

The Magazine of **HAND IN HAND**



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SPOTLIGHT

02/2006

Health Camps Waiting for the doctor



**RESIDENTIAL
SCHOOL**
A teacher reports

HEALTH CARE PROJECTS
Living with the monsoon

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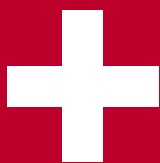


HAND IN HAND GLOBAL

HAND IN HAND SWITZERLAND

by Sabine and Rolf Aepli

"If you wish to be involved in voluntary work, fund-raising, or, public relations in Switzerland, please contact us at: info@handinhand-schweiz.ch"



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Our beloved daughter, Luana, left her body when she was only two and a half years old. She was the inspiration for us to come closer to the divine truth and we are extremely grateful to her soul! With the help of homoeopathy, meditation and good friends, we managed finally, to cope with this severe loss, and developed a grateful attitude towards what we have. Daily meditations help us to keep our thoughts positive and live a harmonious life, full of peace. We have learnt to accept what we cannot change.

In November 2004, we came in contact with HAND IN HAND. Since the loss of our child, we felt deeply moved by the plight of the children living in the Balashram Residential School. These boys and girls are selected from poor and remote, rural areas in Orissa, India. Many of them have lost a father or mother and have become half orphans.

We decided to take an active role on behalf of these children and on the 27th of June 2006, we founded **HAND IN HAND SWITZERLAND**. Our third board member is Roman Tarnoki. All board members have an honorary position and are highly motivated to promote the charitable activities of HAND IN HAND. They guarantee that every donation will be used with great care. Roman

Tarnoki was, from the start, willing to donate funds to charitable organisations but did not want to see donations reduced considerably, reduced by administrative expenses.

This is not the case with a charitable organisation such as HAND IN HAND. It is declared in our By-Laws that we guarantee that every Swiss-Franc donated to HAND IN HAND SWITZERLAND will be used 100 percent for the project in India.

Furthermore, we offer two different types of membership. **Active members** support our charitable work by raising funds from family members, friends and others. **Passive members** support the organisation with a higher membership fee. The annual fee for an active member is SFr 60.-. The annual fee for a passive member is SFr



LUANA – Tender was your soul, joyous your nature, strong your will and compassionate your heart.

80.-. These fees help to cover our minimal administrative expenses. For this purpose we have two separate bank accounts. We follow all Swiss regulations which state that donations can be given tax-free, or taxes will be compensated by the local authorities. We would be very happy to receive your support!



FOUNDATION DAY OF HAND IN HAND SWITZERLAND: Rolf Aepli (President), Sabine Aepli (Secretary & Treasurer) and Roman Tarnoki (Vice-President), from left to right.

Editorial

Dear Friends,

Many things have happened since the last edition of "Spotlight":

- In September, heavy monsoon rains swept away many villages in Orissa (India), cutting them off from the outside world. Helpers and Doctors belonging to a Hariharananda Charitable Health Center (supported by HAND IN HAND), who were not far away from the area hit by disaster, were able to bring aid to the trapped population and to supply them with drinking water and provisions (Page 7).
- Dr. Bhagavat Bal, who belongs to the Prajnana Mission, describes the preparation and the work of Health Camps organised in various districts of Orissa, in villages which are difficult to access and where no basic health care exists (Page 6).
- Sandhyarani Dash is a young teacher who has been working several months at the Balashram Residential School. She tells us, in a touching way, about her joy and the children's happiness (Page 5).
- Severe selection criteria are in place for choosing new Balashram pupils, in order to make sure that only the really destitute children get the chance of an education, which would be otherwise unavailable to them (Page 4).

These stories could not have been written without your donations or without the tireless service of many volunteer helpers. Therefore we thank you, and all those who made it possible to make the unfeasible, feasible ... **ONE DROP CAN MAKE A DIFFERENCE!**

In the name of the board and of all the collaborators of HAND IN HAND, I wish you a blessed Holiday and a Happy New Year.



Peter van Breukelen (President)

Our little surprise for you:

As a sign of gratitude, we have put an envelope inside the magazine with a picture of a nativity play performed by the Balashram children. The envelope is addressed to HAND IN HAND and can be used for an "Instant Donation". All you have to do is add a sum of your choice, affix a stamp and post it in the nearest letterbox. Thank you!

"Is my donation used well?"

This is a question, which many donors might ask, when they give a big or small amount of money to a charitable organisation. Before Christmas, many charitable institutions make a call for donations. It is not easy to distinguish between so many poor people in need.

In the year 2001, the Austrian "Spendengütesiegel" was introduced, to make the situation more clear and transparent to the general public. It is the signal of marked quality, and every organisation can apply for this seal to the Austrian Authorities if they have the necessary qualifications. Every year, a member of the Chamber of Chartered Accountants and Tax Advisers examines thoroughly the applying organisations. They also have to set up a yearly report as well as a financial report which must be placed for public viewing on the Internet.

At present, 146 Austrian organisations are registered and can use the "Spendengütesiegel". In these cases, donors can be certain that they will be informed adequately about their donations, and that the money will be used for the proper purpose. It is a great advantage to be distinguished with this seal of approval. Organisations that are registered with the "Spendengütesiegel" signal that their work is carried out in a transparent manner.

Linda Wallner, Graduate Student of the Johannes Kepler University in Linz (IBGU)

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NEWS from Balashram

The Balashram grows and blossoms!

Marie-Pierre Zerr



A few days ago, in the middle of December, the roof of the second floor of the girls' hostel has been finished, and next year 160 children in total will be in our residential school. To ensure long term support, we want to propose to our donors, a way of how to accompany our children, continuously, on their educational journey.

In 2007, sponsorship possibilities will be available for the children of the Balashram. Each sponsor will be assigned a class. They will receive a class photo and regular information about the progress of that class, through newsletters. The procedure will be implanted with our partner from Prajnana Mission. I will be going to India next year and, together, we hope to start the

sponsorship activities at the end of the Summer. More Details will be provided in the next Spotlight.

At present, you can support:

- the running costs of a child with 35 EUR per month or 420 EUR per year
- the extension of the Balashram facilities with 20 EUR per month or 240 EUR per year

You will find a listing of our donation accounts on the back side.

Thank you for all your loving support and care. Happy Holidays and a Happy New Year!

A REPORT ON THE SELECTION PROCEDURE OF STUDENTS FOR THE HARIHARANANDA BALASHRAM

My name is Mrs Chandrabati Panda, Professor of Political Science of Pattamundai College, Orissa. I am 45 years old. I often participate with the Principal or other officials from the Prajnana Mission, in the selection of young students for the Balashram. When selecting students, the criteria for both boys and girls is that they should be over three and a half years old. We assess the financial condition of the parents, to ensure that only the poorest of the poor is selected. If the candidate's parents have a steady income, a small house or landed property, then they are not selected. Another criteria is the death of a father, a mother or both. If the child had lost one, or both parents are dead, he/she has an advantage over equally poor candidates having both parent alive. I sincerely pray to God Almighty to shower his blessings on those who support these orphan boys and girls who are educated and raised in the Hariharananda Balashram.

Chandrabati Panda
Professor of Political Science, Pattamundai College



"THE BALASHRAM EXPERIENCE"

Sandhyarani Dash, Teacher (M.A., M.Phil., B. Ed.)



I am Mrs. Sandhyarani Dash and I am a teacher in the Balashram. Previously, I was working as a contract teacher in the Govt. High School, Marsaghai. I joined the Balashram in the month of June 2006. My experience in this school is totally different from any other Public School. I feel very happy to be a teacher in this residential school. I have gained a different type of experience from this institution. Here, students learn the ultramodern techniques of learning in traditional and cultural surroundings. The students learn everything while living in beautiful green environment. From early dawn, as I listen to the prayers of the little children, my heart thrills with joy. Then I become amazed. I think: "In which place am I?" I feel so proud to find myself in such a place, and to mix with all these good persons. I have some special feelings and experience about this school:

1) Curriculum: The students here learn curricular and extra-curricular activities from a very early age. I feel very happy when I visit the art gallery and see the beautiful drawings produced by their little hands.*

2) Physical Exercise: The students have also learnt so many Asanas (yogic exercises), which are very difficult to do at such an early stage of their life. They are very flexible.

3) Independence: The students also learn to do their work by themselves. They learn how to clean their plates and clothes.

4) Gardening: The students learn about watering the plants, and respect for nature.

5) Respect: They respect their teachers, and they always keep their shoes outside of the building.

6) Cleanliness: The students have learnt to clean their hands and feet before taking food or going to

class. They also learn to brush their teeth twice a day, to make their beds in the morning and to keep their things, properly, in their cupboards.

7) Meals: Before taking their food (breakfast, lunch or dinner), the little children sing prayers of thanksgiving.

8) School excursions: Whenever students talk about their past experiences in the Nandanakanan zoo, the planetarium, Nicco Park and Balighai, their hearts are filled with a different type of joy. All the students try to speak of their experience at the same time. I feel happy to listen to their talk.

10) Celebration: This is one of the most attractive traits of this institution. Here the staff and students celebrate most of the national and international holidays together. The children enjoy their celebrations. The main functions are Ganesh Puja, Saraswati Puja, Baba's Birthday, Annual Day, Independence Day, Republic Day, Christmas etc.

The students are selected from poor families, but when they are admitted into this institution, they enjoy everything freely as any child in a modern society. All are equal and have equal opportunity.

In future, there is no doubt that this school will be a number-one-school in our Kendrapara District. The beautiful surroundings, peaceful atmosphere and adequate buildings make a difference. The students of this institution will become good and practical people in their future life. Lastly, I convey my regards and respects to all the people who stand behind us and give their valuable support ...
Thank you!

**see back side of the magazine!*



"They make their beds in the morning and keep their things, properly, in their cupboards."



"The students have also learnt so many asanas."



"Before taking their food, the little children sing prayers of thanksgiving."

"This is one of the most attractive traits of this institution."



HEALTH CARE PROJECTS



WAITING FOR THE DOCTOR

Health Camps at the coastal district of Orissa

Dr. Bhagavat Bal, M.S.
HCHC, Prajnana Mission

The Hariharananda Charitable Health Center (HCHC) managed by the Prajnana Mission, is providing free health care in remote rural areas of the coastal district of Orissa. These regions are far away from government health care centers and in areas which are dislocated by natural barriers like rivers or small hills without road communication. At intervals, the Prajnana Mission conducts its general health camps in difficult and unreachable areas in the following districts of Orissa: Cuttack, Kendrapara, Jajpur, Jagatsinghpur and Puri.

Two days before a health camp takes place, it is promoted in the area, thoroughly. We select one house in a central place where the camp is to be performed. The camp usually functions from 9 am to 4 pm and people, being aware of the date and place of it, come for registration at around 8 am. The registration of patients lasts from 8 am to 12 noon while the camp work starts from 9 am. Many kinds of specialists ranging from medicine, surgery, pediatrics, obstetrics and gynecology attend the camp. They sit at different counters for the examination of patients and provide them with paper prescriptions. Our pharmacist takes care of the filing of doctors' prescriptions and also hands out medicines free of charge.

In all the camps, both doctors and other care workers are providing a quality service. Patients who require a more elaborate examination and investigation are duly referred to the nearest Medical College Hospital in Cuttack. In the camp we have often noticed that some patients are unable to attend bigger hospitals, so Prajnana Mission takes the responsibility for their

examination, investigation, and also treatment.

This work is highly appreciated by rural communities and people request more camps to be held in their locality. The doctors of HCHC, benevolent specialists from S.C.B Medical College and Hospital, and a group of retired physicians of Cuttack, provide their time for the camps out of their generosity, all for the good work of the Prajnana Mission and for the people living in the remote rural belt of the state of Orissa.



NEWS

from the Health Care Projects

Living with the Monsoon

Dr. Stefan Korsatko



At the end of October the monsoon season was over and a mild winter settled over the Indian sub-continent. For the 36 million inhabitants of Orissa, the monsoon is both a blessing, in the form of rain, and a potential danger, in the form of floods.

Orissa is an agricultural state with 87 percent of its population living in rural areas. Many small villages are spread along the coast of the Bay of Bengal, or in river valleys further inland. These intensively cultivated agricultural regions are often at risk from flood disasters.

This year the rain was pouring intermittently, leading to a lingering flood problem. The medical staff of the Hariharananda Charitable Health Centres (HCHC) organized health camps to bring relief to some remote villages.

Mid-September: In the village of Marsaghai in the district of Kendrapara (which has been adversely affected by the floods) 420 persons assembled in the main school building that offered more solid protection than their mud dwellings – they were cut off from any form of supplies. Our health camp team provided them with food parcels and rendered first aid. 14 other villages also were distributed with food and potable water.

During the period of May until October 2006, the four Hariharananda Charitable Centres were open to the public and treated more than 36.000 patients. There were many cases of nutritional disorders and diarrhoea, but diabetes, high blood pressure and chronic lung disease such as asthma were also treated.



DR. DEBADUTTA MISHRA IN CONTACT WITH THE "WHO"



Although he is already retired, Dr. Debadutta Mishra continues working as a Medical Doctor. The highly distinguished physician, once in Government service, works now for the Hariharananda Charitable Health Center (HCHC) in Balighai, Puri. He participates, as practicing physician, at many Health Camps.

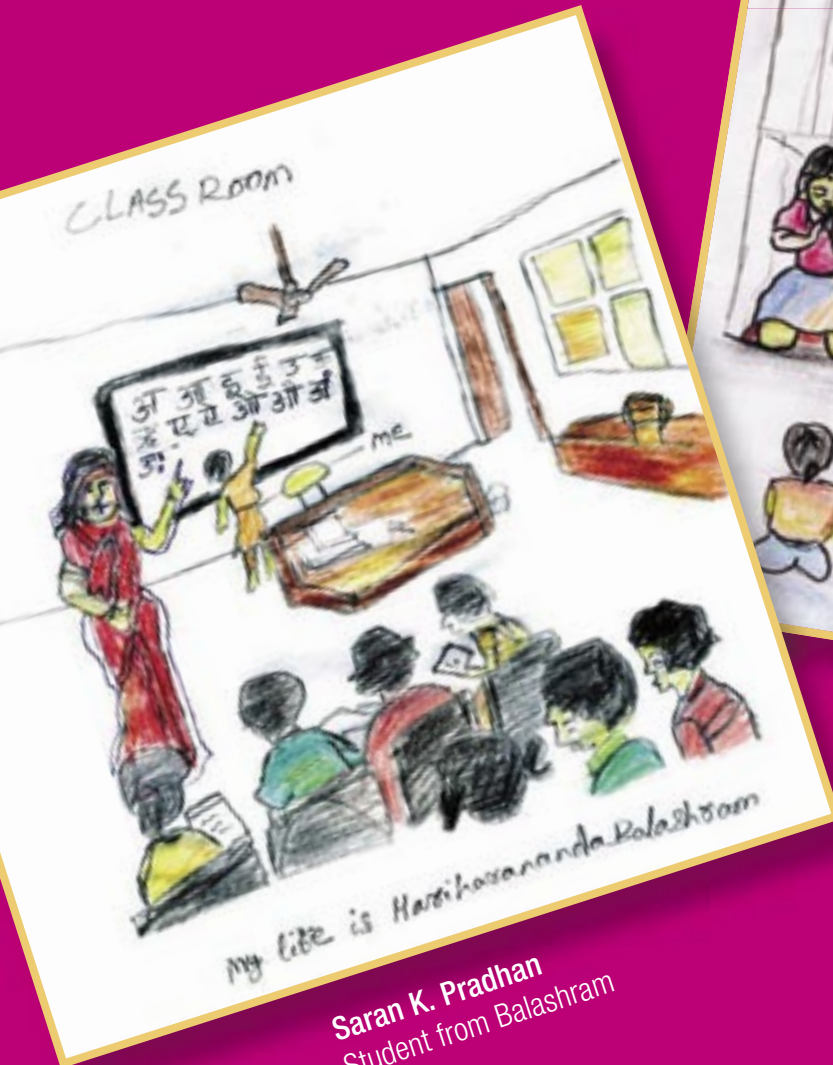
Only recently, the renowned newspaper *The Samaja* published a report written by Dr. Mishra on the occasion of *The World Diabetes Day*. Furthermore, Dr. Mishra is often a guest of various Radio and TV stations where, as a popular scientific speaker, he covers health related subjects in a clear and easy manner, thereby contributing to increase the population's awareness on hygiene matters. The Regional WHO Office in Delhi appreciates the work accomplished by Dr. Mishra and by the Prajñana Mission.

Recently Dr. Mishra received a letter from a United Nations (UN) senior member of staff in Bhubaneswar which stated: *"I deeply appreciate your continued efforts even after retirement... for the benefit of the people. The popularizations of health issues that result are very essential... as well as implementation of public health programmes."*

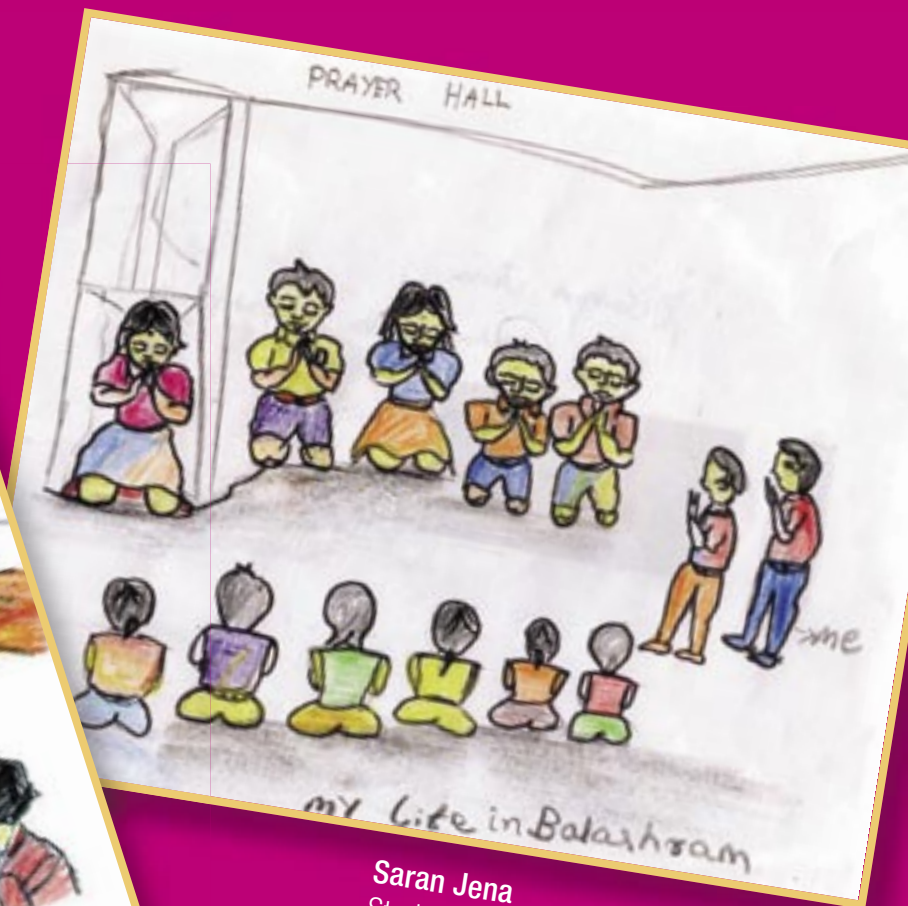
Dr. Mishra and the WHO are now in constant communication and are also discussing the possibility of distributing free medicines to destitute people suffering from diabetes.



If you wish to be involved in voluntary work, fund-raising or public relations in Austria or in your own country, please contact us at info@handinhand.at!



Saran K. Pradhan
Student from Balashram



Saran Jena
Student from Balashram



Austrian Donation Certificate: Since 2003 HAND IN HAND carries the Austrian Donation Certificate, which approves the lawful, legitimate and appropriate use of donations!

THANKS!



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