent my evenings running in the Stadium, taking evening Juice at my

favorite shop and taking food at Mahaveer Mess. If there is any other place, which I thought is somewhere near to mysore in terms of weather, peace and people -It was Davangere. When after 3 days, I travelled to Bellary, I was surprised to see how weather changes even at very small distances. From floods in Shimoga to a pleasant weather in Davanger, I found Bellary to be extremely hot and



dry place. Also, it appeared as if the trees were diminishing in numbers as and when I travelled from Shimoga to Bellary. However, with that said, we got some of the best responses from colleges in Bellary. Once back we travelled to Kolar and Mysore and included them as well in our program. While trying to find colleges in Mysore, I realized even though I have stayed for more than 4 years there, there was a lot which was still unexplored. The college trips improved my geographical knowledge about

*(Continued on page 58)*

Discussions

Expressions

Activities

### Activities

mysore and gave me more connecting roads to travel between 2 areas in mysore ☺. The first drive of RKK came from women's college in Mysore and RKK saw the first enthusiastic Team Red volunteers from Mysore. With some more time available with us, we visited Hubli, Dharwad and Belgaum as well. We saw a good response coming from Hubli and not a very encouraging response from Dharwad which was hardly 20 KMs away from Hubli. Belgaum, although wasn't doing fair in terms of roads and infrastructure was surprisingly a very hap city!

It seems I was travelling in colleges they show in movies ☺. After initial phases of drives and trainings were over, we realized that colleges will be soon having their semester exams and then holidays. This forced us to not be-

ing able to do any substantial work with colleges. With a lots of time in my hands I developed some serious habit of reading books and writing poems. Read a lot of books on different subjects ranging from self help, finance to spirituality and philosophy.

In December took two weeks of break and went to my house for my cousins wedding. When I came back the feeling of not being able to do much work was eating from inside. I was desperately looking for colleges to start and when they did, it was

time to take "The Companion" again for a long drive. We revisited colleges to conduct drives and let them know that Sankalp is serious about what we are doing. "The Companion" travelled 8 districts travelling nearly 2200 KMS starting from Bangalore – Bellary – Davangere – Hubli – Dharwad – Belgaum - Goa– Mangalore – Mysore – Bangalore. I saw some of the most scenic places during this visit and spent a day and 2 nights in goa running on beaches in the morning and sitting on the shore watching sunset in the evenings.

After this trip, we visited Raichur and revisited Kolar/ KGF. We saw some good response coming in from Raichur and 2 drives took place in Raichur with Sankalp and one without Sankalp.

***This one year is going to be one of the MOST memorable years of my life! And what is next? Well there is one thing I said to Rajat the other day and believe strongly now - "Sankalp Ka Keeda Jise Kaat le, he will never be the same again :)".***

The next days went in follow ups and visiting places for conducting camps, travelling and reading books.

Time passed by and before I could know the one year time was over and it was time to say fair well to my Sankalp buddies and go back to work in Mysore. During this one year I found a lot of love and support from my Sankalp buddies and found some serious ups and downs at home as well - which stops me from saying that "all waz well" during this year. However, after this one year, there is one thing which is sure.

### Expressions

### Discussions

*A life that hasn't a definite plan is likely to become driftwood.*



## Organizational Events



Disha Helpline launch on Independence Day 2009



@ Sankalp's 6th anniversary



Rakta Kranti Schools birthday



Volunteers' performing during the Anniversary



Some of the attendees captured



Mile Sur Mera Tumhara . . .



## *Some of the activities @ Sankalp*



*Enthusiastic response in Schools*



*Donor Registrations*



*Donor Registrations*



*Motivating young minds*



*Bombay blood group donor*



*Flags collected on ID*



**Blood Donation drives (L-Company, R-MSRMDBS)**



**Work during the Karnataka Floods**



## *Other side of Volunteers*



*Moral support when one of the wickets fell in Sankalp (Married) :)*



*@ Annual Trip*



*Patience, Persistence and voila!!*



*Joy of working @ Sankalp :)*



*On the way to trip . . .*



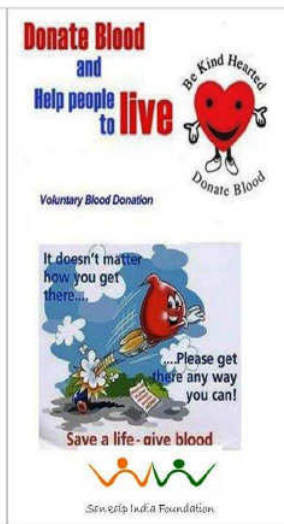
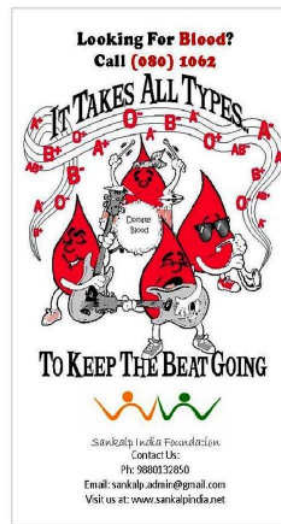
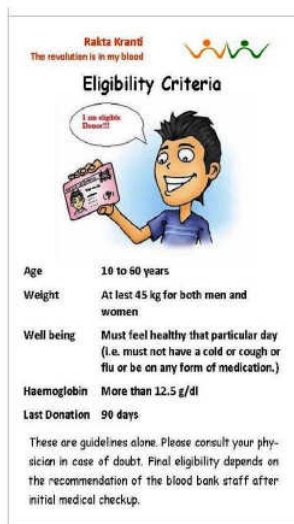
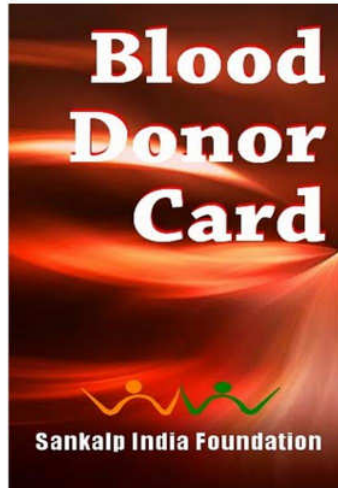
*Noisy crowd !! (No sounds phew)*



*Sharing a light moment*



## Some of the publicity materials used





**A**nother year has rolled by and here we all are taking time out to look back and see what we have learnt, implemented and achieved. So is it just that Sankalp Volunteers work, work and do more work (and have fun :) ) without really saying what they are upto and which path are they taking? The answer is a simple **No**. This is where the Public Relation Wing of Sankalp comes into picture. The scope of work at the PR wing includes

Keeping people informed about the work and progress of Sankalp. We bridge the gap between the Organization and the

outside world. There could be people who want to know more about Sankalp or there could be those who need to be made aware. Here we increase the visibility of Sankalp to enable us to work better and thus enabling the work of other teams within the organization .

What happened in 2009?

**Sankalpindia.net:** Our website, [sankalpindia.net](http://sankalpindia.net), has been our favorite and most trusted messenger to let people know about us. Our website is now 3years old. We have more than **3500** pages. We would rather call it **3500** post with rich content aimed at helping readers know their Motherland better along with knowing Sankalp better. Although regularity of posts in itself was not too good, the focus was on rich quality with news and updates, technical articles on blood, and regular sections being the target areas. The technical wing of Sankalp has worked tremendously well to redesign few aspects affecting the behavior of the website and the newsletter, and all these efforts have made sure that today people simply love [www.sankalpindia.net](http://www.sankalpindia.net).

**The Internet:** One of the posts by a Sankalp friend about Sankalp, reached out to many people and increased our visibility by a significant degree. So we felt why not explore this option? There are a

*(Continued on page 60)*

### ***What Was Planned For 2009?***

- ◆ Better organization, segregation and division of work among the team members through good internal housekeeping methods with better listing, planning, tracking and execution of work in the team.
- ◆ Documentation to enable access of the progress of our work to all the team members and avoid confusion.
- ◆ Better strategies for media approach for continued publicity of Sankalp.
- ◆ Build a greater visibility of Sankalp by working on newer ways to let people know about us thereby supporting the work of the 3 major wings of Sankalp, i.e. Emergency Wing, Disha, Rakta Kranti.

Discussions

Expressions

Activities

*One thought driven home is better than three left on base.*



## ...Sankalp Public Relations Wing

### Activities

lot of Social welfare related platforms or online publicity forums where news and updates are shared among general public. Some of the sites are NGO Posts, Citizen Matters, PR Log, Free Press Release, etc. When Sankalp launched the state wide helpline for blood, **94800 44444**, we posted a blog about the helpline in a few of these platforms. Our activities on providing rehabilitation to flood affected victims in Raichur were also posted on some forums. The result of using these websites can be verified by all. Type Sankalp in Google and maybe you can recognize the first link in the search result!! :)

**Print & Electronic Media:** As mentioned, we gave a bit more importance to building relationships with the outside world to

increase Sankalp's visibility and tell about our existence and our work. This fairly translated to us putting in good amount of time and effort into building our relationship with the media. Plans to approach not only English but also Kannada newspapers with the same intensity ensured better results. Given below is a list of some of the newspapers and television channels which have posted press clips or broadcasts about Sankalp

**Well known personalities :** People always follow icons. So then why not see if we can approach one famous person to help endorse our blood helpline? There may be a small surprise for all people who are fol-

*(Continued on page 61)*

### Expressions

**2009: A Mixed Bag For Me Pratima**

**Expressions**

### Discussions

In KWBS, we visited many different districts and collected info about different people who help in emergencies and then many Blood Banks joined Disha. For me visiting was very helpful. And then we got knowledge about different districts and all. Then second phase was calling to colleges who have not agreed to give camps of different colleges of outside districts. I contacted many people of colleges and few agreed also and In April we are visiting colleges of Davangere and rite now planning for the registration in outside colleges is going on.

And my experience has been very well in flood relief things, collecting funds and this time my case handling capacity has still become better and in recruitment of juniors programme also i was satisfied. But I didn't work so much that I could be happy with my performance this year.

*Do whatever you do intensely.*



lowing us. Our idea is not advertisement, but to let people know that we are there to act, be it blood or flood

### How PR activities enabled other teams work?

- ◆ Since the launch of the Karnataka wide helpline, our focus has been to get the media to talk about it. Many articles in newspapers and radio programmes have today made sure that the helpline has a stronger visibility and people use the wonderful service to get help during blood search.
- ◆ During Project Sparsh, public relations team was very active, taking in inputs from field, resource team etc and posting them as soon as possible on the website, enabling the readers to get most of the live updates which ensured transparency.
- ◆ Social websites were used as a medium to let people know about Sankalp. This also ensured better visibility and brought people back to us requesting guidance or wishing to help.
- ◆ During the H1N1 scare, good and well informed articles made it's way onto the website to make people aware and educated. This helped reduce panic levels even within our volunteer base.
- ◆ One particular article highlighted the emergency wing and it's strong pres-

ence in Karnataka giving it better visibility.

- ◆ Rakta Kranti Schools were looking very hard for schools where they could conduct Blood Awareness Weeks. We turned towards the media and some people who read about Rakta Kranti schools suggested some more schools where we could try
- ◆ Rakta Kranti Bangalore needed some more companies to participate and organize blood donation drives in Summers where there is an acute shortage of blood. An article came up on the newspaper and few people called up thereby opening up newer avenues.

### *The 2010-11 work ideas*

- ◆ Re organization of [sankalpindia.net](http://sankalpindia.net) and update the site regularly with rich quality content
- ◆ Newer and Better design for newsletter
- ◆ Approaching television media to talk about the blood helpline
- ◆ Building brand Sankalp in Karnataka through media and participation in required forums
- ◆ Building relationships with people/ organizations who work for blood

Discussions

Expressions

Activities

*You can't ring the bells and, at the same time, walk in the procession.*



I don't know why, but we Indians are pretty bad at respecting the values of national significance- may it be our national sport or the national anthem, or the national animal. I always liked the Vodafone, Airtel or Idea ads for their innovative ideas, but the recent Airtel ad with Dhoni's urge to save Indian tigers actually fascinated me! Firstly, because it is factual and secondly, because it is simple and straight-



forward.

With Only 1411 tigers remaining in India, it's shocking to read that a century ago there were 40,000 tigers and there has been a decline of 60% in the past decade. Rudyard Kipling's India was a land of fantasy, which is slowly turning into a nightmare. A country where tiger is the spirit of Indian jungle, the symbol of Indian wilderness is disappearing slowly and steadily.

Indian and Chinese authorities are being accused of doing almost nothing to stop the rapid decline of tigers. In midst of this

drought, it's a brave move by Airtel to take this issue up, for whatsoever financial benefit, and create a general consciousness for it. I hope we will succeed in saving our national animal and many other endangered species. Let's not reach a state where man becomes our national animal. Naah... We don't deserve that respect!

## Project Tiger

Project Tiger Scheme has been under implementation since 1973 as a Centrally Sponsored Scheme of Government of India. The main objective of Project Tiger is to ensure a viable population of tiger in India for scientific , economic , aesthetic , cultural and ecological values and also adopt protection measures and site specific ecodevelopment to reduce the dependency of local communities on tiger reserve resources.

Initially, the Project started with 9 tiger reserves, covering an area of 16,339 sq.km., with a population of 268 tigers. At present there are 27 tiger reserves covering an area of 37761 sq.km., with a population of 1400 tigers. This amounts to almost 1.14% of the total geographical area of the country. The selection of reserves was guided by representation of ecotypical wilderness areas across the biogeographic range of tiger distribution in the country. Project Tiger is undisputedly a custodian of major gene pool. For more info on project tiger, visit the site: [http:// projecttiger.nic.in/index.asp](http://projecttiger.nic.in/index.asp)



## Missing Vision

by Rajat

**H**appy New Year Rajat! I told myself.. A moment later - New year? What's that? I know we are going to change the last two digits of the date after a long time. But what more? 2010 Goals? Resolutions? Umm - nothing :) Or I can be a little better to myself by saying - nothing on this day :)

Daily basis decision making. It's only on the resting days that I am not making plans. It is only on the not so good days that I am not planning. It is an ongoing process that started a few years back, and I hope, and pray, that it ends, not before I die!

The scary questions like vision and plan and goal and destinations are not really for me I guess. At least for that bit of Rajat, which is very innate - very innermost! There are dreams. Whole lot of them. BIG ones and the SMALL ones. Those broad guidelines on which I lay the small road maps that I have. Apart from that - it is just one big fat party - a party which happens over a cup of badam milk on the corner of the road. A party which happens after relishing something which I prepare in the kitchen with a lot of love care and bla bla bla and which the others consider - uneatable. The party which happens after a few lines of code work or when I find a new drupal module. The part which happens when it is sunny - sometimes when it is windy and the party which happens when it rains.

Sometimes I ask myself is it is okay to be so stupid as not to have the BIG Plan for my own self. And then, in a few minutes, the more friendly side of me tell; me, dude - let's party! When he made me he made sure that I can never enjoy a party when I am not working! Work - party - party work. No they are not separable. They just go hand in hand.

After such a long silly description, let me come to the point. I have begun to realize that what works best for me is in fact walking the small distances, the best

***When you are on a journey of 30 miles at night with a torch in hand, you will only see some few feet of the road in front of you. Yet, you must keep walking to be able to see the next few feet and then the next till the destination is reached!***

way I can. Form my favourite book - "Yes I too read some books guys" -

It's comforting to be extremely self critical at times. Along with intuition probably this is all that can ensure that I am on the right way. It's comforting to note that the bells in the head wont ring when things are not right and the party can happen only when you work!

Discussions

Expressions

Activities

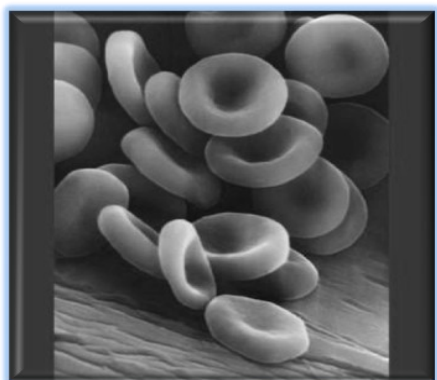
*Success is a lousy teacher. It seduces smart people into thinking they can't lose.*

### Activities

### Expressions

### Discussions

I had barely slept the way I like to when the phone rang. It took me about 4 rungs to figure out where my cell was. The person on the other end had lost his patience and kept the phone. I called back. "I'm Dr. X calling from St Martha's Hospital. Do you have 2 units of platelets?" Listening to this, the sleep vanished. The Doctor told me that it was a 10 year old kid suffering from Dengue and that is platelet count was 10000. This sent chills down my spine. We have lost a similar patient a few days back in the city because of shortage of platelets. And, from whatever I know about Dengue having taken numerous requests, 10000 was an alarming number. 2 units of platelets as requested by the doctor were too few for such a case. Normally



the clinicians recommend a platelet aphaeresis which takes the count to about 50000-60000. I asked him why he was not willing to go for platelet aphaeresis. The reply was - "Patient is too poor to afford aphaeresis". There we were on the middle

of the night with a young child fighting for life One blood bank after the other we started calling. In such times when a life is hanging with a thread of hope the most disguising thing is to have the most prominent blood banks in the city who claim to be the torch bearers of saving lives not pick up the calls. I feel like going to their buildings and smashing their glasses. They surely will have a well tailored explanation which will add to my disgust and hatred for them. One blood bank claimed to have the unit, but as soon as he realized that the call was not from his own hospital, he changed his statement and claimed that he cannot issue the platelets. I told him we could replace blood immediately. But it fell on deaf ears. He told me that we could come after 9:00 AM and get the donation done. Then we could take the platelets too. People respect doctors. In India Doctors are referred to as Doctor Sahib with respect. Blood Banks are supposed to be emergency services to save life. I don't know how that technician faces himself after refusing a chance to live to someone. There was one last blood bank where the receptionist told us that they could issue only one unit of blood. We saw hope. But she said that she needs to talk to her seniors. In 1 minute she came back and expressed her inability to part with even that one unit of platelets. Frantic appeals failed to move them. There are times when you feel helpless like anything. When a city of

(Continued on page 65)

*Normal is not something to aspire to, it's something to get away from.*



## ...A Terrible Long Night

70,00,000 people cannot give one unit of platelets of any group to a child battling for life, many concepts break down. Desperation for that unit had already set in. We were already up for more than an hour struggling to get that one unit which would be the elixir of life for this patient. We had the contact number of the Blood Bank Officer of the blood banks. We called her up. We explained to her the situation and the need for her blood bank to issue

blood banks and instructed the unit to be issued with directions to us to replace the unit as soon as possible.

With a sigh of relief we called up Dr X and informed him that the unit was found. I told them to rush immediately and collect it. As I was keeping the phone down, something told Ankita to prompt me to mention that the patient's blood sample and request had to be taken along? I turned to her and said - "He is a Doctor". I did not know that this statement would come to haunt me later in the day. At 6:15 Am the phone rang. It was Dr X again. He said that the blood bank has refused to issue the unit with cross-match. He told me that never before had anyone asked him for a cross match. I got very upset. It was more than an hour and a quarter since I had confirmed the availability of platelets for them. I told him to speak to the blood bank directly. In sheer shock I lay. Every minute was filled with the fear. It was the fear of losing that child; the child who I will never see. I have also made a promise to do all that it takes to ensure no one dies because of shortage of blood. If unfortunately something happened to the patient, what face would I show to myself? Fortunately the patient was okay till the time the relatives came back and took the sample. I don't know if the 2 units would suffice.

***Those that are there are being sat over by some so called elite hospitals for their own elite patients. I know that there is platelet aphaeresis but I am also aware that the procedure will help only the rich. This summer, many men, women and most of all children may not be able to make it. All of us will continue to live our lives normally and even happily while they will struggle for those life saving cells screaming and struggling in the emergency wards of the hospitals. Crying out for help they will hope for someone to stand for them. Either someone will come forward to help or the cries will faint out. For me, there is no peace...***

that unit. She is one person who probably understands human pain. She called her

Discussions

Expressions

Activities

*First say to yourself what you would be, and then do what you have to do.*

The Emergency Wing for the 24X7 team of Sankalp. Helping people in blood search was, is and will be the team's sole focus. It is very well established by now that in the previous year Sankalp embarked upon a plan of expansion of its operations throughout the state of Karnataka. One natural consequence for the Emergency Wing was to embrace the challenge of taking up blood requests from every possible area of Karnataka. Operationally this was the most major change the team went through in 2009 - 2010. In the following 2 pages in separate charts

the statistics of the EW both within Bangalore and outside (within Karnataka) are clearly brought out.

#### Other work flows of EW in 2009

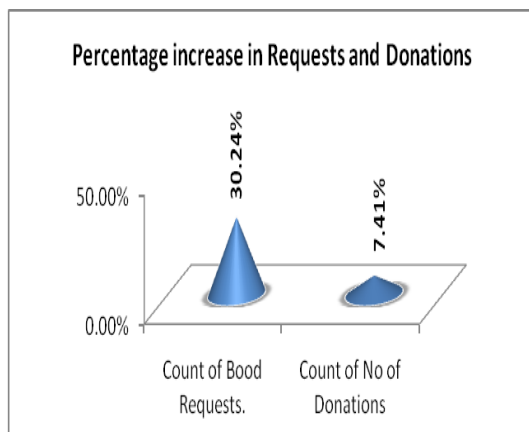
##### Process

To work in more coordinated manner and make sure that none of the requests are left unattended, few new processes were introduced this year

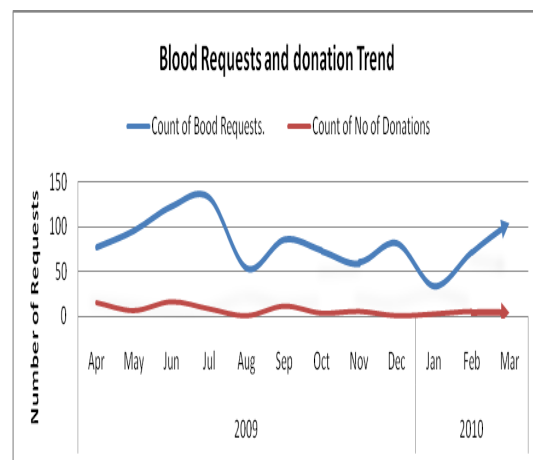
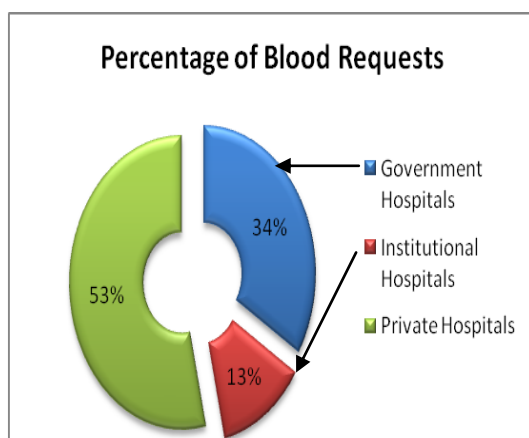
Case Distribution process:, Case reporting

(Continued on page 67)

#### Bangalore Blood Request Stats



- ◆ 7.4 % more requests for blood
- ◆ 53% requests from Government hospitals
- ◆ Maximum blood requests received in summer months
- ◆ Requests from 180 hospitals in total of which a huge chunk is from major cardiology and cancer hospitals



God is so fond of common man. He has made so many of them.



process:, Case updating process, CRF submission process:

### Donors registration from other districts

We succeeded this year in at least starting the donors' registration across Karnataka. Basically 3 approaches were used

**SMS:** A message to register as blood donors was forwarded randomly to many people. We received response from around 150 people around Karnataka.

**Article in Newspaper:** PR team

was successful in getting one article about Sankalp in one of the Kannada newspaper. This led to donors across Karnataka calling and registering as blood donors.

**College visit:** After good amount of struggle we were able to do a registration drive in Davangere BIET College. Response was very good as college was very supportive. We were able to register 516 blood donors and few of them were also

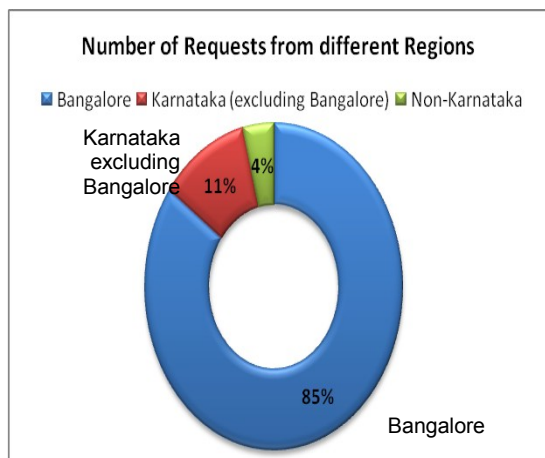
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Discussions

Expressions

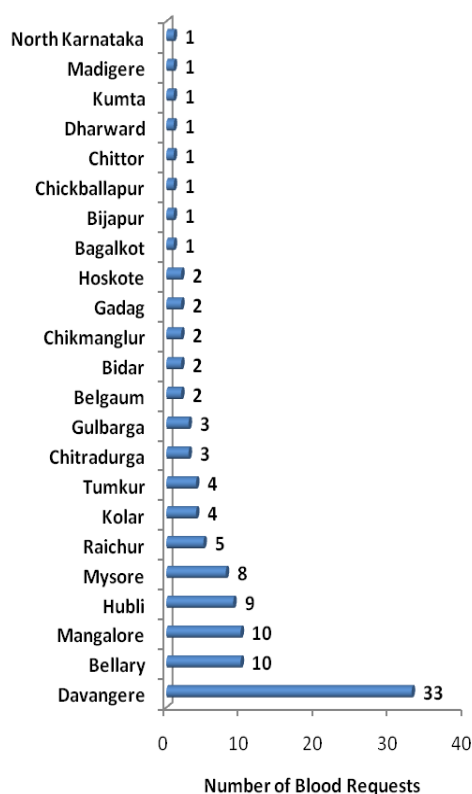
Activities

### Karnataka wide Blood Request Stats



*Requests for blood within Karnataka and outside Bangalore came from 53 different hospitals in 23 different cities of the state marking an enormous increase of close to 400% as compared to last year*

Number of Requests from other districts of Karnataka



### Activities

interested in volunteering.

#### Bombay Group

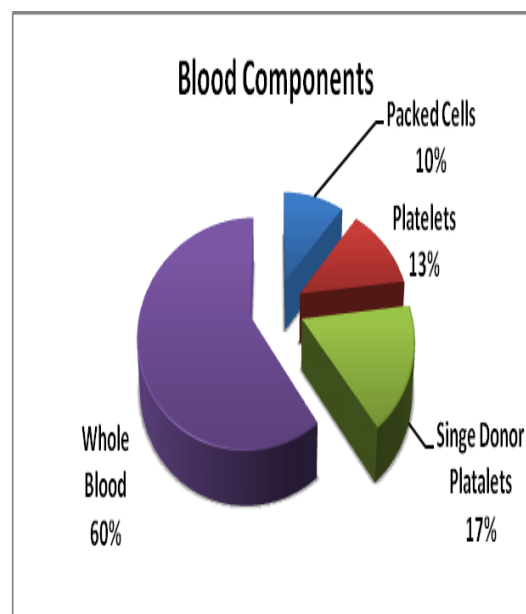
Bombay group requests were 13 this year with 3 donations. This year team was able to come up with an online Bombay group donor list shared among all volunteers. Few more donors are registered with us. It's been observed that only 2-3 donors in Bangalore are usually available to donate during an emergency.

#### Donors' Registration in Bangalore

Like every year we had Blood donors' registration drive in MS Ramaiah Institute of Technology and Indian Institute of Science. Together we have registered close to 1000 Emergency blood donors. Apart from this registration drive was also triggered in MSRIT boys Hostel and Girls Hostel. This is still in progress.

The trend of SDP requests shows the high-

est number of requests were during summer months when the Dengue was pre-dominant in the city. Graph clearly depicts the request as well as SDP donation trend.



### Expressions

### Discussions

#### *EW Plans For 2010-2011*

- ◆ Monthly newsletter and updates
- ◆ Building local Emergency units and a database of blood donors across Karnataka
- ◆ Management of information on donors website
- ◆ Spreading awareness about apheresis and registering more apheresis donors
- ◆ Gaining knowledge about bone marrow, spreading awareness about it and registering more donors for the same

*The ability to concentrate and to use your time well is everything.*



## Emergency Wing Volunteers Speak...

### Feel Blessed - Shyam

### Expressions

I feel myself very happy and blessed today, after joining Sankalp India Foundation. Even a rat can find food and shelter for himself; so what great is a man if he manages basic needs of life, because he is also living for his own self.

After joining SIF, I realized what is the actual meaning of life and happiness. It does not lie in living for oneself but it is doing something for our fellow brothers and to be very honest. I'm part of the organization because I find my happiness in doing something for my society, my nation.

The level of happiness and joy I get after solving any blood request is beyond explanation. Each time I get a blood request, it accelerates my energy level and keeps my mind in an excited state and motivates me to keep doing my tasks.

I have no idea how much I contribute towards my society or my nation, but all I can say is I'm very happy being a part of the organization which is serving the nation in its own unique and a dynamic manner.

Discussions

Expressions

### My First Blood Request - Sourav

### Expressions

Although I had attended many blood requests with other experienced volunteers, I had not got a blood request that I was supposed to attend, until that day...

It was a great experience. Donor was called and he was more than happy to donate. Later the smile on the patient's son holding the blood bag said it all.

That night while recollecting the event, I realized that I could have conducted the blood search in tens of other better ways. Since then I've learned no matter what you do, there is always a better way to do it. If not, then something is terribly wrong; you are inhibiting your growth.

Activities



*Great things ever done on earth have been done little by little.*



**1**st March, 2009- It was a fine Sunday evening, to be spent in the college canteen catching up on the latest gossip, over tea. It was then, that an engineering student, a volunteer of the Sankalp emergency wing received a call. She listened with rapt attention and sprang into action.

A pregnant woman; expected to deliver anytime soon; was in urgent need of blood. The patient's name was Sapna and she was admitted in a government hospital. Such calls were not unusual for this volunteer, but, the requirement in this case was. Sapna needed blood of the Bombay group- a blood group so rare that you would find only one person of this blood group in 17,000! The search for a donor of this group does not remain city specific and in most cases expands into a nationwide hunt. This group is often mistaken as O+ if not tested properly and this makes matters worse. So, in a country where most people don't know their blood groups, and Bombay group is unheard of; even by doctors; an Sankalp volunteer took up the challenge of fulfilling the requirement of this rare request. A spark of confidence crossed her face. "I have to do this!" she sighed.

Sapna's hemoglobin level was at 4 (the normal level being 12.5). The doctor clearly said that if she delivered before her hb level rose to 8, it would be difficult to save either the mother or the baby. He suggested that she be transferred to a better

and more equipped hospital. But Sapna's husband, a daily wage worker could not afford it. A hospital worker had promised them the required blood and had charged them a lump sum. He had not contacted them since! Sapna's husband was now penniless. The two volunteers took up the responsibility of shifting her to a better hospital and doing all the needful to ensure that she had a safe delivery.

Early next morning, one other volunteer was in negotiation with Dr. Aakash, a social worker at one of the best hospitals in Bangalore, requesting him to help provide free treatment for Sapna. After some robust discussion, he obliged. The next hurdle was the transportation of the patient.



Ambulance was unaffordable. So finally, with the doctor's permission, the volunteers brought her in an auto. After Sapna's checkup, the doctors declared that she

would deliver anytime now. The volunteers had to find as many units of Bombay group blood as they could, and in time to help mother and child. They set out in search of donors. The hunt had begun. The

(Continued on page 71)



## ...The Bombay Blood Group Saga

chief of a reputed blood bank, Dr. Somesh lent a helping hand. He used his contacts, to rope in more help. 6 volunteers stormed the entire city and managed to find 1 eligible, willing donor- Shridhar. Finally, one unit of blood was transferred to the patient. Her hb level rose to 5- still far from safe. Nightfall halted their search and the volunteers spent a sleepless night, with no relief in sight. The next day, search proceeded on a war footing. Age old databases were pulled up from blood banks and volunteers travelled to every nook and

***"After seeing the baby, I had tears in my eyes and I felt like there is no end to happiness. We sat in hospital floor watching the sky, that moment was so awesome. That night we finally ate- in fact, we partied! I was smiling for at least 2 days remembering the baby", recalls a volunteer...***

corner of the city to meet these donors. They succeeded in finding one more donor - Harsh. 15 minutes after this blood was transfused to her, she delivered! Both mother and baby were safe! The parents' happiness knew no bounds! The volunteers were overjoyed.

About 10 months after this incident a volunteer again got a request for blood of Bombay group. For a handful of volunteers who cater to more than 800 blood re-

quests every year, 10 months meant lots of challenges, many dead ends- each leading to newly chalked out paths, whole new learning experiences. Facing these challenges; strewn on their path- each one testing their skills and patience in new ways; brought lots of joy to these 6-7 volunteers of the Sankalp Emergency wing. The volunteers started calling donors from the database they had built up in these 10 months. Unfortunately, no one was available. One of the volunteers was suddenly reminded of Sapna. She called her and explained the situation. Sapna was more than happy to donate but wasn't sure of her eligibility. After thorough checkup at the blood bank, she was declared eligible. She was happy to save someone's life because someone had once saved hers. She exclaimed in Kannada- "Sankalp people are more important to me than my family!" Most volunteers didn't understand Kannada but could read from the smile on her face. Finally, Sapna's blood was transfused to the patient and her operation was successful.

The next day, the volunteers of Sankalp emergency wing were seen going somewhere. With little twinkles, and much bigger dreams in their eyes- a smile writ large on their faces. They were literally jumping on the road while they walked, and smiled- the charm of which can only be felt...

Discussions

Expressions

Activities

*Keep doing what you're doing and you'll keep getting what you're getting.*



### Activities

### Expressions

### Discussions

I always wondered, what is it that makes me feel that learning at college is a burden these days, and learning in Sankalp is something I do out of pleasure/ curiosity/ enthusiasm? Basically I like to learn stuff, also I am a little lazy and want to learn it the not-so-tough-way as much as possible. ;) But somehow, my thirst to learn at college has died down in the past one year. Yet I feel the same enthusiasm I did to learn anything new here at Sankalp.

The question materialized in my mind when I saw my calendar sometime last week n most of the days till the end of the month required me to prepare something or the other for college. The same calendar also reminded me of some of the tasks I had to do @ Sankalp at the same time, like preparing for the upcoming Anniversary for instance. So what was the difference I felt? Naa, who cares of the daily tortures of college, let me prepare for the Sankalp's annual event - The Anniversary..

But the question was still nagging me at the back of my mind. I was never the one who differentiated stuff (college, home, Sankalp n so on). To me they were different parts which completed my day (or rather life). So why am I doing it now? To even probe further, my department may have the same number of teachers (or more) as there are the Volunteers of Sankalp. Both are places of learning and both (according to me) are my responsibility to do well. Everyday is a new challenge

and everyday I learnt something new at both the places. So where and when did



things start falling apart?

Then one of the conversations I had with a friend came back to my mind. I guess it was just there waiting for me to ponder about it and bring it out. Maybe the enthusiasm that comes for my work at Sankalp is from the fact that Volunteers here are still "people" who understand. They are not trying to be "Gods" by "evaluating" us, marking us off for our mistakes etc.. They themselves are on the path of learning and understand it when we say that we didnt understand or that we failed to do something and are always supportive in our tasks no matter how busy they themselves are. Just the confidence that I get that

(Continued on page 73)



## ...Small Things Make A Difference

someone will help me when I falter is enough to make me work hard enough before I seek their help.

I understand the constraints of any Educational system. Maybe there are majority of the students who walk in to enjoy n not study/ work. Also it is a part of the documentation required by colleges to show all the students' evaluation. The students maybe passing clouds to the teachers who

are in the college just to do their work n not "understand" us, but is that a valid enough reason to ignore us? Some of us only ask support in our learning, a guidance to walk the path that is expected of us, an encouraging smile to say "go on". Is it too much to ask for?

Discussions

Expressions

Activities

### Experience in Sankalp in last one year Amit Kumar

### Expressions

As usual not easy....tough job....many learning.....many mistakes....went through some really exciting experience....it's a feeling which really is a pack of mixed emotions. The helping hand and guidance of senior has really helped me a lot. My everlasting experience was when I was visiting one of the Districts in KWBS (Karnataka Wide Blood Search). It was one of the senior volunteers who really showed me the path ahead. It was due to that Senior volunteer that I realized they bigger picture of Sankalp, bigger and better scenario of BDO. After being three years in Sankalp, now I really feel that I have started to see the picture, the dream which they (seniors) saw, the dream which they really wanted us to show....Sirs, Mams I love each and every one of you.....

Though younger to me yet brilliant working force..The Juniors...I have really loved working with them...juniors rockzzz...They many time have been a source of motivation for me.

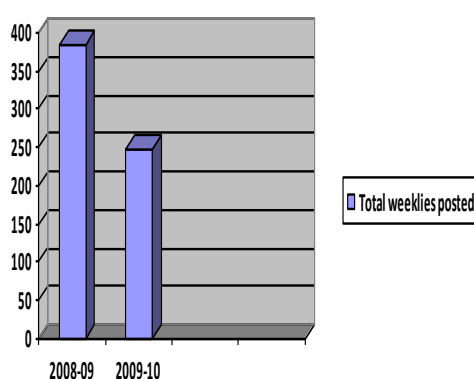
All the volunteers of Sankalp have become a new family to me.

*Simplicity is making the journey of this life with just baggage enough.*

**A**dmin team acts as a backbone of all the teams in Sankalp. This team was more independent as compared to the last year. Still there is lots of scope for this team's improvement. The work in admin team is categorized as Routine work and adhoc work. Below points explains the work done last year.

#### Weeklies

Being in an organization like Sankalp where volunteers meet once in a week it becomes difficult to know what other volunteers in the team are doing during the other days. This was the main reason why posting weeklies was introduced in Sankalp. Unfortunately very few volunteers post weeklies, as compared to the last year weeklies posted this year was reduced by 35%. It is the responsibility of every volunteer in the organization to understand the necessity of posting weeklies.



#### KPIs (Key performance Indicators)

KPIs are the metrics to capture perform-

ance of the team, for example EW can have no. of donations per month as the KPI. Every KPI will have an expected value, if the team meets that value then its performing good. If the expected value is not met then it indicates something is going wrong. Team can discuss about this and take appropriate actions to improve the performance and see to it that same thing doesn't repeat in future. KPIs are a very good practice which would help organizations growth but unfortunately it was stopped this year because of less cooperation from the team.

#### Goals and Objectives

It was decided that the Goals and Objectives for all the teams will be decided by the team and posted on Karmbhoomi, this would help the teams to analyze themselves at the end of the semester. But this was again stopped because of the lack of co-operation from the teams.

#### Communication

Last year we were using Mytoday website for sending sms internally. This was a good means of communication as it had lot of features like queuing messages to be sent in future and all. Admin team use to send "Thought for the Day" everyday to the volunteers which had good response. As there was some problem with MyToday

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*To keep a lamp burning, we have to keep putting oil in it.*



we switched to way2sms, but this lacks the feature mentioned above. Admin team is looking forward for the sms integration by the tech team.

For the growth of the organization taking 360 degree feedback is very important. Unfortunately it was not done properly last year. This one the major failures which admin team had in the last year.

### Society Registration

As this is the 4th year after Sankalp registered as a NGO, Sankalp registration was renewed for last year. As part of this the minutes of board meetings are recorded in a register. All the SV meetings and the regular Sunday meetings are also captured and posted on Karmbhoomi.

### External Organization Membership

Sankalp got registered itself with Credibility Alliance. CA is a consortium of voluntary organizations committed towards enhancing accountability and transparency in the voluntary sector through good governance. This will make Sankalp more credible organization as compared to the others.

### Feedback

#### *Administration Team Plan For 2010-2011*

| Sl. No | Plans  |
|--------|--|
| 1      | Follow feedback process properly and provide on time feedback.   |
| 2      | Getting ISO 9001 certification, which will help organizations growth.  |
| 3      | Monthly reports about the weeklies posted will be sent to volunteers.  |
| 4      | More Interactions with the volunteers to understand if they have any problems (Related to sankalp work) and try to solve them. |
| 5      | Taking charge of events held in sankalp.   |
| 6      | Arranging for the different trainings within the teams as per the volunteers request.  |





### Activities

It is difficult to request someone to come forward to donate. People have their own apprehensions. Most are concerned about their own free time when they can leisurely donate.

I was going to view something very unusual. Govt College for women is the only women college in Kolar. Students come from 20 to 30 kms every day for education. The college graduation course on Humanities, Science and management for 3000 odd students.

Camp on a women college in Kolar is a matter of concern as the students are mostly from the villages. The nutrition level is low and concerns about HB (Hemoglobin) levels is always there. One more issue is that people in villages are not very keen on blood donation as their urban counterparts.

The blood bank was estimating a maximum of 25 to 35 units in the entire drive.

The camp started and students started to come in. The location for the drive was not so good. There were no fans in the hall but fortunately the blood bank had brought one or two table fans. The time the blood camp started the lights went out.

Day time in Kolar is not so cool. THE NCC cadets from the college came in their uniform and stood guard to ensure that the blood donation area was not crowded and filled with unwanted visitors.

The camp started and students started to

pour in. After sometime, the 8 beds that the blood bank had brought got filled up with prospective blood donors. By this time the students from the college began to peek from the window on how blood donation was taking place, each one making their own faces from the outside when they saw the needle being inserted.

The donors were mostly 1st time donors, all enthusiastic and nervous. These girls mostly come from rural background. Some travel 20 to 30 kms everyday for education. I was getting different feeling on what women empowerment really is.

It is important that donors should have some substantial food to eat in last 2-3



hours before donating blood. These girls had their breakfast around 7:30 - 8:00 and here they were coming for donation around 12:00. It was difficult convincing these donors to have something before coming for donation. Fortunately we had a

*(Continued on page 77)*

### Expressions

### Discussions

*It's a simple formula; do your best and somebody might like it.*



## ...Camp @ Woman's College, Kolar

NCC cadet who translated what we were trying to convey to the donors who found it difficult to understand English.

The line made for donation had around 10 girls queuing for pre donation check with around 50 behind the door blocked by a NCC cadet who had spread her hands in the door to hold the 50 odd ladies pushing each other for donation.

***I was getting nervous. Two ladies had just fainted and around 20 -25 queer girls watching I was just hoping. But then I saw a lady donor coming for donation after pre donation check. She unassumingly got into the donation bed with a lady donor beside her who had just fainted. I saw no reaction. She was cool and happy about being able to donate and nothing in the world was bothering her. I stood amazed until I saw another donor with the same attitude.***

There was no fan in the room and the table fan brought by the blood bank didn't work as there was no electricity!! It was getting hot inside. We could see some donors beginning to faint.

There is a phenomenon called **Chain Reaction**. In camps, everything would be going fine and then suddenly one faints. Seeing the person who fainted, a chain reaction starts happening where other donors start fainting. It happens mostly when one is a first time donor and specially occurs if the donor is a lady.

4 college staff came forward to donate. For the girls who had come for donation the college had arranged for lunch. This was for donors who get their donation done. Upon my request all donors were asked to donate only after having lunch.

The donations went fine. When the last donation was about to complete the table fan brought by the blood bank started to move. In 6 hours since camp started, 200+ had come for donation of which 60 donations was taken. Most were rejected on basis of low Hemoglobin level and weight. But still blood stocks in Kolar improved.

Kudos to all those young donors to decided to give life a better chance. They have shown that sheer grit and passion can actually make a big difference . We @ Sankalp salute their spirit!

Discussions

Expressions

Activities

*Players have two things to do: Play and keep their mouths shut.*

## Activities

## Expressions

## Discussions

Every day as I scan through the news sites I get to read more and more about H1N1. And every time this happens I get more and more frustrated with the way things are portrayed in the media. Since June this year we at Sankalp are having a horrible time. This is because of the unprecedented rise in the number of peo-

*Out of the few hundred requests for blood we have seen in last few weeks, we have come across 4 people who failed to get sufficient blood on time. All four of them were suffering from dengue! We have been working closely with emergency services since last 6 years. Never have we seen a particular disease take this high toll. Blood banks are out of platelets and each day scores of people are getting infected with the dengue virus. Still, I could find little news about the viral.*

ple suffering from dengue. Hardly anyone reported the fact that the disease is spreading more each day. The media failed to take notice of the immense shortage of platelets in the blood banks. Life just seemed to be so normal. With a mortality rate of dengue known to be close to 5% (Source: [http://www.bio-medicine.org/medicine-news/Dengue-and-Chikungunya-](http://www.bio-medicine.org/medicine-news/Dengue-and-Chikungunya-3A-The-Dirge-of-a-Nation-14892-2/)

3A-The-Dirge-of-a-Nation-14892-2/) it is not something that the nation should have been ignoring so blatantly. Think of it.

Did you

- Get to hear too much about the prevalence of dengue?
- Hear about how to save yourself from dengue?

See anyone taking steps to kill mosquitoes with an increased sense of urgency?

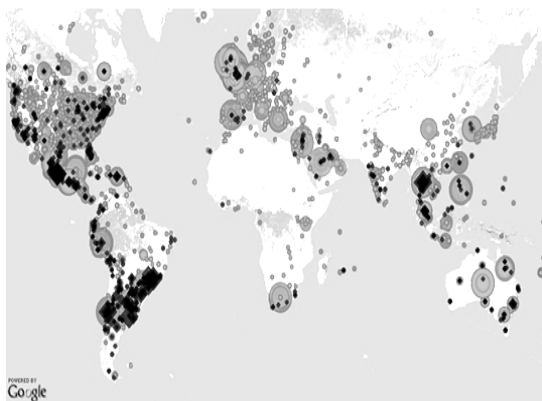
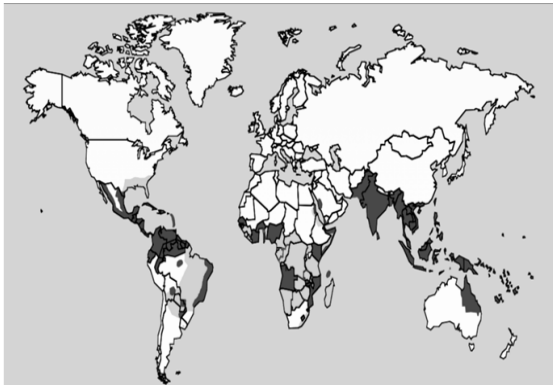
It will be a surprise to me if your answer is 'yes' for the above questions. If it is dengue, or if it is Chikungunya, it is just another infection that comes each year and kills a few from the billion that live in this nation.

Then H1N1 came. Switch on a news channel and you get to hear about it. Every child in the nation has been scared of this new viral infection. The general feeling in the public is that soon H1N1 is going to wipe the chunk of the civilization away! With all this ho halla, the media and the Government sweeping into action, no stone is being left unturned to overdo the preparedness to the level that the caution converts into fear and the fear makes way for horror! Masks are being sold at 10 times the price. School assemblies are cancelled. Tension is in the air. Each death that can remotely be linked to swine flu is being aired by the media with the minutest of detail.

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*Attention to a subject depends upon our interest in it.*

It is not bad to prepare, but doing this for swine flu when the doctors claim that it is just flu but a more contagious variety of it is what I question. The mortality rate of H1N1 is less than 0.01% to 0.4%. This is pathetically low compared to several other season outbreaks of disease in our nation. Why then is swine flu getting all the atten-



tion?

I think I know the answer. And I am presenting the answer to you in two images that I have picked (on LHS): The first image shows the prevalence of dengue and second image shows the prevalence of H1N1.

I know my answer now. Dengue has assumed a low profile just because it is not prevalent in the US and Europe. H1N1 is the talk of the town because it is what concerns the developed world!

CAUTION: Please do not see this article as underestimating H1N1. It is an attempt to highlight the issue that has been grossly disregarded. I hope and pray for the day when the Government and Media of our nation acts on the needs of the country rather than blindly following their western counterparts!

In-fact with the news reports about H1N1, we are heading towards a situation where a large number of people may die. Not because of the virus itself, but because of the fear, because of people not donating blood!

Discussions

Expressions

Activities

**Blessed - Lakshmi Expressions**

I feel blessed to be in Sankalp, so I'm in Sankalp.

*Concentrate on finding your goal, then concentrate on reaching it.*



Even before I begin, Congratulations to the entire Sankalp family on the completion of 7 glorious years. Kudos to the great work done by each and every volunteer in the past 7 years which has brought Sankalp to the position it is today. It makes me feel really proud and honored to know



and to be remotely associated with the organization. Thank you also for giving me this opportunity to write my expressions for you.

I have personally known Sankalp for the past 7 years, ever since its inception and I have seen Sankalp grow each and every day and any manner, be it in their efforts to help any needy patient or when disaster strikes. I have seen the volunteers debate and brainstorm at many times and all these to know how they can do things differently, or how they can create awareness among the society. The seniors have always supported the juniors and have been with them through thick and thin and the juniors full of energy and enthusiasm

have not only provided fresh and innovative ideas but also done their tasks well. Its perhaps a blend of people who knows what responsibility they have taken unto themselves and what is expected from them. They complement each other and make it a great team which does wonders in bringing difference and a CHANGE. Sankalp as I have seen have always put in their best foot in whatever challenges have come their way and delivered more than expected. They have done what they have promised and which has made this difference in the society.

I have seen the organization in almost all its phase, good and bad, in the most testing times and each time the determination to be for the people was undeterred. I think had it not been for their undeterred determination they would not have been able to make a place for themselves in the society. The selfless motivation, the willingness to help, the commitment to give life a better chance is simply amazing and what lays the building block of this organization. As they move ahead in their endeavor to bring about a revolution and to create a difference, I wish them success. The journey ahead would not only be challenging but also full of obstacles and I only wish that all of you overcome it in the same manner as you have till date.

All the very best to each one of you for this milestone and hope to see you achieve many more

*Follow your bliss. Find where it is and don't be afraid to follow it.*

In my small hometown of Mussoorie summers were short and warm. Being a very cold town indeed people are not used to drinking a lot of water. I am sharing with you the memory of the Humble Matki. It came back to me today for a reason that I have shared below.

I belong to a business family. When I was young, sometimes I was given the responsibility of opening our shop. I took the job with a lot of pride - after all - it was something important and someone responsible enough had to do it. Even at a tender age of 10, I used to run down the road in unbroken gait and carefully open the locks before struggling to lift the shutter. After the dusting and brooming was done as a ritual I picked up a handful of rice and threw it above the tin roof nearby and in seconds there were many birds having their morning breakfast. The lamp was lit and the prayers offered and we were ready for the day. There was one more customary step to be completed before the work was done during summers. This was to clean up the Matki (earthen pot) and fill it with 2 buckets of water. Outside our shop we had placed a scooter tyre on which the matki resided. A red cloth always covered the mouth and a liter was dipped inside. I remember doing this a hundred times. The matki was prepared for the upcoming day. Soon people would go to their workplaces. Soon the temperature would rise. Soon people will come

one after the other to have a glassful of the refreshing cool water in the matki.

They told me when I was very young that in our country offering water to the thirsty was a very good deed. They said that you were blessed if you did this job.



I remember seeing scores of water tanks being constructed by the philanthropists to let people drink water in temples, bus stands, hospitals and numerous other places.

I never remember any roadside hotel charging me for water when I asked for a glassful. They are Indians. All of them. They belong to a nation which believes in humans. Where human values and virtues took the front seat. How can you take money for something so fundamental

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Discussions

Expressions

Activities

*The interests of childhood and youth are the interests of mankind.*

### Activities

- so basic - so natural - so necessary - so bountiful as water? Even the chaiwala at the end of the road takes pride in giving you a glassful of life for free.

This morning I am in turmoil. Something is tearing my head apart. Slowly and smartly someone is breaking my social order. Someone has been successful in getting a price tag on water. While I was busy with my life, someone has gently replaced the matki with a plastic bottle. I am scared. I am too scared to utter a word. I breathe. I consume oxygen. Is someone standing around the corner waiting for an opportunity to commercialize that too? Will I have to pay to be able to sleep under the stars too? I am scared not just for me but for those who are mine. I failed to notice the water price.

*I failed to notice that the matki is gone. There are people out there who don't have a voice. There are people out there who don't have a face. I am talking about the 800 million my people who are not as lucky as me. Does the plastic bottle come all that easy to them too? Or the disappearance of the matki means nothing to them? Or is it that we are slowly moving on to deny them the right to water - the right to air - the right to live life.*

### Expressions

### Discussions

#### Good Experience Soumya

#### Expressions

My experience from past one year was great. From one and half years I have been taking cases independently and every case gave me new experiences. This sem I got one Bombay blood group case which was the biggest of all cases and had a great experience. Being a Sankalp volunteer I learnt many things not only blood related one but other than that. Frankly speaking after joining Sankalp I learnt to face a crowd in the sense I can go and speak in a class and many more things I learnt. Got very good support from senior volunteers. I learnt to spend time for proper reasons. I got good support for my studies also. It has been a great year for me being a Sankalp volunteer.

Man can only receive what he sees himself receiving. .

With the organisation heading towards major milestones, internal management of resources plays a crucial role in it's growth. It was a challenge to ensure the volunteers are well equipped by the time they set out for work and that every wing is working in parallel without worrying about the requirement of their resources.

### Work @ Resource management

Resource management team promises that every single requirement by different teams will be centrally processed and fulfilled to ensure that work happens at good pace. Resource management team has brought in a process to the purchases we do, the places we get our prints from, the requirements each team generally comes up with, the frequency of these requirements and a centralized tracking of the numbers and the locations where these resources are placed. The team ensures that not a single commodity gets wasted

as it maintains weekly updated databases of the Sankalp inventory.

The resources we have in our inventory are broadly classified into four main categories-

**Consumables-** Consumables are those commodities which get used up by different teams and need to be replenished once their number goes below a certain value.

**Non consumables-** Non consumables are those commodities that can be used again and again for a finite number of times, if properly tracked and taken care of.

**Products-** Products are magazine, t-shirts and other such things for which people have to pay. Our products consumer base is limited to volunteers and friends.

**Archives-** Archives are materials that

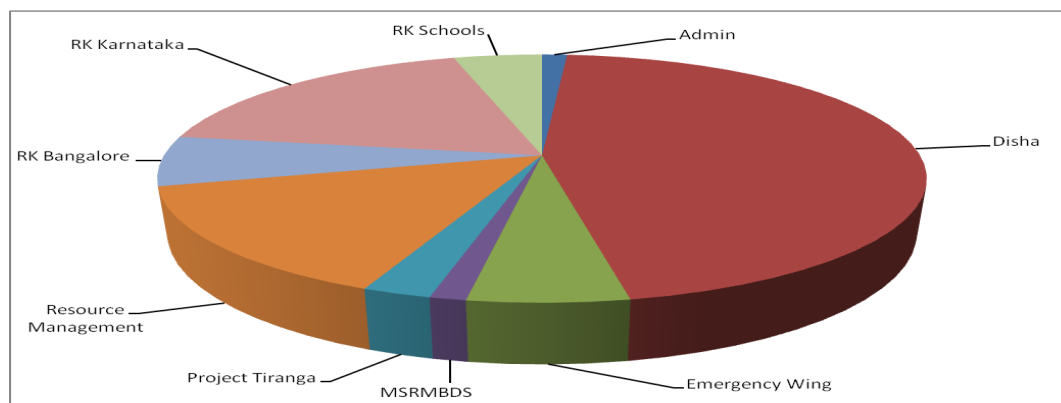
(Continued on page 84)

Discussions

Expressions

Activities

*Resources Consumed Under Each Project*



*Experience is a hard teacher...it gives the test first and then the lesson.*





### Activities

have been used and are event specific but need to be preserved as they remind us of our past as well as help us plan resource requirement when similar events are organized again. Separate inventory and databases are maintained for each type which are constantly updated. All resources are regularly audited to maintain proper tracking and usage

#### Major work done in 2009

1. Introduction of bags for camp resources, thereby ensuring sufficiency of resources and their regular refilling.

2. Introduction of Resource checklists in multiple projects, thereby ensuring availability and tracking.

3. Incorporating dynamic feedbacks to ensure continuous innovation and improvement.

4. Performing dynamic audits of critical resources.

5. Huge purchases of excellent quality utensils at the cheapest possible price during project Sparsh.

6. Better maintenance of vendor contacts, dynamically updated to enhance quality/price ratio.

7. Satisfactory distribution and tracking of resources during Karnataka floods.

8. Establishment of processes within each team for better resource handling and stable resource cycle.

9. Increased initiative from Resource Management team to suggest and participate

in refining processes for better resource utilization.

10. Greater traffic of resource requirements with ends met.

11. Better understanding of Sankalp finance processes and hence better synchronization and interaction with the finance team.

12. Establishment of a full-fledged Sankalp Library, to enhance overall reading habits and learning process among the volunteers.

#### *Looking Ahead in 2010*

1. More audits to ensure greater accuracy in inventory management.

2. Implement resource levelling to ensure never does a resource reach a critical level.

3. Bring our vendors at greater confidence level. Our good terms with them will ensure good quality of services in minimum time. It will also help us greatly in cost cutting.

4. Implement iterative cost cutting and reach an optimized level for all possible resources the organization uses.

5. Better processes to ensure process dependency instead of person dependency for the work done by the team.

### Expressions

### Discussions

*Knowing is not enough, we must apply. Willing is not enough, we must do.*



## Do You Know How To Relax

by Jayesh

Source: <http://www.healyourlife.com/author-sonia-choquette/2009/10/wisdom/personal-growth/do-you-know-how-to-relax>

**T**HIS MORNING I overslept. I spent the weekend teaching a workshop on the East Coast and then caught a flight home that landed at midnight. By the time I collected my luggage, got to my car and drove home it was 2 a.m. I didn't mind. I still felt exhilarated from the workshop and the happy, joyful response, which emanated from the people who attended. Their love carried me home on such a vibrational high I didn't feel tired at all. That is until the alarm clock went off at 7 a.m. This morning and a wave of exhaustion swept over me as I reached over and pushed the snooze button. I immediately fell back into a deep sleep for another ten minutes when the alarm went off again. Struggling to wake up I forced myself to open my eyes, stood up, and found my way to the shower. The deep satisfaction I had felt the day before still lingered, but my body was having none of it. It was tired and not ready to dive into another day's work quite yet. Ignoring my body's needs, my mind pushed forward and thus began a head versus body struggle that lasted all day. I had made commitments that I wanted to keep and yet physically I was running on empty. I pushed through to 4 p.m. then found my way home where I could no longer put out any more effort,

*My mind loves to create and loses all sense of time and space when I enter the creative vibration. My heart loves to connect and share and engage with others. And my body wants to share in the vibration of love as well by "suiing up and showing up." But unlike my mind and heart, my body has a different set of requirements to keep up the vibration that the heart and mind want to maintain. .*

good intentions or not. I fell deeply asleep until 9 p.m.

Embarrassingly, I often forget to take these requirements fully into account as I arrange my day. And when I ignore what my body needs, my loving vibration takes a nosedive. I become agitated. I feel cranky and irritable. I have more difficulty listening, or being present for others; and I overreact to noise and other dissonant energies around me.

I can't tell you how many times my family members, who witness me in an over extended, exhausted and crabby state, have said, "I wish your clients and students could see you now...the way you really are!" Every time this happens I

*(Continued on page 86)*

Discussions

Expressions

Activities

*Do not be too timid and squeamish about your actions. All life is an experience.*

### Activities

### Expressions

### Discussions

cringe a little inside because they are right. Coming off the vibrational high of an intense effort of work, even work I absolutely love, does often catch me by surprise with a negative mood and no love or patience for anything. If we try to do too much or have too many obligations sniping at our heels, the best of our loving intentions can implode into stress, irritation, and even depression because we simply cannot catch our breath. This is a tricky challenge, especially for the more ambi-



tious among us, me included. I love life and don't want to miss any of it; not a single moment. And yet, if I cram my days chock full

of activities without allowing for the three-dimensional physical needs of my body, I may be publicly loving, but quite guilty of downloading my stress and negativity onto the people closest to me. Living in the spirit of love is for the long haul. We must slow down and pace ourselves so we avoid the emergency mode of breathless overwork and exhaustion. As I write this I'm shaking my head and smiling because

this is so clearly a lesson I must learn. I know my Higher Self is writing this through me to me. I've read that the Dalai Lama is very mindful of the importance of keeping a sensible pace so he can live in the spirit of love every day. One time a reporter asked him how he remains so calm, so grounded, and so loving when his life can be so stressful and demanding. He paused, and then answered, "I leave early for appointments." How sane. How realistic. How intelligent. And, how loving to himself and the people who look to him for leadership that he pace himself realistically. It is only when we refuse to allow our ambitious and overly active mind to bury us alive with its endless "to do" list that we can genuinely live in the spirit of love for more than a sprint or mad dash.

So like everyone else I'm learning, and remembering to practice what I already know. In the spirit of that intention I've taken the day off to just relax. I slept in, and have nothing to do but enjoy life all day. It's a challenge but I am committed to rising to the occasion. This reminds me of something my teacher Dr. Tully once said to me. "Sometimes the most powerful thing you can do is nothing. This doesn't mean nothing is being done however. It simply means when you step back, the Universe can step in and do its part for you." So, with a cup of coffee in one hand, a novel in another, and nothing on my agenda all day, I send you all my love from my relaxed and peaceful heart.

*Experience is the name so many people give to their mistakes.*



## The True Sound Of Truth

by Rajat

**A**n old story speaks about a similar problem. A devoted meditator, after years concentrating on a particular mantra, had attained enough insight to begin teaching. The student's humility was far from perfect, but the teachers at the monastery were not worried.

A few years of successful teaching left the meditator with no thoughts about learning from anyone; but upon hearing about a famous hermit living nearby, the opportunity was too exciting to be passed up.

The hermit lived alone on an island at the middle of a lake, so the meditator hired a man with a boat to row across to the island. The meditator was very respectful of the old hermit. As they shared some tea made with herbs the meditator asked him about his spiritual practice. The old man said he had no spiritual practice, except for a mantra which he repeated all the time to himself. The meditator was pleased: the hermit was using the same mantra he used himself -- but when the hermit spoke the mantra aloud, the meditator was horrified!

"What's wrong?" asked the hermit.

"I don't know what to say. I'm afraid you've wasted your whole life! You are pronouncing the mantra incorrectly!"

"Oh, Dear! That is terrible. How should I say it?"

The meditator gave the correct pronuncia-

tion, and the old hermit was very grateful, asking to be left alone so he could get started right away. On the way back across the lake the meditator, now confirmed as an accomplished teacher, was pondering the sad fate of the hermit.

"It's so fortunate that I came along. At least he will have a little time to practice correctly before he dies." Just then, the meditator noticed that the boatman was looking quite shocked, and turned to see the hermit standing respectfully on the water, next to the boat.

"Excuse me, please. I hate to bother you, but I've forgotten the correct pronunciation again. Would you please repeat it for me?"

"You obviously don't need it," stammered the meditator; but the old man persisted in his polite request until the meditator relented and told him again the way he thought the mantra should be pronounced.

The old hermit was saying the mantra very carefully, slowly, over and over, as he walked across the surface of the water back to the island.

This is a Buddhist folktale.

Thanks to: <http://www.dharma-haven.org/tibetan/meaning-of-om-mani-padme-hung.htm>

Discussions

Expressions

Activities

*In difficult situations, when hope seems feeble, the boldest plans are safest.*



Jahan Daal Daal Par.....  
Sone Ki Chidiya Karati Hai  
B a s e r a .....  
Woh Bharat Desh Hai Mera.....

It was a one of the best patriotic song of Hindi Film Music. Rafi Saheb in his golden voice wonderfully describes the unique and prosperous natural, cultural, social



characteristics of our country I was listening to a few AR Rehman songs, when I realized that Mohd. Rafi is no less when it

comes to patriotism through music. These are the songs we sing together when we celebrate the glory of the cause we work for- our motherland. This is a tribute to the great man; Mohd. Rafi!

In 1948, Rafi Saheb was distinguished for the singing the song “Suno Suno Aye Duniya Waaloon Bapuji Ki Amar Kahini” after premature demise of Mahatma Gandhi, written by Rajendra Krishan and composed by Husanlal Bhagatram. In the same year, Rafi Saheb got a silver medal from Prime Minister, Jawaharlal Nehru on the Indian Independence Day. The Rafi num-

ber from the film JAGRITI, “Hum Laaye Hain Toofan Se Kashti Nikaal Ke, Is Desh Ko Rakhna Meri Bachoo Sambhal Ke” is a very cultured advice from a teacher to his students to become model citizens. B.R. Chopra’s golden jubilee hit, NAYA DAUR had “Yeh Desh Hai Veer Jawanon Ka” by Rafi & Balbir picturized describing the heroic talent of our Army and People. Another duet from the film, by Rafi-Asha “Saathi Haath Badhana, Ek Akela Thak Jayee Tu Milkar Booj Uthana” is a well idea of joint effort for our labor force for development of Nation and the Country. The Hindi-Urdu war film HAQEEQAT based on the 1962 Sino-Indian war, written & directed by Chetan Anand had become indistinguishable with patriotism in India because of notable Mohammed Rafi song “Kaar Chalee Hum Fida Jaan-O-Taan Saathiyon, Ab Tumhare Hawale Watan Saathiyon” composed by Madan Mohan in the lyrics of Kaifi Azmi. The Rafi gem from Suraj Prakash’s PHOOL BANE ANGAARE, “Watan Pe Jo Fida Hoga Amar Wo Nau-jawaan Hoga, Rehegi Jab Talak Duniyaa Yeh Afsana Bayaan Hoga” depicts the immortality of soldiers who scarified their life for the country in the battle. “Apni Azadi Ko Hum Hargis Mita Sakte Nahin” from LEADER sung by Rafi Saheb under composition of Naushad beautifully portrays the daring and fearless endeavor of our freedom fighters.

(Continued on page 89)



## ...Patriotic Rafi Saheb

The songs from the film SHAHEED, “Aye Watan Aye Watan Humko Teri Kasam” & “O Mera Rang De Basanti Chola and “Sarfaroshi Ki Tamanna Ab Hamare Dil Mein Hai” & “Pagadi Sambhal Jatha” are the Rafi Saheb’s genuine salute to the freedom fighters of the country who sacrificed their life for motherland. The film was a debut of composer Prem Dhawan which was too first film to win three National Awards. “Aaj Ga Lo Mushkuraloo Mehfilee Sazaloo, Kiya Jane Kaal Koi Saathi Sooth Jayee, Jeevan Ke Door Badi Kamjoor, Kiskoo Khabar Hai Kaha Tut Jayee” by Rafi & Chorus from Ramanand Sagar’s LAL-KAAR picturised in a defence party which portrays the uncertainty of life of defence people . Chetan Anand’s another war film describing the Indian Air Force’s role in 1971 Indo Pak War, HINDUSTAN KI KASAM starts and ends with the title song “Hindustan Ki Kasam, Na Jukhengee Saar Watan Ke, Haar Jawan Ki Kasam” sung by Mohd. Rafi & Manna Dey. Another title song from Ramanand Sagar’s AAKHEN “Us Mulk Ki Sarhaad Ko Koi Chu Nahin Sakta, Jis Mulk Ki Sarhad Ki Nigebaan Hai Aakhen” sung by Rafi Saheb portrays rigid defence organism of India. The Rafi song from Swarn Singh Kanwar’s BADLA AUR BALIDAN “Meri Laash Ki Mitti Kharab Na Hoo, Ise Aake Thikanee Laga Dena” is an indirect appeal of our freedom fighters to the defence people to save the soil and nation from the adversary.

Above all the last and superb number of

this category, sung by our beloved Rafi Saheb is from Manmohan Desai’s Desh Premee: Mere Desh Premiyo Apas Mein Prem Kare Desh Premiyo.....

Nafarat Ki Lathi Tadoo.....  
Lalas Ki Khanjar Phakoo.....

Rafi’s voice will always live on. As also his freshness and enthusiastic approach to life.

### *Let’s not forget these master-pieces...*

Mohammed Rafi lent his golden voice for most of the inspiring patriotic songs of Hindi Film Music in the films like Jagriti (1954), Naya Daur(1957), Phool Bane Angaare (1963), Haqeeqat(1964), Leader(1964), Shahed(1965), Aakhen (1968), Lalkaar(1972), Hindustan Ki Kasam(1973), Badla Aur Balidan(1980) and Desh Premee(1981).

Tracks like “Aye Watan Aye Watan Humko Teri Kasam” , “O Mera Rang De Basanti Chola”, “Sarfaroshi Ki Tamanna Ab Hamare Dil Mein Hai” , “Pagadi Sambhal Jatha” , “Kaar Chalee Hum Fida Jaan-O-Taani Saathiyon, Ab Tumhare Hawale Watan Saathiyon” , “Jahan Dal Dal Par Sone Ki Chidiya” have always aroused a sense of great spirit of nationalism in every Indian.

Discussions

Expressions

Activities

*The keen spirit seizes the prompt occasion.*

**A**s we all know Finance is an integral part of any organization. Think of any organization that comes to your mind and they will have a need of finance to run the activity which they intend to do. Finance in Sankalp has grown from an ad hoc way to having a dedicated team and process in place to manage its finance.

As the organization grows from Bangalore to Karnataka, financial need of the organization has also grown hand in hand. We have kept in pace with this requirement and brought appropriate changes and process is in place to support so that teams can focus in their core activity without bothering about the financial need.

### 2009 Activities

**Tax benefit:** – This was the major milestone achieved by the organization last year. We got the 12A registration and 80G

certificate which will give tax benefit to all the contributor of the organization. It will ease the process of fund collection during disaster and other project. Also 80G certificate gives good credential to organization in term of transparency and accountability.

**Online banking:** – Sankalp has account with two banks: State Bank of India and Punjab National Bank. For better accessibility, Sankalp had started online banking with Punjab National Bank. This gives way to view our account detail any time and from anywhere. We are in process of starting online banking with State Bank of India.

**Finance on website:** – Last year we started a dedicated section in the [www.sankalpindia.net](http://www.sankalpindia.net) dedicated to finance information and queries. It gives

*(Continued on page 91)*

### Last Year's Activities

Tax Benefit  
80G

Online Bank-  
ing

Finance on  
website

Sankalp  
Budget

New Finance  
Sheet

New Finance  
Sheet

New Finance  
Sheet

New Finance  
Sheet

New Finance  
Sheet

*Even if you're on the right track, you'll get run over if you just sit there.*

you information like contact detail of Finance team, FAQ, Queries, How can you contribute to Sankalp. Apart from this financial updates are posted on monthly basis.

**Sankalp Budget:-** For better visibility of the funds within the organization, we had started a new process of estimating the income and expenditure of the organization in advance so to avoid any surprises in the last minute.

**Enhance finance sheet:** – Sankalp maintains its account in the spreadsheet. We had brought changes in the sheet for better handling of the day to day process. This change is brought from the learning of last year. We believe this to be continuous learning process and will keep improving in the time to come.

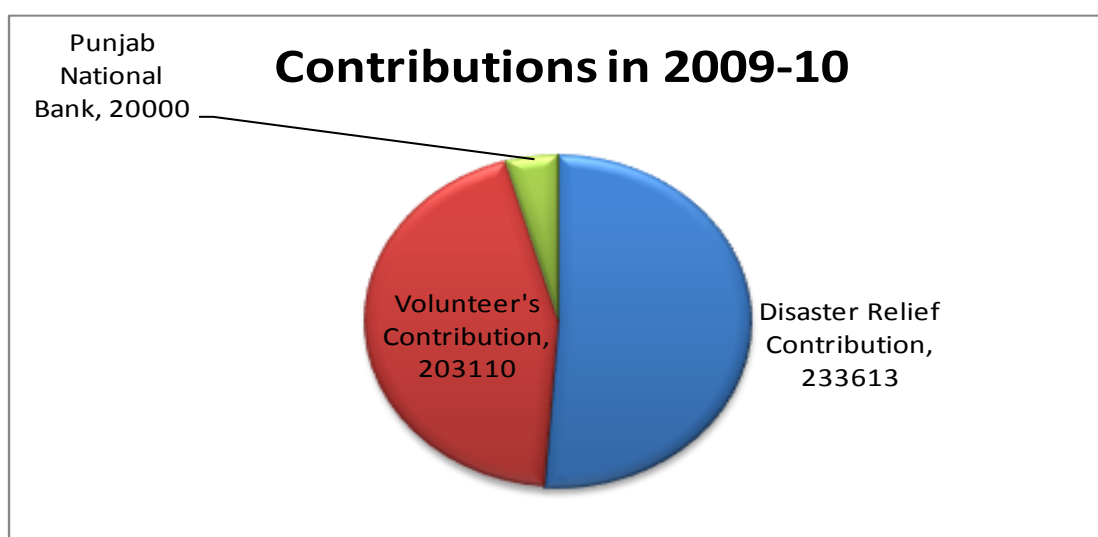
**More Flexibility and Better Performance:** – Learning from the last year has brought

better understanding of the financial aspect of the organization's finance. This enable us to give better flexibility in finance process to our volunteer, contributor and transaction. We are striving for more flexibility in coming year.

**Sankalp Planner:** – To maintain the timely completion of Sankalp finance activity on time, we had started Sankalp Planner where we plan the task a month before with time tag. This helps to avoid slip in any important task.

**Proper maintenance of doc:** – Documentation plays an important role in the financial process of the organization. We had maintained proper archive of the all the doc pertaining to the finance. In coming year we are planning for online archive of document.

**Monthly report:** – Another major step  
(Continued on page 92)



As long as you can start, you are all right. The juice will come



### Activities

brought in last year to give better transparency to all volunteer was introduction of Monthly Report. This report contains transaction detail, contribution detail, and expenditure detail project wise in the last one month. This report gives visibility to all volunteer which in turn helps in planning of project expenditure. This year we are planning to bring this report to Newsletter.

#### Plans for 2010

**Sponsorship:-** As the organization financial needs are increasing with every year we are approaching the relevant institute for sponsoring a project or part of it. Last year Punjab Bank sponsored a part of Rakta Kranti School project by sponsoring the publicity material. This year we have planned to make best use of last year's learning and make this process smooth for the team and organization.

**Timely auditing of the finance report: – As**

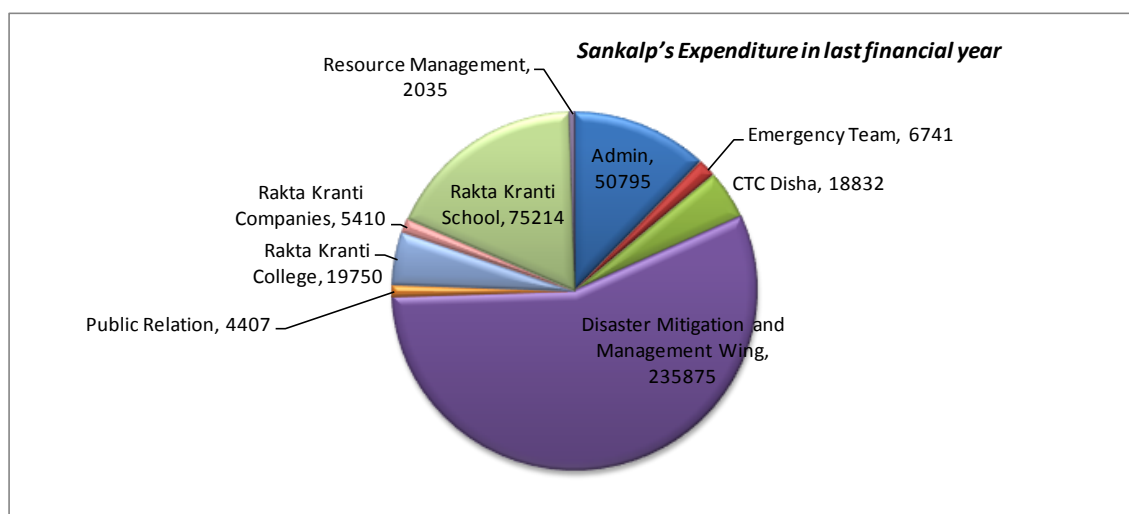
the volume of the transaction is increasing; we have planned to move from Yearly Audit to Quarterly audit. This move will help in better control and continuous improvement of the auditing process.

**Doc submission to income tax department:-** As we are now registered with Income Tax department, we need to comply with the formalities of a registered organization. This formality includes Submission of Audited balance sheet and other relevant document.

**Monthly report for newsletter: –** Monthly report gives the overall view of transaction of finance in the organization in the last month. As of now this report is shared with only volunteers. This year we are planning to bring this report to newsletter which will enhance the visibility and credibility of the organization to larger audience.

### Expressions

### Discussions



*If we really want to live, we'd better start at once to try.*

Sometimes the bubble view of the world comes crashing down on you leaving you gasping and confused. I wanna hide away from the reality. The reality of the fact that the goal is too is and the way



we are confronting the problem is too flimsy. I want to hide away from the fact that I am a failure - if in nothing else - in people. I want to hide away from the fact that I have been unsuccessful in getting my acts straight and walking full pace on my road to salvation.

And yet again, my road has so much of charm, it has so much of peace, it is so refreshing, it is a goal so worthy of pursuing, that even in my darkest day I seek the refuge of work to keep my failure as a person away from my existence. This road is not a road to glory for me. It is the road which will keep me away from frustration and helplessness. With no muscle power and very little intellect, I have nothing to prove to the world and the world has nothing to listen from me. I am a helpless parasite struggling to be true to the consciousness inside which time and again pokes my innermost to rebel against the norms of the day.

I seek you - my cause - as a refuse against everything. I seek you as a refuge against failure and success. I seek you as a refuge from the consequences of all the things I did - not so well. You are my only hope - my only chance. You are my only road to salvation!

### Dreams, Opportunity and Much More - Maya

### Expressions

Had a dream and wanted an opportunity.

Got an opportunity here, and hopefully the dreams are coming true.

Thanks to God for me being here.

Discussions

Expressions

Activities

*If you don't place your foot on the rope, you'll never cross the chasm.*



## A Sankalp Quiz

### Activities

### Expressions

### Discussions

Let's see how much you know!

1. What is the name of the disaster relief programme undertaken by Sankalp for the floods in Karnataka?

- a. Sparsh
- b. Tiranga
- c. Gumnaam
- d. Koshish

2. To what geographies does the CTC Disha helpline extend it's services?

- a. Bangalore
- b. India
- c. Karnataka
- d. South India

3. Sankalp reached a landmark number of blood donations in the last year. What is that number?

- a. 5000
- b. 20000
- c. 10000
- d. 15000

4. Rakta Kranti Schools suffered a setback in work execution due to an event that happened in 2009-10. Which one?

- a. H1N1
- b. Karnataka Floods
- c. Terror Attacks
- d. None of the above

5. What is the appropriate number of volunteers in Sankalp?

- a. 30
- b. 50
- c. 100
- d. 500

6. Which of these is not a Sankalp team?

- a. Public Relations Team
- b. HealthCare Team
- c. Resources Team
- d. Administration Team

7. Which of the following is the official website of Sankalp India Foundation?

- a. Sankalpinda.org
- b. Sankalpindiafoundation.net
- c. Sankalpindia.net
- d. Sankalpindiafoundation.in

8. Sankalp Tech Team works on which of the following?

- a. Technology for painless blood donation
- b. Conducting C, Java trainings for volunteers
- c. Building online portals for internal project activities
- d. All of the above

(Continued on page 95)

*Into each life some rain must fall, some days must be dark and dreary.*



## A Sankalp Quiz

### 9. Match The Following

- |                   |                    |
|-------------------|--------------------|
| A) Bombay Group   | i) Tiranga         |
| B) Team Red       | ii) CTC Disha      |
| C) Call Centre    | iii) Rakta Kranti  |
| D) For Volunteers | iv) Emergency Wing |
- a. a-ii, b-iii, c-iv, d-i  
b. a-iv, b-iii, c-ii, d-i  
c. a-iv, b-i, c-ii, d-iii  
d. a-iii, b-ii, c-i, d-iv

### 10. Which of the following is Sankalp's tag-line?

- a. Donate Blood Save Life  
b. Spirit Of Life  
c. Keep Walking  
d. Let's Give Life A Better Chance

Discussions

Expressions

Activities

Answer Key

1.a 2.c 3.c 4.a 5.a 6.b 7.c 8.b 9.b 10.d

If Your Score is :

In between 8—10 : Good, Thanks you know so much about Sankalp :)  
In between 4—7: Hmmm. You can read a little more, follow us a little more :)  
In between 0—3: Oh My God. It's high time you read the magazine once again closely !

### New Beginning Vikash

### Expressions

It is beginning of new chapter of my life as a Sankalp volunteer, enjoying work with the members of Sankalp, and gaining lots of knowledge through work in Sankalp.

*We must accept finite disappointment, but we must never lose infinite hope*





## Sankalp has been a Real Joy

by Lalith

Activities

Expressions

Discussions

It is been almost four years since I have joined Sankalp and the journey has been a real joy. I started without knowing anything about blood donation what it is and what its relevance is. The only driving force behind joining Sankalp was the urge to give back something to this great society and country

them their strength. Sankalp has given me that opportunity in transforming myself into a more confident and disciplined person by also working on the weaknesses. Sankalp which is like a family has taught me the best lessons of life which otherwise is impossible to be learned. The working methodology, the



which has given everything to me.

Over the last four years I have learnt a lot of things and have been involved in many activities of the organization. But I can say one thing for sure and that is "I have gained more than what I have given back".

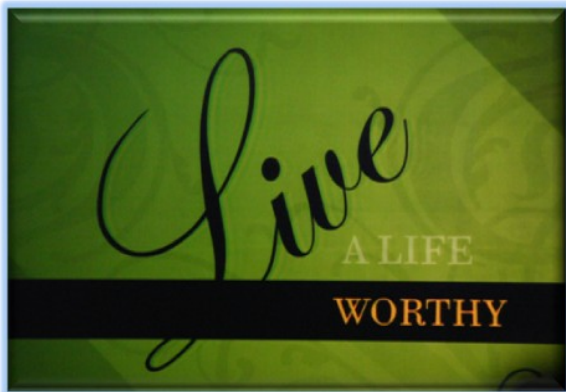
All people on this earth have strengths and weaknesses but very few get the opportunity to work towards the weaknesses and make

vision, the purpose with which Sankalp exists is in itself the greatest examples of dedication, honesty and passion.

Today the organization is growing and there is plenty of opportunities present to make the difference. I as a volunteer would like to do my best for the organization and keep the spirit alive. Let's make the change

*The sky is the daily bread of the eyes.*

I have been a part of Sankalp for more than two years now. I see my thoughts coming into action here. I see the youth of my motherland constantly working for the cause of 100% voluntary blood donation- the blood revolution. 30 odd people, who have given their blood, sweat, tears and lives to serve for the cause- their nation. People who are highly inspired by the great men and women who sacrificed their lives for "freedom", for "revolution". The future of India rests with the youth. They are the salt of the earth. WE



are the salt of the earth. These 30 volunteers- their promptness to suffer, their daring courage & their radiant yet silent sacrifice make me believe that with patience, everything can be achieved. The volunteers once not allowed inside blood banks have today expanded to the whole of Karnataka, with about 50 blood banks walking with us for the blood revolution.

My friend asked me lately, "If you had to live the life of one man for a day, what would it

be?" My answer to it was- "The life of Shaheed Bhagat Singh, on 23rd March, 1931- the day of his martyrdom." He smiled and answered- "I expected that answer". That night I cried.

Since then I've been wondering, what it would be, to actually be alive during the times of Shaheed Bhagat Singh. It's one thing to watch the movies describing him, his ideas what he did, how it all happened, but to be actually there is different. I sometimes think if I was at that age, am I cut up for such sacrifices, would I be able to do what the heroes at that time did. Would I have had the courage to defy the exploitations at that time? Or would I be a coward running scared? or worst be an obedient citizen going about my daily chores of life without batting a eyelid, cause that's what most were doing otherwise how could a handful of British rule so many.

The last few words spoken by him "Dil se niklegi, na mar kar bhi, watan ki ulfat, meri mitti se bhi khushboo-e-watan aayegi" (Even after my death my love for my motherland will not diminish from my heart. Even my ashes will smell of my motherland's greatness and love). AM I LIKE THAT?

Not many these days think the way a 23 year old thought at that time, I know situations were different but there is one thing

(Continued on page 98)

### Activities

common, India. our country it is still under oppression, still under rule the only difference is color of skin, it was White then now it's Brown. Mentality is still same- "Loot the country, fill in own coffers". The wondering that could I do what they did, because if my answer is YES and if hundreds, thousands others said it was YES, then we should not be where we are in the current ERA. I just wish to God (well.. if he exists) that when I die, I die a good death a bit worthwhile, or give me strength that I am able to do something, anything worthwhile for the country where I was born where my forefathers lived. I am not sure if I could say what Bhagat Singh wrote "I

have been arrested while waging a war. For me there can be no gallows. Put me into the mouth of a cannon and blow me off." These heroes had conquered the fear of death and all I can do is shed a few tears watching Ajay Devgan or Manoj Kumar sing their way to the podium to be hanged with a smile and shouting INQUILAB ZINABAD. On that one thought, I see my roots shaking. The day I can believe even a quarter of what THEY did, I'll find myself worthy to be called a Sankalp Volunteer, a revolutionary, a true Indian.

My life still remains a question to me, and so does my endurance & my extent of sacrifice.

### Expressions

#### A learning year Shyam Expressions

The last year had been a learning session majorly. We handled more number of emergency blood requests than ever before. There were some months when there was a huge demand for SDP (Apheresis) and also normal platelets; thanks to dengue and cancer. We also started handling more outstation cases. Cases from all parts of Karnataka, and a few from other states came to us. and it was challenging job to solve them. The moment we saw drop in dengue cases; there was a sudden sharp rise in AB-ve cases. There were occasions when we received about 5 to 6 emergency blood requests all of which were AB-ve and each of the cases needed more than 1unit. But I feel highly elated to say that we would manage all of them with just 3 donations so far.

Another important task that was accelerated was digitalization of donors. We registered good number of donors and digitalized them. Last year we witnessed the "Karnataka Floods". It was a major teaching from mother nature that nothing on Earth is stable. It was heart touching experience to see people shelter less; foodless and fighting and struggling to prove the Darwin theory of "Survival of the fittest".

### Discussions

*Hope is one of those things in life you cannot do without. .*



## A very confused Man

by Potliwala

He was a little confused on why his energy levels were low. He was walking. But then that is not what he wanted to do. He wanted to run and run and run. The new life had brought for him supreme joy of being able to do the things he had always wanted to do. Then why was he being plagued by this lack of energy? The legend always spoke about the way in which people who knew their goals made their mark. But something must be wrong. He knew his goal. But, he felt that he was being lazy! Does that not sound crazy? He was being lazy on the road to his dreams! He did not know whether it was the problem with the dream or the man himself. Sometimes he was scared till he could not be scared anymore. He was scared thinking about the possible outcome of his laziness!

He was a little confused on what to do. He

had so much on his plate to enjoy. Yet sometimes he found himself whining time away. He tried the tools and the tips. He took good rest. Made sure mind was blank once in a while. Yet, he never saw himself going all out for days together reducing the tasks on his list. When he sat to consolidate what he had done in the week, hanging his head low he felt uneasy thinking of how he could have made things better. When you know what needs to be done and it's priority too, then why don't you do it?

He was a little confused man. A stupid confused man. A man who was wondering what to do. When the only think he actually managed to do is to write this confused blog.

Discussions

Expressions

Activities

### Life Changing Experience -Pramod **Expressions**

Working with few of the best people, who work for selfless motives, with only one intention - "To serve", is an honor in itself and I feel happy to be a part of this family called Sankalp. People here are some of the finest men and women I have come across in my life.

One year in Sankalp was truly a life changing duration in every sense and at the end, I only know, there is a lot more which could have been done and there is a lot which has to be done

Wishing all the very best in life

*Nature thrives on patience; man on impatience.*



### Activities

Ever seen a juggler on the stage? It is an interesting situation to be in. The person wears a wise smile on the face, a deceptive one, I should say. Behind that smile a nervousness and a strong focus resides. The balls must be kept rolling on. The show goes on only as long as each of those balls is kept up in the air. The juggler knows that even if one ball falls, the show is over. The balls must be kept rolling. The smile should continue to be glued. The show must go on.

Strange yet, true!



### Expressions

**It is a proud feeling... Ashwin**

**Expressions**

Being in sankalp gives the proud feeling of doing something for the country. Its simply the best, and one feels proud of it. After all life is small and whatever you do you need to mark it really hard on the history. Sankalp is yet another way to do it...

### Discussions

**Building Ourselves... Vikash**

**Expressions**

building the system is indirectly building ourselves. getting lots of experience through the work in organization. enjoying work .and getting very good support of senior volunteers.

*Refusal to hope is nothing more than a decision to die. .*



## My 6 Years With Sankalp

by Ankita

It's been 6 exploratory years of working in Sankalp. Initially while joining I did not know the reason and thought I am joining an extracurricular activity for which I will be working for few years or till the time I am in college. I was unaware of the gravity of the work I was about to be involved in. Slowly with more involvement in blood requests and hours of interactions and meetings with seniors I realized I am not doing just anything, it much more than that.

Within few days or week the very concept of being part extracurricular activity was replaced with a sense of duty and responsibility which I should be performing throughout my life. And now I understood why I intuitively joined Sankalp.

Sankalp Life never barred me to explore any new things in my life, quite the reverse I was always encouraged to do what I wanted to do and was also given lot of opportunity to do stuffs which I might have never done in my life. Back in college I made website and

hosted it, tried a bit of dramatics, understood Indian politics to some extent, explored most of the corners of Bangalore city, used my theoretical biology and biotech knowledge practically in life, though I hate it but I do write few technical and non-technical articles too, sometimes act as an advisor to doctors (few years back I dreamt to become doctor. I believe Advisor to doctor is somewhat closer to be a doctor ☺)... and the list goes on. All this was all possible just because of Sankalp.

***Sankalp is now a very integral part of my life; it's so important that before taking any personal life decision I do think about Sankalp. It has gives a new dimension to everything I do. Sankalp life has its own beauty and I am sure all Sankalp Volunteers would have the same opinion.***

Discussions

Expressions

Activities

### An eventful year... Sowmya **Expressions**

This year was good. I had nice experience in taking up IISC drive. Had lots of learnings. This year got a lot of cases outside Bangalore. So got to learn many things from that and had to work hard in building up database to solve the cases better. I am working on donor site and learnt many technical things from seniors. Have to work a lot to improvise the site.

*My faith is important. I have nothing without it.*



## I am blessed to be here

by Anil Raj

### Activities

### Expressions

### Discussions

I always believe that everyone can differentiate between what is good and what is bad, but only he is the Man who walks on the right path. And the thing is that I am feeling after being here is I am a Man. And I am grateful to Sankalp for showing me an opportunity which made me to get into my responsibility, which helped me in being a performer who takes the charge rather than a criticizer (whom our country don't lack) and tell myself as a Man with pride. Before this I had an impression that only the blessed special intelligent people can bring some difference and can do something wonders, being practical everybody can't be Bhagat Singh, Mahatma Gandhi, Swami Vivekananda..., but now the point is clear to me that all that creates wonder and history is just me and everything is my will. And there is nothing like ideal condition and everything is practical for me believing in "Inquilab".

While I work in the emergency wing of Sankalp I feel that even I am blessed like Bhagat Singh and others when every time I get the opportunity to help someone looking for a helping hand regarding blood. It's really a man's life that working even for the narrowest of the

things keeping broad picture in mind and completely believing in it. I don't know whether the absence of mine would have made any difference or not, but I feel I am blessed every time the presence of mine makes a positive difference in my people. I felt again that even I am blessed when I had gone to Raichur for the flood relief work over there and I saw the innocent eyes becoming happy for the help not even knowing who were we and why we were doing that.

I feel that even I am blessed because I came to know the actual meaning of Freedom and the value paid for it. From my school days I was thinking what was that which made Bhagat and others to give-up their lives..., Was that just for the independence of the country from the white people which they could not even see after the death...? I didn't think so..., Now I feel that his intension was me. He wanted me to come up and to work for my responsibility..., After being and working here in Sankalp, I feel I am blessed that I have told Bhagat that Your fight has never come to an end because I am here to continue it.

### We Need Passion

### Expressions

Looks like it is clear in my head. You become good at something not because of experience or history or formal training. What matters is how badly you want to learn that thing. We don't want to produce expert workers alone. We need mad passionate lovers.

Stop asking what your country can do for you ask what you can do for the country.



# मुझे गलती कर लेने दो

by Ritesh

क्या पता था- क्या है ये?  
किसने कहा इसे चुन लो?  
जब आया यहाँ तब किसी ने कहा-  
"इसे गलतियाँ करने दो"

मालूम नहीं था कैसे करूँ?  
किसी ने कहा "सीखने दो"  
सीखना ही तो चाहता था, तो  
मुझे गलतियाँ कर लेने दो

चार साल में बहुत सीखा  
बहुत कुछ समझ में आया है  
पर आज अचानक यूँ लगा  
"मुझे फर्स्ट इयर में जाने दो"  
फिर सीखना चाहूँ इन बातों को  
मुझे गलतियाँ कर लेने दो

ये बातें न सीखीं संस्कार है सीखें  
इन्हें मिट्टी में न मिलने दो  
अपने के ही खातिर चाहता हूँ

बस मुझे गलतियाँ कर लेने दो

आज नहीं तो कल सही  
ये गलतियाँ बंद हो जायेंगी  
समय सब सिखाएगा आखिर  
अभी तो गलती कर लेने दो ।

*When I joined Sankalp, I was told about my mistakes in working, once or twice. Later it was told that I should identify those mistakes myself then and rectify them. I kept on searching those mistakes in me, but unfortunately couldn't find it. Today when I have completed about 4 years in Sankalp, I am still searching the mistakes. And I request my seniors to let me continue doing mistakes until I identify them. And one day for sure these mistakes will be identified and removed by me. I hope so*

## Learning Experience... Raksha

## Expressions

The visit to KMWA School was an experience that I can never forget. It was a small crowd. I thought it won't be interactive, not even to the extent that we had in other schools. But there were 2 boys here who asked some really good questions, some for which we didn't know the exact answers. I came back that day and searched for the answers and I got to learn lot more things.

Discussions

Expressions

Activities

If you're going through hell, keep going.





## A Note of Thanks

Sankalp India Foundation started with the vision to "Achieve 100% voluntary blood donation " and has completed 7 years of working .Now its time to Thank all those who have always been an inspiring and motivating us all throughout this journey .Without then we wouldn't have been here.

We would also like to thank the blood donors who help us ensure that no one suffers due to shortage of blood.

Sankalp would like to congratulate and thank the blood banks across the state of Karnataka who have participated in our helpline and worked with us in various capacities. Your support has enabled us to provide an effective emergency service. Special thanks to the blood banks which have toiled and worked hard to ensure high quality and safety in our blood donation camps.

Secondly Sankalp would like to thank the M. S. Ramaiah Group of Institutions and Comprehensive Trauma Consortium for the immense support that they have provided to all our programmes.

Sankalp wishes to thank all the people who contributed to the disaster relief effort for the Karnataka Floods of 2009.

Sankalp would like to thank all the colleges

and companies who have regularly been organizing blood drives with us and always have supported us in the cause. We would also like to thank all the schools which have participated in our RK Schools programme. Sankalp would also like to thank Punjab Nations Bank who have contributed towards this project.

We share a very special relationship with our Financial and Legal Consultants, Media friends and suppliers who have participated in the cause by provided expert help and continued assistance. Thank you so much.

Last but not the least Thanks to all the parents and family members of all our volunteers who have been motivating us year in year out. The motivation and inspiration from them has been instrumental in what the organization have achieved over the last year.

Thanks one and all.

Discussions

Expressions

Activities

*Of all ruins, that of a noble mind is the most deplorable.*

SUNDAY TIMES OF INDIA, BANGALORE  
MARCH 28 | 2010

## Dial and get blood of any group

Nirmala Nagaraj | TNN

One of the most harrowing things during an accident or emergency is accessing safe blood of one's choice. And several organizations and individuals are playing a vital role in ensuring that quick and safe blood is available.

One such organization is Sankalp India Foundation which will help you get that rare group or blood component easily. In association with Comprehensive Trauma Consortium it has initiated a 24/7 helpline for blood. With the foundation's centralized blood stock information network from standard blood banks across the state, it promises to bring to an end the painful process of searching for blood in times of emergency.

A group of 30 volunteers manage the service



round the clock across the state. The foundation not just caters to individuals through its network of blood banks, but it also maintains blood stock in the banks by organizing regular volunteer blood donation camps.

Apart from being networked with 45 standard blood banks across the state with 17 of them from Bangalore alone, Sankalpa also maintains a directory of 10,000 registered, voluntary blood donors.

President of the foundation, Rajat Kumar Agarwal, says: "All our volunteers including the team of doctors are dedicated to the cause. In seven years we have not turned down a single call. Our volunteers, ensure that the caller accesses the blood from the near by bank. We maintain a daily update on the blood stock in all these blood banks, so we have clear information as to where a particular, required group of blood is available. If, its a rare group and not available in the banks, we have network of volunteers across the state to donate."

Another individual B Kumar, popularly called as Blood Kumar has been inspiration to many for his regular campaign promoting blood donation. He has donated blood more than 125 times and conducts series of blood donation camp across the state. He has around 6,000 volunteers registered with him to donate blood. Even he is accessible 24/7.

Several other organizations like Red Cross have also been active in providing life saving blood and its components in times of need.

● **Sankalp Indian Foundation**

Helpline: 9480044444

Rajat Kumar Agarwal - 9880132850 or  
[www.sankalpindia.net](http://www.sankalpindia.net).

● **Blood Kumar : 9448076727**

● **Red Cross Blood Bank: 22264205 / 22268435**

*If you know of services of public interest or are a provider of such services, mail the details to [toibl:reporter@timesgroup.com](mailto:toibl:reporter@timesgroup.com) with 'At Your Service' in the subject line*





# A FRIEND IN NEED

DISASTERS CAN STRIKE WITHOUT ANY PRIOR WARNING. HERE IS HOW YOU CAN DO YOUR BIT TO LESSEN THE PAIN OF YOUR FELLOW HUMAN BEINGS

BY ANAGH PAL

**D**oes your heart bleed when you see your brethren dying due to an earthquake or floods or a terrorist attack? Many times, you would have liked to do your bit, but felt helpless about how to go about it.

## WHAT IS A DISASTER?

J. Radhakrishnan, assistant country director, United Nations Development Program (UNDP) India, defines a disaster as: "A serious disruption of the functioning of a community or a society, causing widespread human, material, economic or environmental losses, which exceed the ability of the affected community or society to cope using its own resources." Thus, when a disaster strikes, external aid becomes crucial.

Disasters can both be natural—like floods and earthquakes—or man-made—like wars, terrorist strikes, chemical or nuclear disasters. Angeli Qwatra, founder and chairperson Philanthrope—an organisation that empowers communities, individuals and corporates to work towards their own safety management and disaster preparedness—expands the definition to include life-threatening medical emergencies such as heart attacks, road accidents and electrocution, among others.

## WHY INDIA IS VULNERABLE

India is one of the most disaster-prone

countries in the world, not just because the frequency of disasters is high, but also because a large number of people live in high-risk zones (see *Disaster Prone*).

"If we look at an average Indian household, about 1/6th of their income is depleted due to some disaster. For the poor, the ratio goes up to 1/3rd," says Mihir R. Bhatt from the All India Disaster Mitigation Institute (AIDMI).

Hence, the financial impact of disasters is very high.

## DISASTER MANAGEMENT

Disasters are seen as a consequence of inappropriately managed risk. Therefore, the process of disaster management starts much before a disaster strikes.

Qwatra elaborates: "Disaster management (or emergency management) is the discipline of dealing with and avoiding risks, and involves preparing for disaster before it occurs, disaster response and

supporting, and rebuilding society after natural or human-made disasters have occurred." The latter half would involve proper coordination of various entities like the government, NGOs, voluntary and private organisations.

## WHAT IS BEING DONE?

The Ministry of Home Affairs has under its purview the National Disaster Management Authority (NDMA), an apex body which lays down the policies, plans and guidelines for disaster management to ensure timely and effective response to disasters. The government is also working to set up disaster management authorities in each state. NGOs and voluntary private agencies also play a very important role. Notable among them are the Indian Red Cross Society, the All India Disaster Mitigation Institute and the Ananda Marga Universal Relief Team, (AMURT), which have a strong India and international presence.

Apart from these, there are several NGOs that specialise in different aspects of disaster management. Philanthrope, a Delhi-based NGO, for example, specialises in providing a hands-on and site-specific training to empower communities and individuals to prepare themselves for a disaster. Sankalp India Foundation, a Bangalore-based NGO consisting of youths between 16 and 28 years, makes it a point to reach disaster-affected areas at the earliest possible and provide immediate relief.

## DISASTER PRONE

**Over 59% land** area vulnerable to earthquake

**70% of land** under cultivation is prone to drought

**5% of land** (40 million hectares) to floods

**8% of land** (8,000 km coastline) to cyclones

**A major disaster** occurs every 2-3 years

**2% of GDP** was lost during 1996-2001 due to natural hazard-induced disasters

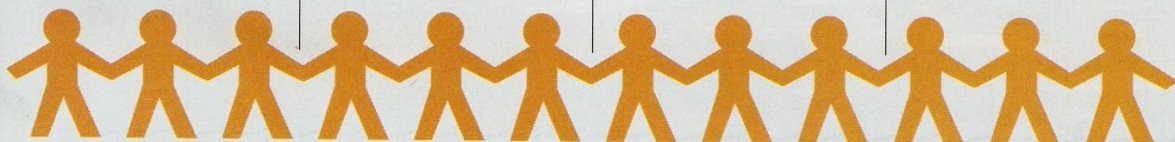
**1/3 of income** of the rural population is lost due to disasters





## HOW YOU CAN PITCH IN

| ORGANISATION                                      | AREA OF ACTIVITY  | HOW YOU CAN HELP   | WEBSITE/CONTACT INFO   |
|---|---|--|--|
| <b>All India Disaster Mitigation Institute</b> ▶▶ | Works towards bridging the gap between policy, practice and research related to disaster risk mitigation and reduction. Covers 11 types of disasters in six areas of India and in seven countries in Asia | Help mobilise resources through writing proposals, going to donors and corporate houses. People with specific skills can also help develop training modules, insurance and credit programmes, etc. | Website: <a href="http://www.aidmi.org">http://www.aidmi.org</a>   |
| <b>Ananda Marga Universal Relief Team</b> ▶▶      | Has a network of volunteers to meet disaster and development needs in 34 countries. Also focusses on long-term development  | Visit their website to find different donations and gifting options. Apart from money, you can also donate clothes, grains, medicines, candles, etc.   | Website: <a href="http://www.amurt.net/">http://www.amurt.net/</a>   |
| <b>Indian Red Cross Society</b> ▶▶                | A voluntary organisation that provides relief in times of disasters/emergencies and promotes healthcare of the vulnerable people and communities  | Enrol as a volunteer or donate money. You can also become a member. IRCS rewards and recognises volunteers and provides appropriate personal development opportunities                             | Website: <a href="http://www.indianredcross.org">http://www.indianredcross.org</a>   |
| <b>Philanthrope</b> ▶▶                            | Empowers communities, individuals and corporates to work towards their own safety management and disaster preparedness. Specialises in providing hands-on and specific training                           | Participate in training programs on basic rescue techniques free of cost. You can donate money too   | Website: <a href="http://www.philanthrope.in">www.philanthrope.in</a><br>Email: <a href="mailto:info@philanthrope.in">info@philanthrope.in</a>         |
| <b>Sankalp India Foundation</b> ▶▶                | Has a disaster-management team of young volunteers that tries to get to the affected zones at the earliest  | You can participate as a volunteer or commit to contributing monetarily when a disaster strikes. Sankalp will get back to you as and when the need arises.   | Website: <a href="http://www.sankalpindia.net">www.sankalpindia.net</a><br>Email: <a href="mailto:sankalp.admin@gmail.com">sankalp.admin@gmail.com</a> |
| <b>United Nations Development Programme</b> ▶▶    | Builds resilience of communities and supports institutions in preparing and managing disasters in 166 countries   | Enrol for the United Nations Volunteers (UNV) programme to contribute to the organisation's efforts  | Website: <a href="http://www.undp.org.in">www.undp.org.in</a>  |



VARUN VASHISHTHA

### HOW YOU CAN PARTICIPATE

Most of us would have contributed to disaster-relief operations when a major disaster strikes through the Prime Minister's National Relief Fund (PMNRF), our employers or an NGO. However, there are many who have taken this a step further by being more actively involved,

mainly through volunteering. "One could also join or partner the NDMA or the state and district disaster management authorities," says Radhakrishnan.

Take Rakesh Dhanya, for example. A Bangalore-based software engineer, he is a volunteer for Sankalp India Foundation. When floods hit the Raichur district of

Karnataka last year, their team had visited 10-11 villages to help people get back their means of livelihood. "Once a disaster strikes, it is a bit difficult to make up one's mind to visit an affected area, but once you are there, you really feel that your efforts have a meaning," he says. ||

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### A sankalp to fight dengue

**Sunitha Rao R / DNA**

Friday, June 12, 2009 18:01



Twenty-two-year old Ankith Jain, a final year engineering student at MS Ramaiah Institute of Technology is a regular platelet donor. He donates his blood platelets to hospitals that are used for treating diseases like dengue

."I heard about this and got interested. Through this donation, I am helping the needy with losing almost nothing, as my platelet counts will be the same after three days," said Ankith.

While it's common to hear of good samaritans donating blood, donating blood platelets is not something that you will usually hear of.

One of the main reasons for this is that people are unaware of the simplicity of the procedure. The entire process takes anywhere between two to two and a half hours in which the donor is plugged into an apparatus that will separate the platelet from the blood. "Many people do not come forward for give platelet donation because they think of it as a surgery. But, it is a very safe and simple procedure," said Dr V Nandakishore, chief of blood bank in M S Ramaiah hospital.

With the number of cases of dengue on a rise in the city, there is a classic case of an imbalance between demand and supply. The demand for platelets has shot up considerably in the past few months.

Responding to the growing demand, a group of volunteers from Sankalp India Foundation — a blood bank — have got their own network of donors who voluntarily donate blood as well as platelets. The foundation has a network of 32 donors comprising students and software professionals.

"In the past year, we had 74 SDP (Single Donor Platelet Apheresis) requests and we have provided 29 donations," said Rajath Agarwal, founder, Sankalp. The numbers clearly point at the scarcity of platelet donors. In fact, only six hospitals conduct SDP procedure.

Interestingly, platelet donation is a concept that even Sankalp heard of only in 2007. Rajath, himself a platelet donor said, "The first time when we received a call in May 2007, from someone who required platelets for his dengue affected daughter, we did not have adequate knowledge or infrastructure"

Having heard of such a request for the first time, the organisation spent considerable time browsing the web and consulting doctors. This ensured that they had a deeper understanding of this process — of giving platelets that the doctors called apheresis. "But now we have developed our own donors, who help us in case of requests," said Rajath.

Importantly, these volunteers don't stop at making these donations. They are taking platelet donation to the next level. As Rakesh Dhanya, a software professional and platelet donor said, the donors have to spread awareness to help the needy. "Wherever I get an opportunity, I tell my friends, colleagues and relatives about SDP and encourage them to donate platelets," he said. In the last year, Rakesh has donated platelets four times.

According to Dr Nandakishore, when the dengue suspected patients require platelets, if they are given SDP, the clinical response will be excellent and recovery rate is also high, compared to the conventional method where platelets are taken randomly from any blood group. In conventional method, the number of platelets is much less; about 6,000 to 8,000 platelets per cubic mm of blood can be obtained as against 50,000 to 60,000 platelets in SDP.

But treatment through SDP, is expensive too, said Dr Nandakishore. One cycle of SDP, would cost Rs9,000 to Rs10,000. For the recipient, it is a costly affair as the apparatus used during SDP can be used only once.

Two barriers in platelet donation are "the process is time consuming and there is lack of awareness about the procedure," said Rajath.

**News - City**

**His name is 'Blood' Kumar**

Such is this man's passion for blood donation that he organised a blood donation camp at his wedding reception

By Bangalore Mirror Bureau

Posted On Monday, August 17, 2009

At the launch of CTC Disha, a state-wide helpline for blood, one man's story of blood donation was a cut above the rest. So much so that he has become known as Blood Kumar. This 45-year-old man who was born as B Kumar or Balan Kumar first donated blood as a 16-year-old; he has donated blood more than 120 times!

His first blood donation was during the fire accident at Venus Circus in the city. He and his brother were turned back because they were too young. "So we went back home, changed out of our uniforms, went back to the bank and donated blood!"

Though a person can normally donate blood once in three months, Kumar donates 24 times a year! Dr Prashant Pandey, a consultant of transfusion medicine with the BGS hospital, explains, "There is a process called the platelet apheresis which allows a person to donate only platelets. In that case a person can donate blood up to 24 times a year. With dengue on the rise, there is a huge demand for blood platelets. These donors save many lives."

Kumar organised a blood donation camp at his wedding reception in 2006. "I asked the eight hundred guests not to give me presents but just donate blood. Quite of few them did do just that!" he says.

**Dial for blood**

9480044444. This is the number to dial if there's a need for blood anywhere in Karnataka. The helpline called CTC Disha was first launched in the city three years ago. On Saturday, it was made a statewide service. It is a joint effort of Sankalp Foundation and Comprehensive Trauma Consortium. It networks with various blood banks in the state. "We get about 16 requests every day and we have never said No to even one request in the last three years," says Rajat Agarwal, president of Sankalp India Foundation. This is an entirely voluntary organisation (you don't get paid for anything i.e. travel, time).

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**ರಾಜ್ಯಾದ್ಯಂತ ಸಿಟಿಸಿ  
ದಿಷಾ ರಕ್ತನಿಧಿ**

■ ವಿಶ್ವ ಸುದ್ದಿಲೋಕ ಚಿಂಟಿಸರು

ತುರ್ತು ಸಂದರ್ಭದಲ್ಲಿ ಒಂದು ಜೀವ ಉಳಿಸಲು ರಕ್ತಕ್ಕಾಗಿ ಹುಡುಕುವವೇ? ಹಾಗಿದ್ದರೆ ರಾಜ್ಯಾದ್ಯಂತ ಯಾವುದೇ ಮೂಲೆಯಿಂದಲೂ 94800 4444ಕ್ಕೆ ಕರೆ ಮಾಡಬಹುದು.

**ರಾಜ್ಯಾದ್ಯಂತದ ರಕ್ತಕ್ಕೆ  
ಸಂಪರ್ಕ ಸಿ 94800 4444**

ಸಿಟಿಸಿ ದಿಷಾ ಕೇಂದ್ರವು 14 ಜಿಲ್ಲೆಗಳಲ್ಲಿ 41 ರಕ್ತ ನಿಧಿ ಕೇಂದ್ರಗಳನ್ನು ಹೊಂದಿದೆ. ಇವು ರಾಜ್ಯದ ಶೇ.87ರಷ್ಟು ರಕ್ತ ಬೇಡಿಕೆಯನ್ನು ನಿರ್ವಹಿಸುತ್ತವೆ. ರಕ್ತದಾಣ ಮಾಡಲು ಇಚ್ಛಿಸುವವರು ಕೂಡ ಇದೇ ಸಹಾಯವಾಣಿಗೆ ಎಸ್.ಎಂ.ಎಸ್ ಕಳುಹಿಸಬಹುದು.

ಸಂಕಲ್ಪ ಇಂಡಿಯಾ ಸಂಸ್ಥೆ ಹಾಗೂ ಕಾಂಪ್ರೆಹೆನ್ಸಿವ್ ಟ್ರಾuma ಕನ್ಸೋರ್ಟಿಯಂ ಸಂಯೋಜನೆಯ 'ಸಿಟಿಸಿ ದಿಷಾ' 2006ರ ಸೆ.13 ರಂದು ಬೆಂಗಳೂರಿನಲ್ಲಿ ಆರಂಭವಾಗಿ, ಈಗ ರಾಜ್ಯಾದ್ಯಂತ ವಿಸ್ತಾರಗೊಂಡಿದೆ. ಸಿಟಿಸಿ ಒಂದು ಕರೆ ಕೇಂದ್ರವನ್ನು ನಡೆಸುತ್ತದೆ. ಈ ಕೇಂದ್ರದಲ್ಲಿ ರಕ್ತ ಮಾಹಿತಿಯನ್ನು ದಿನ ನಿತ್ಯ ಪ್ರತಿಯೊಂದು ರಕ್ತ ನಿಧಿಯಿಂದ ಸಂಗ್ರಹಿಸಲಾಗುತ್ತದೆ.

ಅವಶ್ಯಕತೆಯಿರುವ ಯಾರು ಬೇಕಾದರೂ ದೂರವಾಣಿ ಕರೆ ಮಾಡಿ ರೋಗಿಯ ವಿವರ, ಜಿಲ್ಲೆ ಹಾಗೂ ರಕ್ತದ ಅವಶ್ಯಕತೆಯನ್ನು ತಿಳಿಸಿದರೆ ರಕ್ತ ಸಿಗುವ ಹತ್ತಿರದ ಸುರಕ್ಷಿತ ರಕ್ತ ನಿಧಿಯ ಬಗ್ಗೆ ಮಾಹಿತಿ ನೀಡುತ್ತದೆ. ಇದರಿಂದ ಸೂಕ್ತ ಸಮಯಕ್ಕೆ ರಕ್ತ ಸಿಗುವುದಲ್ಲದೆ ರಕ್ತ ಮಾರಾಟದ ದುರ್ಲಾಭಗಳನ್ನು ಕೂಡ ತಡೆಗಟ್ಟಬಹುದು ಎಂದು ಸಿಟಿಸಿ ಪ್ರಕಟಣೆಯಲ್ಲಿ ತಿಳಿಸಿದೆ.

ಪ್ರಜಾವಾಣಿ » ಆರೋಗ್ಯ

## ರಕ್ತದ ಅಗತ್ಯಕ್ಕೆ ದಿಕ್ಕು ತೋರುವ ♦ದಿಶಾ♦

**ಸಿಟಿಸಿ (Comprehensive Trauma Consortium)**ಯೊಡನೆ ಸೇರಿ ಸಂಕಲ್ಪ ಇಂಡಿಯಾ ಫೌಂಡೇಶನ್ ರಾಜ್ಯದಾದ್ಯಂತದ ರಕ್ತದ ಅಗತ್ಯಗಳಿಗೆ ಸ್ಪಂದಿಸುವ ಸಹಾಯವಾಣಿ ದಿಶಾ.

ಆನಾರೋಗ್ಯ, ತುರ್ತು ಸಂದರ್ಭಗಳಲ್ಲಿ ರಕ್ತದ ಅಗತ್ಯ ಬಿದ್ದರೆ ರಕ್ತದ ಬ್ಯಾಂಕ್‌ಗಳಲ್ಲಿ ವಿಚಾರಿಸುತ್ತ ಕಾಲಹರಣವಾಗುವ ಎಷ್ಟೋ ಸಮಯಗಳಲ್ಲಿ ಕಡೆಗೂ ಬೇಕಾದ ಗುಂಪಿನ ರಕ್ತ ಲಭ್ಯವಾಗದೆ ನಿರಾಶರಾಗುವ ಸ್ಥಿತಿ ಇನ್ನು ಮುಗಿಯಲಿದೆ.

ರಕ್ತದ ಅಗತ್ಯವಿರುವ ಯಾರಾದರೂ 9480044444 ಸಹಾಯವಾಣಿಯನ್ನು ಸಂಪರ್ಕಿಸಬಹುದಾಗಿದೆ. ರಕ್ತದ ಅಗತ್ಯವಿರುವ ವ್ಯಕ್ತಿಯ ವಿವರ ಪಡೆದ ನಂತರ 'ಸ್ಪಂದನ' ಕೇಂದ್ರದ ಕಾರ್ಯನಿರ್ವಾಹಕರು ಆ ಗುಂಪಿನ ರಕ್ತ ಲಭ್ಯವಿರುವ ಅವರ ಸಮೀಪದ ರಕ್ತದ ಬ್ಯಾಂಕ್ ಸೂಚಿಸುತ್ತಾರೆ. ವ್ಯಕ್ತಿ ಒಂದು ಫೋನ್ ಕಾಲ್‌ನಲ್ಲಿ ಈ ರಕ್ತದ ಬ್ಯಾಂಕ್ ತಲುಪಲಾಗುವಂತೆ ಈ ಸಹಾಯವಾಣಿ ನೆರವು ನೀಡುತ್ತದೆ. ಬೆಂಗಳೂರಿನಲ್ಲಿರುವ ವ್ಯಕ್ತಿಯಾದರೆ (080)1062ಗೆ ಫೋನ್ ಮಾಡಿದರೆ ಸಾಕು ರಕ್ತದ ಲಭ್ಯತೆಯ ಮಾಹಿತಿ(ಬ್ಲಡ್ ಬ್ಯಾಂಕಿನ ಹೆಸರು, ವಿಳಾಸ, ಸಂಪರ್ಕ ಸಂಖ್ಯೆ) ಸಿಗುತ್ತದೆ.

'ಸಿಟಿಸಿ- ದಿಶಾ' ಇಂಥ ಒಂದು ಕಾರ್ಯಜಾಲದ ಪ್ರಥಮ ಪ್ರಯತ್ನ. ಉತ್ತಮ ರಕ್ತದ ಬ್ಯಾಂಕುಗಳೆಲ್ಲ ಒಟ್ಟುಗೂಡಿ ಅಗತ್ಯಕ್ಕೆ ಸ್ಪಂದಿಸುವಂತೆ ಮಾಡುವುದೇ ಇದರ ಗುರಿ ಎನ್ನುತ್ತಾರೆ ಸಂಕಲ್ಪ ಇಂಡಿಯಾ ಫೌಂಡೇಶನ್‌ನ ಅಧ್ಯಕ್ಷ ರಜತ್‌ಕುಮಾರ್ ಅಗರ್‌ವಾಲ್.

ಬೆಂಗಳೂರು, ಬಳ್ಳಾರಿ, ದಾವಣಗೆರೆ, ಗದಗ, ಗುಲ್ಬರ್ಗ, ಹುಬ್ಬಳ್ಳಿ, ಧಾರವಾಡ, ಮಂಗಳೂರು, ಮಣಿಪಾಲ, ಉಡುಪಿ, ಮೈಸೂರು, ರಾಯಚೂರು ಹಾಗೂ ಶಿವಮೊಗ್ಗ ಜಿಲ್ಲೆಗಳಲ್ಲಿ ಕಾರ್ಯಜಾಲ ವಿಸ್ತರಿಸಿದೆ. ರಾಜ್ಯದ ಶೇ 87ರಷ್ಟು ರಕ್ತದ ಅಗತ್ಯ ಈ ಜಿಲ್ಲೆಗಳಲ್ಲಿ ಕಂಡುಬರುತ್ತಿದೆ. ಉಳಿದ ಜಿಲ್ಲೆಗಳಿಗೂ ಈ ಜಾಲ ವಿಸ್ತರಿಸುವ ಯೋಜನೆ ಇದೆ.

'ದಿಶಾ' ಯಾವುದೇ ರಕ್ತದ ಬ್ಯಾಂಕಿನ ಸಹವರ್ತಿಯಾಗಿಲ್ಲದ ಕಾರಣ ನಿಷ್ಪಕ್ಷಪಾತಿ. ಅಗತ್ಯಕ್ಕೆ ಸ್ಪಂದಿಸುವ ಗುರಿ ಮಾತ್ರ ಇದರದು. 24 ಗಂಟೆಯೂ ಈ ಸೇವೆ ಸಂಪೂರ್ಣ ಉಚಿತ.

ಸ್ನೂತಿಬೆಂಗಳೂರಿನ ಆಸ್ಪತ್ರೆಯೊಂದರಲ್ಲಿ ವ್ಯಕ್ತಿಯೊಬ್ಬರು ಸೂತ್ರ ಸಮಯದಲ್ಲಿ ರಕ್ತ ಸಿಗದೆ ಸಾವನ್ನಪ್ಪಿದ ಘಟನೆ 2003ರ ಮೇನಲ್ಲಿ ನಡೆಯಿತು. ಅಂದೇ ಹುಟ್ಟಿದ್ದು 'ಸಂಕಲ್ಪ ಇಂಡಿಯಾ ಫೌಂಡೇಶನ್'. ಅಂದಿನಿಂದ ಇಲ್ಲಿಯವರೆಗೂ ಯಾವ ರಕ್ತದ ಬೇಡಿಕೆಯನ್ನೂ ಇದು ನಿರಾಕರಿಸಿಲ್ಲ. ರಕ್ತದಾನಿಗಳ ರಾಜ್ಯದಾದ್ಯಂತದ ಡೈರೆಕ್ಟರಿ ನಿರ್ಮಿಸುವ ಗುರಿ ಇದರದು. ರಕ್ತದಾನಿಗಳಾಗಿ ತಮ್ಮ ಹೆಸರು ನೋಂದಾಯಿಸಿರಬೇಕೆಂದು ತಮ್ಮ ಹೆಸರು, ರಕ್ತದ ಗುಂಪು, ಉರಿನ ಹೆಸರನ್ನು 9480044444ಗೆ ಎಸ್‌ಎಮ್‌ಎಸ್ ಮಾಡಬಹುದು.

ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗೆ: [www.sankalpindia.net](http://www.sankalpindia.net)

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# THE HINDU

News » Cities » Bangalore

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## In Bangalore, just dial for blood

Staff Reporter



PTI Donate blood to save lives, says actor Priety Zinta. Afile photo.

Need blood? Just call 928004 4444.

Sankalp India Foundation in association with Comprehensive Trauma Consortium (CTC) on Saturday launched CTC Disha, a State-wide helpline for blood.

This centralised blood stock information network promises to put an end to the painful process of hunting for blood in the time of emergency.

In 2006, the then Governor T. N. Chaturvedi had launched CTC Disha, a helpline for Bangalore. The helpline has networked the most prominent blood banks in Bangalore over the last three years. After proving to be a success in Bangalore, the helpline has now been extended to the entire State.

The State-wide helpline was inaugurated in BGS International Residential School by Adichunchanagiri Math seer Balagangadharanatha Swamiji.

The helpline works by networking safe and quality blood banks. Daily blood stock information is taken from the blood banks. The CTC runs a 24-hour call centre that serves the incoming blood requests.

Any person who is in need of blood can call the helpline. After the caller furnishes details of the patient and the blood requirement, the response centre executives guide him/her to the closest blood bank which has the required blood group. When blood is not available in any of the blood banks the request for blood is forwarded to the emergency team of Sankalp which ensures that safe blood reaches the needy.

The helpline puts up a strong fight to end malpractices by professional donors and black-marketing of blood by directing the needy to standard blood banks which have stocks.

Keywords: [Blood donation](#)



**THE HINDU**

**Date:**17/08/2009 **URL:** <http://www.thehindu.com/2009/08/17/stories/2009081750010200.htm>

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**State-wide helpline for blood launched**

Staff Reporter

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**Network**

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**Looking For Blood?**

**9480044444**

**ರಕ್ತಕ್ಕಾಗಿ ಹುಡುಕಾಟದೇ?**



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**21/03/2010**