



**SATYA**  
**FOUNDATION**

*"Reaching Out"*

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# ART OF GIVING

परोपकाराय फलन्ति वृक्षाः  
परोपकाराय वहन्ति नद्यः ।  
परोपकाराय दुहन्ति गावः  
परोपकारार्थमदि शरिम् ॥

- Sanskrit subhashita

*“Trees give fruits to assist others. Rivers flow to help others.  
Cows produce milk to feed others. In the same way, our own human  
body should also be employed for the assistance of others.”*

# THE PURPOSE

*“We make a living by what we get. We make a life by what we give.”*

*Winston Churchill*

In the circle of Life, **Receiving** and **Giving** are two faces of the same coin. Community plays a crucial role in the growth of an individual or an organization and in turn the individual or an organization acknowledges this by giving generously to the community. Our lives are connected by a thousand invisible threads and along these empathetic fibres' our actions run as causes and return to us as results. Service is the gratitude we show to life. It is the very purpose of our life.

**Satya Foundation**, the outreach cell of **SATYA GROUP**, is a private charitable trust drawn to '**Reach Out**'. Joining hands with like minded people we strive to bring about small changes to make this world a better place to live for everyone.

## THE INITIATORS

**Satya foundation** is inspired by the compassion and simple living of its founders - *Satyabhama Kamath* and *Ganapathi Narayan Kamath* who decades ago freed themselves from the familiar territory of their own needs by opening their mind to the unexplained worlds occupied by the needs of others. In this process, their interaction with the needy and society as such has given them an abundant experience in the field of community service. A true urge to practice the philosophy of their life in a wider area is the emergence of **Satya Foundation**. Satya Foundation is managed by *Sachin Kamath* and *Annapurna Sachin Kamath* supported by *Sheela Deepak Rao* and *Deepak Raj Rao* who are devotedly following the path laid down by their elders. Community service is not only our responsibility but also our passion.

# OUR PHILOSOPHY

*“We have to be the change we want to see in the world”.*

*Mahatma Gandhi*

Change is a process that begins from within. Micro changes collectively become Macro changes. Self-Change initiates the chain reaction that leads to universal Change. *Change* is a spiral, change initiated at an individual level will jointly impact a community and holistic self-sustained communities will together constitute our **Peaceful Joyous WORLD**. When change becomes an enjoyable phenomenon embraced by people whole heartedly, enthusiasm and participation spontaneously emerge and a prosperous harmonious community is established. With the support and cooperation of all the stakeholders of the community change becomes effortlessly achievable.

We also strongly believe in ‘Alone we cannot achieve much but Together we CAN’. We pool the energy, enthusiasm and resources of all the people willing to join us in this endeavour to ‘Bring a change by being the change’.

## **OUR VISION**

We envision proactive communities where the stakeholders of the community in unison visualise and create their holistic environments in sync with Nature and through participatory governance sustain these harmonious communities and uphold our rich Heritage and Culture.

## **OUR MISSION**

To bring about small changes in our immediate community with the participation and support of all stakeholders of that community to make it a better place to live for everyone.

## **OUR APPROACH**

Instead on working on one objective across geographical areas we choose to work in a limited geographical area across verticals. These sustainable models can then be easily extended to other geographical areas in a phased manner.

# OUR OBJECTIVES

Initiating change at a micro level through

- **Self-change** by providing individuals with opportunities for self development and inner growth.
- **Family Bonding** through programs that encourage quality family time that enhances team spirit.

Extending this to the macro level by sensitising citizens for a need to participate in community service, we work towards

- **Building Holistic Communities** by creating awareness about individual's civic responsibilities, networking people for a cause, maintaining cleaner and greener spaces, resource optimization for community progress, senior citizen support programmes to care for the elderly and other social outreach activities.

- **Equitable Living** by providing basic facilities and amenities through infrastructural support, education, skill development, nutrition & health, sustainable livelihoods and women empowerment in our rural counterparts.
- **Nurturing our Environment** through conservation drives, eco – friendly living, bringing people closer to nature and working with them to preserve our natural environment.
- **Preserving our rich Culture and Heritage** through understanding and appreciation of our diverse Culture and Heritage and providing support to organisations working in this field.
- **Revering Art** by bringing art closer to every individual and instilling a love for art.



# OUR PROGRAMMES

**Vikasana:** Self-change for Self Development and Inner growth

*“We don't realize that, somewhere within us all, there does exist a supreme self who is eternally at peace.”*

*Elizabeth Gilbert*

VIKASANA is about self change. Change is a process that begins from within. What we achieve inwardly will ultimately serve to change our outer reality. This programme advocates self-change leading us onto the path of inner growth. The process of self development is *opening* our mind to learning from our everyday experiences, *expanding* our thinking to see goodness in everything around us and embrace all the beautiful gifts life offers, *blooming* into a free spirited soul through realisation of self, *spreading* happiness through joyful giving and experiencing eternal **PEACE**.

Each individual's Journey of growth and change is personal and unique. Though the outcome is always inner peace there is no one starting point, no one destination and no one way. Each individual needs to set their own goals which lead them to their destination and choose their own paths to reach there. No external parameters like age, education, work experience or assets can define the degree of inner growth. Self awareness is the only way to know. With this thought, Satya Foundation provides a tool kit of activities and events like Astanga Yoga, Meditation, Laughter therapy, Reiki, Naturopathy, Relaxation techniques, Stress Busters, Personal Development and Motivational Workshops, Satsangs, Dance, Discussion Groups and Book Reading for an individual to choose from. The activities share the Wisdom of the Global Masters. The program fee is dependent on the programme and the resource person. The programs are nature oriented, experiential and immersive providing the individual the freedom to absorb the essence that enriches them. What one takes is what one wants to take.....

## **Bandhan:** Bringing families closer

*“The homemaker has the ultimate career. All other careers exist for one purpose only - and that is to support the ultimate career.”*

*C.S. Lewis*

In this progressive world where we can get all that we wish for, where technology has ensured we are enveloped by luxuries, our heart still desires a few moments of happiness shared with our loved ones.

This fast paced mechanised and pressurised life is our choice because we want to give our best to our family. So our Priority is **FAMILY**. Weekdays are predominantly work and study. Come Weekends we want to spend quality time with our loved ones. What better way to bond than by working together, experiencing the joy of doing something new together.

**'Bandhan'**, the Family Bonding program focuses on bringing families together. Instead of a visit to the mall or restaurant or window shopping or lazing around which is our usual Sunday routine, we explore creative and innovative ways of working together as a family and having **FUN**. This also provides us opportunity to connect with more families, thus extending our nuclear families to include more people.

Welcome to **'Bandhan'** where **BONDING** is our mission and we achieve this through activities that are related to nature or our rich Heritage and Culture or pure fun. This is a monthly activity happening on one of the Saturdays or Sundays. With the sole purpose of encouraging productive family time our activities are priced on cost basis. We include a meal in this program so that we can spend some unstructured time with our family and the Cook of the house can also take it easy. This is organised in a rustic setup with nature as its backdrop. Let's be a part of a Big **HAPPY FAMILY!**

## **Samuday Samnayati:** Networking people for a cause

*"Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed it is the only thing that ever has."*

*Margaret Mead*

Our Community connect programme aims to network people for the cause of a **'Sampoorna Samuday – Holistic Community'**. We define a community as a neighbourhood which share the same space and common amenities. The community connect programme promotes

**SYNERGY:** Togetherness through common community programmes and celebrations so that every person knows and relates to every other person in that community.

**PROGRESS:** Developmental activities which will help the community to grow and thrive.

Our role is that of a catalyst in this process of change where we initiate, provide information, resources and support to the community to realise their

common goals and help them sustain it. The *stakeholders* are Builders, Associations, Owners and Residents of Apartment complexes; Owners and Tenants of Commercial spaces; Corporate; Management, Staff, Parents and Students of Educational Institutions; Governing bodies and Members of Clubs and Associations; Owners of Independent homes; Government agencies and Elected representatives.

We adopt a bottom-up approach. All initiatives are implemented in the micro units and then extended to the macro community. The primary beneficiaries of these initiatives are the stakeholders but their collective effort has an impact on the macro community. A common platform is provided for stakeholders to share their ideas, success stories, learn from others experiences, inspire and motivate each other and set community goals and in partnership with Government agencies and elected representatives accomplish them.

We Contact associations and individuals through meetings and public sign up drives and collect contact information and e-mails of all the stakeholders (Voluntary) followed by communication with the stakeholders through e-mail and website. The stakeholders then visualise their holistic communities and based on this, goals are set and accomplished with their participation. Information on the community, directory of services, list of events and programmes is provided in the community website. “**Parivarthanam** – It’s all about change”, an e-newsletter is published to address various issues on change with contributions from all members of the community.

The holistic community is established through the following programmes:

- ‘**Jago Nagarik - Awake Arise Citizen**’: Civic Responsibility and Participatory Governance with the support of various NGO’s.
- ‘**Nirmal Samuday - Cleaner and Greener Community**’: Beautifying our community by planting trees and taking care of them; ensuring common spaces and amenities are aesthetically maintained; keeping our

community walls and trees free of posters and notices by providing designated areas for the same; ensuring waste free community through Solid Waste Management, Plastic free spaces and Reduce -Reuse- Recycle - a Collection and Distribution system of old reusable toys, clothes, books, furniture and medicines.

- **‘Samuday Pragati - Community Progress’**: Resource Optimization by Conserving resources like power, water and preserving public amenities like lakes, heritage sites, playground and parks. Undertaking programs that are progressive and enrich the community.
- **‘Vayogata Vikas - Care for the elderly’**: Senior Citizen support system and utilization of their experiences and wisdom for the good of the community.
- **‘Samuday Deni - Community Outreach’**: Eye /Blood /Organ Donation campaigns, volunteering in orphanages, Old age homes, Government schools and Anganwadis in the community.
- **‘Sammilana’** - Harmonious Living through programmes like community sports day, talents day and cultural programmes.



The programme initiated by the foundation will be managed for a lock up period till the programme is sustainable and then handed over to representatives of the community who volunteer to take it up. This program will be run with the support of Other organisations. Programs like SWM and others were external agencies are involved in managing them will be run on cost basis which will be borne by the micro communities. The website will be maintained with sponsorships, advertisements and fee for posting any commercial events on the website.

We are currently implementing these programmes in in Sahakarnagar, Jakkur, Venkateshpura and Vasanthnagar. This model once sustained can be easily replicated in other communities. If any other group of individuals would be interested in taking up this project in their respective geographical areas we will support them with information and resources.

**Samruddha Gram:** Creating Prosperous rural communities through equitable living

*"The soul of India lives in its villages"*

*M. K. Gandhi*

Life is about creating and maintaining a balance. The world at large can become a better place to live for everyone when there is synergy between its rural and urban parts. Our rural counterparts have special needs and requirements due to lack of access and exposure to the modern ways of life.

**‘Vridhhi - Progressive Development’** aims at providing basic amenities like water, power and sanitation in rural setups with the help of the local governing bodies.

In agreement with the thought of the great Nelson Mandela that “Education is the most powerful weapon which you can use to change the world.”, we have designed ‘**Shikshana- Quality Education**’ which focuses on providing infrastructural and academic support to anganwadis and government schools enhancing quality of education. Under this, Anganwadis and Government schools are provided with Toilets, Kitchen, Kitchen equipments, Furniture, Painting of walls, Drinking water Facility and Outdoor equipments. Curriculum Planning and Organising, Teaching Learning Materials, Center Based Learning, Learning Library, Math and English programmes are integrated to make learning interesting and fun. Children are also provided with scholarships and educational loans to pursue their higher education. Educators are provided training to familiarise themselves with the current trends and practices in education. The main goal is to mainstream these children with their urban counterparts. With this in mind we also have a skill development program ‘**Katte Koota - The Meeting Point**’ that works on providing them with all the additional skills like Spoken

English, Soft Skills, Personal Development required for them to effortlessly compete with their Urban peer.

**'Poshan - Good Health and Nutrition'** takes care of their nutritional and health needs through awareness programmes, provision of supplements, health camps and medical facility.

As the Chinese saying goes "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime", **'Vritti - Sustainable Livelihoods'** ensures that they have a vocation to earn their daily living. Vocational training, entrepreneurial ventures through Micro Enterprise, Placements in organisations ensure each one has an appropriate occupation and is financially secure.

"One woman can change anything. Many women can change everything". Women have within them innate strengths and abilities that can make a

significant change in the community. **'Swashakti - Women Empowerment'** boosts their self esteem, instils confidence, taps their inner potential, unfolds their creativity, provides assistance and guidance to women to nurture their talents, make them financially independent and ensure their safety and security against crime and abuse.

These programmes are run with the help of various NGO's who are already doing great work in their respective areas. Any individual can volunteer to be a part of this program. Even a onetime involvement without further commitment is welcome. It is the joy of giving heartily that we want each one to experience. The experience is going to be so relaxing and gratifying that you are sure to come back....

The villages targeted under this program are Jakkur Village, Sampigehalli, Agrahara and Madakosahalli.

**Parisara Samrakshana:** Passing Our Natural legacy to the next generation.

*“We do not inherit the earth from our ancestors, we borrow it from our children.”*

*“To waste, to destroy our natural resources, to skin and exhaust the land instead of using it so as to increase its usefulness, will result in undermining in the days of our children the very prosperity which we ought by right to hand down to them amplified and developed.”*

*Theodore Roosevelt*

Nature has bestowed us with precious gifts. She plays a very vital role in our life. It is our primary responsibility to preserve our environment for our own sake and to pass this legacy to our children. It is very important that we understand, relate and feel for Nature around us. **‘Prakriti Sparsh – In touch with Nature’** brings people closer to nature through Bird Watching, Bee Rearing, Lake ecosystem tour, Nature Walks, Nature Activities, Gardening,

Organic Farming, Composting, Nature Photography, Treasure Hunts, Sessions on Trees, Flowers, Plants, Animals, Butterflies, Insects and shells. Various programmes are conducted through the year.

As the saying goes “Only when the last river has been polluted, and the last tree been cut down, and the last fish been caught, will we realise we cannot eat money.” **‘Prakriti Paripalana - Nurturing Nature’** works towards conservation and preservation of our natural resources like lakes, trees, water through protection and preservation.

Currently we are working on Preservation and Conservation of the Jakkur Lake “JALA POSHAN -Sustaining Lake restoration”, Tree plantation and water conservation drives in the communities we work with to increase the green cover and water table. We also promote eco-friendly living in green spaces which constitute rain water harvesting, using alternate sources of energy, natural lifestyle, green buildings.





## Sanskriti: Rediscovering our rich Heritage and Culture

*“The country of hundred nations and a hundred tongues, of a thousand religions and two million gods, cradle of the human race, birthplace of human speech, mother of history, grandmother of legend, great-grandmother of traditions, the one land that all men desire to see, and having seen once, by even a glimpse, would not give that glimpse for the shows of all the rest of the world combined.*

*Mark Twain*

*The Indian way of life provides the vision of the natural, real way of life. We veil ourselves with unnatural masks. On the face of India are the tender expressions which carry the mark of the Creator’s hand.*

*George Bernard Shaw*

SANSKRITI is about Indian Culture and Heritage. Our country is our Motherland and we are blessed to be born in a country so culturally rich and diverse. We have a rich History which is very fascinating and interesting to revisit. Our culture is an amalgamation of various languages, religions, dance, music, architecture, food, festivals, traditions and customs. Though

geographically and politically the country is divided the value systems and the expressions of love, compassion, friendliness and acceptance unite its people. What was a part of our natural daily living is slowly drifting due to globalisation and western influence. What we are parting with, the west realising its importance and richness are adopting it as a way of life. It will not be a surprise if one day we import our own culture wrapped in western wraps at an expense. We need to act now and preserve this treasure and pass this legacy to generations to come.

We at Satya Foundation have a potpourri of activities and events like workshops and melas which showcase Indian History, Architecture, Art forms, Dance forms, Music, Folklore, Textiles, Clothing, Crafts, Languages, Cuisine, Religion, Sports, Games, Tradition and customs. It also gives exposure to our Natural resources, Flora Fauna and Animal life. Here children and adults get an opportunity to immerse in everything that is Indian and hands on explore India and adopt the Indian way of life.

## Kalanjali: Revering Art

*“Art washes away from the soul the dust of everyday life.”*

*Pablo Picasso*

Art is a reflection of our creative soulful expressions. India is popular for a wide spectrum of Visual, Literary, Fine, Performing, Healing and Culinary arts. We have our traditional Classical arts as well as Folk art. Classical arts in urban India are up and thriving due the enormous support they receive from the art fraternity. Our ancient traditional folk arts which reflect our rich culture and heritage have to traverse the geographical boundaries to receive the appreciation they merit. We aim to bring art and the artist closer to each individual so that they can interact and experience art at a soul level. We provide a unique art platform for all who want to embrace art. Whether one sees art as Passion, Hobby, Joy, Therapy, Healing, Profession we offer them their own space within this umbrella to take art forwards and reach out to all

the individuals ready to receive it. Through our programmes and events we promote and propagate art, revive and preserve the ancient traditional classical and folk art, create awareness of the richness of the various art forms, provide opportunities to every individual to witness various forms of art, experience it, appreciate it and support it. An art village to showcase the amalgamation of different forms of art with a research and resource centre for collecting, preserving published materials such as books, journals, articles and photographs relating to Indian art and directory of artists to encourage people who want to do further research is our dream. We are moving towards this dream through workshops, lecture demonstration and **“Kalapoornima –the Moonlit Art Utsav”**.

Kalapoornima is a different way to experience, understand and appreciate art and bring out the artist in you. Believing that the viewer, connoisseur of art, art lover plays a pivotal role in the preservation, promotion and progression of all art we fuse the passion of the artist with zeal of the viewer. With the roof as the moonlit sky this bonding amidst nature is a unique connect. In an evening you can experience the vibrancy of folk art, enjoy the beauty and melody of dance and music by renowned artist, have a hands on experience with the fine arts, interact with the artists and the art and round it up by savouring the diverse flavours of Indian cuisine.

We have two to three events every year and dates will be announced in our websites. Donor passes will be available a month before the event. This programme is supported by Corporate and Institutions.

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## JOINING HANDS

*"Do what you can, with what you have, where you are"*

*Theodore Roosevelt*

**"Tanu, Mana, Dhana"** – Progress or change needs the 3D involvement. Mental Involvement to identify the need and plan the change, Physical Involvement to implement the change and Financial Involvement to execute it. With a holistic participation in community projects we are taking slow and steady steps towards a better tomorrow.

We have formed groups of like minded people for each of our programmes and we work with the support of volunteers and the various NGOs'. Our dreams can become a reality only with your support and participation. You can participate in our programmes by merging your dreams with ours,

sharing ideas, volunteering, help us build our network and sponsoring any programme. Your valuable support is our strength

Satya foundation invites individuals and organizations to participate in this noble cause. You can participate in our programmes in the following ways:

**ADVISORY/PARAMARSHI:** Individuals or organizations can provide guidelines and advise to a specific project related to your area of expertise.

**PATRON/POSHAK:** Individuals or organisation can adopt an entire project of the foundation and support it with Funds and Volunteers.

**DONOR/DHANI:** An organization or individual can donate money for a particular objective or project.

**VOLUNTEER/SWAYAMSEVAK:** An individual or organisation can devote a certain amount of time a week to support specific objectives and participate in the implementation of events and programmes.

# CONTACT



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