What do you look for when you decide to give to a charity?

There are thousands of free schools in India (including government schools and NGO’s) but a fundamental question to be asked is are they really making a long term impact? In other words, do they have a plan? In this newsletter you will read about FFLV’s Plan: Our Theory of Change. You will read about the impact it’s making in real lives and about supporters who are making this possible.

Rupa Raghunath Das, Founder, FFLV

A big thank you to Dr Damian Hatton, the Managing Director of InFocus, and his team (www.impactinfocus.com) in helping us developing our Theory of Change.
The main challenge is keeping girls in school. Child marriage often occurs when girls are born into low income families. They are seen as a further economic burden upon already poor households, and a liability from the very moment they are born. It is a common belief that the younger a girl marries, the lesser the dowry the family has to pay, hence the system of child marriage came into practice. Since the girl leave her family to go to her husband’s house, investing in her education is regarded by many sections of poorer society, as an unwise and unnecessary investment.

Financial Report
April 2018 to March 2019
*Provisional account (include projection through 31st March, 2019)

<table>
<thead>
<tr>
<th></th>
<th>Rupees</th>
<th>US$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td>108,316,132</td>
<td>1,592,884</td>
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<tr>
<td>Expenses</td>
<td>105,268,560</td>
<td>1,548,067</td>
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</tbody>
</table>

Administration cost, $183,069 (11.83 %)

Maintenance, $41,071 (2.65 %):
  • Vehicles
  • Buildings

Social Development, $14,469 (0.93 %):
  • Vocational training for women (embroidery & sewing center)

Environmental service, $26,304 (1.7 %):
  • Cleaning Vrindavan (20 workers)
  • Trees plantation

Land & Building purchase, $533,971 (34.49 %):
  • Social development project in Madhuvan Colony

Educational services, $455,080 (29.4 %):
  • Sandipani Muni Schools
  • Scholarships for girls outside SMS
  • SMS evening classes

Food distribution, $109,059 (7.04 %):
  • SM schools breakfast & lunch
  • Evening kitchri
  • Widow feasts
  • Meals for the elderly & blind

Medical services, $24,422 (1.58 %):
  • Emergency blog cases
  • SM schools

Construction projects, $28,271 (1.83 %):
  • Boundary wall in KN School
  • Playground in KN School
Food Distribution

Food insecurity has been and continues to be a major concern in India. Food distribution program marks the beginning of FFLV, and over 6 million meals have been distributed over the past 25 years.

**Khichri:** Every evening we have our Khichri distribution program that feeds hundreds of needy women and children. When sponsored, we are able to organize meals for widows, the blind, sadhus, lallis (little girls), and other groups that are in need of nutrition.

**School Meals:** Every morning our school kids from nursery get fresh milk and cookies or fruits for breakfast. Daily thousands of kids get fresh healthy meals from our school kitchen and safe water within our school premises. This meal is full of nutritious and is important for education and over all development of these kids.

**Rations:** Every day, Food for Life Vrindavan receives requests from hungry families for food rations. Proper nutrition is the basis for life and without it, nothing else is possible. Your donation can help to feed families in need and give them the foundation for a proper life. Whatever you can give, big or small, to contribute to our food rationing program will make a huge difference in people’s lives.

If you’d like to learn more or donate to our Food for Families program, please contact info@fflv.org

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**Radha’s Story of Struggle**

Radha, a 6th Grade student was born in the Taj Mahal City of Agra and joined SMS Vrindavan in the kindergarten class around 8 years ago.

From the beginning of her life she has had a huge mountain to climb as she was born of blind parents. She became the eyes of her parents as early as the age of five when she was literally taking care of her mother and father by taking them out and running errands for them. There were times were the family had no choice but to beg on the streets to maintain themselves although this has been curbed once Radha was admitted in SMS School. Radha has a dream to become a karate teacher one day so she can train local girls in the art of self-defense.

FFLV has managed to find her a sponsor who not only pays for her education but also takes care of her rent and ration expenses, which has somehow helped her and the parents to feel more secure in regards to how they can make end meet.

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**When girls enter school they have access to clean and safe water and nutritious food.**
Physical Education

Physical Education is a part of the holistic development of children and teenagers at Sandipani Muni School. Sports teachers are professionally aiding in this development. Being active is important not only for muscles, bones, motor skills and posture but also for the brain.

Physical education gives so much more to a girl, than just an improvement in her physical health. A child’s development both psychologically and socially are greatly affected by sports. It is an imperative environment for the education of children. It has been proven that people involved in physical exercises regularly tend to be more self-confident and social, than those who are not. Children gain acceptance by participating in sports, and it also helps them to develop their self-esteem and self-worth. Girls are encouraged to go through life in a strong and self-assured way.

At SMS, Food for Life Vrindavan, we give girls the opportunity to partake in sports. Every week, girls play at least two hours of badminton, volleyball, basketball, kho-kho (an Indian form of tag), skipping rope, yoga, gymnastics and martial arts like karate. Sports time is precious and vital to their growth and development. During this time of fun in sports each week, girls develop skills that will help them for the rest of their lives. Every child deserves a chance to be given a chance to be successful and, by encouraging them to participate in sports through your funding, we can give girls the opportunity to feel a sense of self-worth and accomplishment. Physical education is an inexhaustible source of inspiration and happiness for many people all over the world and Vrindavan is no exception.

Currently we have over 30 girls enrolled in karate, 52 girls learning yoga and over 490 girls enrolled in sports.

If you would like to support sports at the Sandipani Muni School and contribute to FFLV, please contact us at info@fflv.org

Girls improve their physical & mental health and increase their confidence.

Success story, Sapan

Resolute and disciplined are two attributes that spring to mind when thinking of Sapan: The first-born daughter of a single mother who works at SMS as a cleaner and the sister of a younger girl (Sadhana) who also attends SMS school, Sapan understood that by not having a male figure in the family (since her father left them to fend for themselves several years ago) she had to take a responsible stance in order to protect her sister and her mother. She excelled in Acrobatic Yoga but soon switched to Karate as a means to build up confidence in a problematic environment where single women are often targeted and prayed upon. All the training she received so far has enabled her to feel dignity in her life and to not be affected by the seemingly difficult circumstances at home.
Priya is a 15-year-old studying at Sandipani Muni School. When she was 12 and was studying in 4th standard, she had a small lump on the left side of her face, which kept growing, as the years progressed, and caused her extreme discomfort and pain. The Medical Team at Food for Life Vrindavan headed by Rupesh Bhardwaj decided to take her to a specialized hospital, the Sawai Man Singh, in the City of Jaipur, Rajasthan, where several checkups and scans took place. The result of the checkups showed that the tumor was growing and was connected to the brain in a life threatening way. Immediate surgery in order to save Priya’s life was required. On 22nd May, 2015, the operation took place successfully after which Priya recovered. This had been possible all because of the generous sponsors and supporters who helped us at that time.

Medical Services
Medical expense is one of the primary costs that takes a toll on the poor. Because of living in a poverty-stricken state, they are more likely to fall sick but have almost no access to medical care. With a well-equipped clinic and a basic pharmacy in the school compound, FFLV provides free health care and medicine to about 2,000+ students and workers. For any serious case we ask a doctor in the area for treatment. We teach our girls health and hygiene habits that prevent diseases.

Nutritional Support: Many years ago, FFLV began receiving aid from Dr. Jacob’s Medical GmbH founded by Dr. Ludwig Manfred Jacob. Dr. Jacob, along with sponsoring 46 girls’ educations at the Sandipani Muni School, helped us to found our meal supplement program. After noticing the vitamin and mineral deficiencies in India and across the world, Dr. Jacob made a formula especially for our kids called India Mix. Although FFLV provides students with meals, they were still missing essential nutrients in their bodies that food alone could not give. Without these nutrients, digestion problems, skin disorders, stunted or defective bone growth, and even dementia may occur. India Mix gives young children the necessary nutrients of Iron, Zinc, Iodine, and Vitamin B12. These nutrients are imperative to the proper growth and development of our students.

Once properly fed with the nutrients they need, girls at the Sandipani Muni School are able to improve their focus, decision-making, problem solving, and memory. Proper nutrition creates strong brain connections which allows for our girls to succeed in school and in life. FFLV would like to thank Dr. Jacob immensely for the work he has done for our school and his continued support and contributions to the health and education of our students.

Medical Blog:
We have a medical blog (http://fflv.blogspot.com) where we raise funds for any emergency for the people living in poverty.

Girls do not take time off school due to ill health and are able to concentrate in school.
Volunteer Services
We welcome volunteers from around the world. If you love kids and want to have fun, at the same time do something in the field of children’s welfare, this is the place for you!
We accept volunteers from July-August until March-April. Since we have an all girls’ school, most teaching services available are for female volunteers, however, if you are a male we can discuss services available to you beforehand via email. We are always looking for dynamic, self-motivated people who have something to add to the cause of the poor.
Email us today at info@fflv.org if you wish to volunteer with us.

Sherry Sutton’s Service
Sherry Sutton, a well-known photographer from Texas, USA, volunteered at FFLV last year. As Sherry is closely associated with Indian philosophy, she has visited India frequently in the past years. In her most recent trip, FFLV was lucky enough to host her. She spent her time at our school taking gorgeous photographs that helped FFLV to illustrate social media posts.
As a donor, one might feel quite far away from FFLV but through social media, we are able to give our supporters a closer look into what we do. As the saying goes, a picture is worth a thousand words, the pictures taken by Sherry has told many amazing stories that words could not. The pictures Sherry took wonderfully depicted the school and culture at FFLV, one that we are proud to share with social media followers. The pictures are also featured in the 2019 FFLV Calendar. FFLV thanks Sherry Sutton so much for her amazing work and hopes to welcome her back in Vrindavan soon.

These wonderful girls
I really appreciated volunteering at Food for Life Vrindavan. Editing the German and Swiss Websites was a great pleasure and I do hope it will help to find new donors supporting the girls of Vrindavan and the work of FFLV. Everybody was really friendly and I loved to take part in the assembly together with the girls. sharing those moments was something really special. Dancing, chanting, holding hands and spinning in a whirlpool of love and affection.
I’m looking forward to come back and wish FFLV and the wonderful girls all the best”. – Bettina, Switzerland.

Anchal’s Dream
Age: 18 years
College: Sanskriti University
Subject & Year: B-Tech, 1st Year
Aim: IPS Officer
Always excelling in her studies, Anchal never let the financial challenges at home affect her focus towards studies. University education is like a passport for her to truly explore what she is capable of.
Anchal topped final her exams this year at Sandipani Muni Schools. She is now pursuing B-Tech from Sanskriti University. B-tech i.e. Bachelor of Technology is an undergraduate degree conferred after completion of a three-year program of studies at an accredited university. It is considered as a skill-oriented course. In India, B-Tech can enable one to become an engineer after pursuing further studies, become an entrepreneur, or prepare for civil services exams.
Anchal’s father has great hopes that soon Anchal will become financially sound and will share his economic burden.

Girls complete school with literacy & numeracy skills and transition into universities.
Success Stories

Sunita’s fight against injustice!

Since its inception, FFLV has ensured that the protection of women was one of the main points in their mission statement.

During the years, we've had many cases to deal with, some more serious than others and thanks to the prompt intervention of the members of the girl protection team many a case has been resolved successfully.

Sunita (name changed), one of our SMS students who joined in 2011, was a victim of abuse which was meted out to her from her stepfather who attempted many a times (while in a state of intoxication) against her wishes to physically abuse her: she immediately informed the school authorities who swiftly dealt with the issue by filing a case against him while relocating the family to a safer place.

After years of dealing with the legality of the case, FFLV scored a major victory by securing him behind bars for a long period of time: this victory came with a cost, as Sunita had to miss out on school several times due to being affected by the memories of her stepfather unwanted attention towards her.

She has now recovered from the ordeal and managed to continue studying and receiving counselling at the same time.

Her family, comprises of her mother (who works as a house maid to maintain the family), two younger brothers and a younger sister (who also attends SMS school) are very grateful for the amount of help and protection received from FFLV.

Thank you to all the wonderful people who are making all these success stories possible. Without the constant help and support of our sponsors and donors, this theory of change would have always remained a theory.

Thank you on behalf of girls of Sandipani Muni School.

Meet Anuradha

A jovial personality with a sense of active social responsibility. She graduated from Sandipani Muni School almost three years ago and is now nearly ready to graduate from College. She is now employed and is working part time as a teacher at the FFLV school project.

Each day she also conducts English lessons at home in the afternoons to almost fifty students who come from unprivileged families and from a nearby village: she does not take remuneration from these students as she feels it's her way to contribute to the development of local society and practice what she learned: to share the knowledge and the values she imbibed during her years as a SMS student.

We are sure we will hear more about her achievements in the future: at the moment we at FFLV feel proud of her and admire her sense of gratitude towards the opportunity provided to her and how she is putting into practice her talents which she has acquired here at FFLV.

Girls are employed and have a strong voice in society.
**Daily Seva:**
You can sponsor FFLV food distribution for a day Rs. 7,000 (US$ 100) on behalf of a dear one, on a special occasion, e.g. when there is a marriage, a birthday, a newborn in the family, to honor a dear one’s departure, or just because today you are happy and want to make others happy too.

**Nitya Seva:**
A bank fixed deposit of Rs. 100,000 (US$ 1,500) yields an interest sufficient to sponsor one day’s food distribution once per year. The results of this seva continue to be yours forever.

To sponsor a meal write to us at info@fflv.org

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**Girls Education Funds**
FFLV offers a real opportunity to the poorest girls to improve their lives. Your contribution enable these girls to attend our Sandipani Muni Schools and receive an education. FFLV provides nutritious meals, school supplies, books, uniforms and medical care. FFLV also promote donations towards the “Save the Girls Fund”, a financial incentive of US$5 per month to help prevent child marriage.

**FFLV University Education Program**
Every year we have girls who graduate from 12th standard and wish to continue their studies. FFLV sponsorship includes college fees, books, uniforms, stationery and transportation. Your donation will go a long way to help our girls.

Donate@fflv.org  www.fflv.org/educate-a-girl