





abhaya FOUNDATION

an assurance for no fear...

About abhaya News Update:

abhaya touches the heart of every one's life through its social work. We are committed to support and empower the most deserving communities in the country. abhaya team upholds its noble activities every month through this news letter. abhaya SoulDears (Volunteers) work tirelessly with abhaya's project work related data, updates, reports, photos, feedbacks, quotes, donations, etc., to design and update every news. The "abhaya News Update" reaches about 25,000 abhaya donors, well wishers, supporters, corporate, NGOs and others across the globe in the first week of every month by email and further posted on FB, WhatsApp, abhaya web links, Blog and Twitter, reaching another 25,000 people. This task of sharing our experiences with people has been going on since 2006. We aim to make people aware of our tremendous effort at abhaya for the betterment of human lives and we need your kind consideration, care and support. Your association with abhaya and feedback would help us transform lives and help people reach their full potential.

please share this newsletter within your community. With your support, we can create significant and long-term change in the social work for people who rely on it.

Editorial Team

CS Balachandra Sunku, Founder
KSV Sivakrishna, Secretary (Content/Editing)
Vaishnavi / Balachandra (Content/Editing)
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PARTICULARS

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abhaya FOUNDATION

abhaya@14 & Fabulous



abhaya@14

abhaya crossed its 14 year mark with Nov 2020.

We did not celebrate the mile stone event due to Pandemic Times but, engaged in serving those in need all the more intensely. In fact the Year 2020 is special in many ways in terms of service. This year we served more than 10lakh people all over the Country since March 2020 which is the highest ever in number of beneficiaries.

However, considering the fact we did not pool and spend money for the event ...I decided to contribute Rs.50,000/- towards Corpus which is my personal saving.

I pray to do your bit on the eve of 14th Anniversary so that corpus can be strengthened.

I bow before you to continued love and care for the cause

With Gratitude

Balachandra



Dear abhayan!

The Board Trustees of abhaya Foundation decided to create a separate account for Corpus Donations.

Since long time, we are marking the donations from Members of abhaya NAC / Board as CORPUS. Further it is decided that 10% of all the donations we receive be moved to Corpus for long term reserve. Hence opened new account.

abhaya FOUNDATION



**Corpus A/c
opened with
Axis Bank
Hyderabad**

Name of the A/c: abhaya Foundation - Corpus

A/c No: 920010070298534

Bank : Axis Bank Ltd

Branch: Hyderabad

IFSC: UTIB0000008

Henceforth, All the members of abhaya NAC /Board are requested to remit their committed General / Periodical donations directly to the above Corpus Account. As abhaya is now 15 years old. There is a need to build the corpus for managing many projects.

Specific donations if any to be transferred as usual to other accounts with an intimation to team abhaya. Request everyone to please make note of the same. In case of clarifications, please contact Siva Krishna, Secretary General.



abhaya FOUNDATION

Hunt the Winter 2020



Giving is always Gaining

abhaya Hunt the Winter 2020 - Phase 2:

Our count as of 30th Nov 2020 is 7500/10000. While thanking the Corporate Sponsors like Sealwell Corpn, GVPR Engineers, Dhanush Healthcare, Gowra Group, PS Rao & Co., and 100s of kind hearted donors we were able to serve 5000 deserving people in 6 states (AP, TS, TN KK, MHR & Orissa) in the first phase. The distribution is continuing. We now have initiated to deliver another 2500 quality blankets to 10 more states in the country.

Hyderabad, Telangana 1000
Vijayawada, AP 200
Dornala, AP 100
Kolkata, WB 200
Jeypore, Orissa 100
Surat, Gujarat 100
Nagpur, Maharashtra 100
Gwalior, Madhya Pradesh 100
Indore, Madhya Pradesh 100
Noida, Haryana 100
Lucknow, UP 100
Delhi 100

మనసు కదిలితే కవిత పొంగుతుంది
మనసు బాధపడితే కవిత కన్నీరు పెడుతుంది
చలికి చెలిమి - చెలించడం తెలియదు
చీకటి తో పోరాటం బలకాలనే ఆరాటం
ఫ్లెక్సిల్ వారి పాన్సులు, ఖాళీ బస్తాలే వారికి బేడిపీల్లు
మనసు కదులుతోంది, మనసు కరుగుతోంది
నాదేశం ఓటుకు...నోటుకు...బలవుతోంది
భయమవుతోంది
ఇది సినిమా కాదు ...వీ హీరో రాడు.
స్పందించే మనసు ఏదని అడిగే వారికి
మేమున్నాం అని చాటుదాం

అభయ ఫౌండేషన్



Join abhaya Hunt the Winter 2020

We thank our supporting organizations, YuvashakthiSeva Foundation, NDSO, Sharekhan, Sri Sathya Sai Seva Org, Ramakrishna Math and others who has taken up the responsibility of distribution in various states.

Request everyone to do their bit in accomplishing our Mission 10000.

With Love
CS Jinesh Kumar Jain
Coordinator, abhaya Hunt the Winter



abhaya Hunt the Winter - Telangana Update

Received 25 blankets from abhaya Foundation. 25 were distributed in different locations viz Punjagutta, Red Hills, Nampally, Chikkadapally, Ashok Nagar in Hyderabad. These blankets were distributed to the old people, physically disabled people, people suffering with leprosy (two persons only) and all these people were found begging and mostly pavement dwellers. These blankets will protect them from the winter. Temperature is going down day by day. It's a timely help. The compassion shown towards these people by abhaya Foundation is commendable. abhaya is doing marvelous work to serve the needy. I pray the almighty to give the donors good health and long life. Let abhaya Foundation take lead under the able guidance of its Trustees in extending helping hand in day to day life to the deserving persons. I sincerely thank abhaya for giving me an opportunity to distribute the blankets to the orphans. Wishing the organization all Success - **A. Prabhakar, Rtd Deputy Chief Labour Commissioner (Central), Hyderabad,**



We had a successful donation drive at Aljubail colony at Falaknama. We were able to distribute total 325 blankets and 30 groceries+ medication kits contributed by abhaya Foundation, along wth some utensils, clothes and sanitisation materials. In total we have been able to reach to 130 families. Thank you abhaya Foundation for enabling this - **Geeta Chandrasekharan, Nirman Organization, Hyderabad**



చలికాలం లో హైదరాబాద్ లో రోడ్ మీద జీవిస్తు...కనీస వసతులు లేనివారికి, రోడ్ ప్రక్కన కాలి బాటల మీద నిద్రిస్తున్న నిరాశ్రయాయులకు అభయ ఫౌండేషన్ తలపెట్టిన గొప్ప కార్యక్రమం అభయ హంట్ ది వింటర్. అందులో భాగంగా కన్వెక్ట్ హోప్ కి అవకాశం ఇచ్చిన దుప్పట్లు 250. హైదరాబాద్ నందు గల కోటి ,మెదీపట్నం ,టోలిచౌకి,హైటెక్ సిటీ మాదాపూర్, బంజారా హిల్స్ ,పంజాగుట్ట ప్రాంతాలలో పంచడం జరిగింది. సంస్థ పంచినవి 160, పంచడానికి మిగిలిన దుప్పట్లు 90. మిగిలిన దుప్పట్లు వచ్చే వారములో పంచడం జరుగుతుంది.ధన్యవాదములతో , - మల్లేశ్వర రావు, President, కన్వెక్ట్ హోప్ సంస్థ ,హైదరాబాద్



abhaya Hunt the Winter - Andhra Pradesh Update

భారతావనిలో ముఖ్యంగా ఈ చలికాలంలో ఎంతోమంది ఉండడానికి ఇల్లులేక,రోడ్లపై బ్రతుకులిడుస్తున్న మన సోదర సోదరిమణులకు ఉలన్ దుప్పటి కప్పి వారు మనలాగా వెచ్చగా నిదురించేటట్లు చేయాలనే అభయ ఫౌండేషన్ ద వింటర్ 2020 అనే ఉన్నతమైన సంకల్పంతో ముందుకు పోతున్న అభయ ఫౌండేషన్ కు మొట్టమొదటగా హృదయపూర్వక ధన్యవాదములు. ఈ పయనంలో మామీద నమ్మకంతో మా ఉరవకొండ పరిసర ప్రాంతాలలో సేవలందించుటకు 200 దుప్పట్లు పంపడం మాకెంతో ఆనందాన్ని ఇచ్చింది. ఎందుకంటే ఇక్కడివారికి సేవచేసుకునే మహాభాగ్యం కల్పించినందులకు అభయఫౌండేషన్ కు హృదయ పూర్వక కృతజ్ఞతలు. రాత్రి పూట వెళ్లి చలికి వణుకుచున్న వారికి దుప్పటికప్పుతున్నపుడు వారి మోహంలో కనిపించే వెలుగు మరియు ఆశీర్వాచనములు మాకెంతో ఆనందాన్ని ఇస్తున్నాయి. మీరు ఇచ్చిన దుప్పట్లను అర్థులకు మాత్రమే అందిస్తామని హామీ ఇస్తున్నాము.

ఇప్పటివరకు పంపణి చేసిన దుప్పట్ల వివరాలు: 1.అభయ ఫౌండేషన్ కు దాతలు అయిన శ్రీనామ విశ్వనాథయ్య శెట్టి గారికి వారి చేతుల మీదుగా పంచడానికి 26 దుప్పట్లు అందచేసాము. 2.భగవాన్ శ్రీ సత్యసాయి బాబా పుట్టిన రోజున 20 మంది వికలాంగులకు పంపణి చేసాము. 3.ఉరవకొండ మరియు చుట్టుప్రక్కల గ్రామాలలో,రోడ్డు ప్రక్కన ,గుడారాలలో నివసిస్తున్న వారికి 54 దుప్పట్లు పంపిణీ చేసాము. 4.మిగిలిన 100 దుప్పట్లు ఇంకా చక్కగా సర్వే చేసి సాధ్యమైనంత గా రాత్రిపూట వెళ్లి అర్థులకు అందచేస్తాము. ధన్యవాదములతో - శ్రీ వెంకట్.తాటికొండ, అధ్యక్షులు, నిసావర్త సవచ్చంద సేవాసంస్థ,ఉరవకొండ, అనంతపురం జిల్లా



I had the wonderful opportunity of participating in the blanket distribution service undertaken by abhaya foundation on the 23rd of November. Few members divided ourselves into two groups based on the requirement and went to different locations. One group went to Old age homes. I was part of the other group. We distributed blankets in the Hindupur Industrial Area, Basavanapalli and Sadlapalli. We set out on bikes at around 12:00 PM. We first went to the industrial area. There were many migrant families living in Tin sheds and in settlements made of sticks and Tarpaulin sheets. As Hindupur is a relatively cold place with a lot of cold wind during winter, these families were struggling a lot especially at night. They felt so happy to receive the blankets from Abhaya and thanked us profusely. There was a small child, probably five years of age who didn't have even a proper shirt on his body. When we gave him a blanket, he ran to his mother screaming with joy. It gave us great satisfaction to be part of abhayas mission that day. It already made us realize how lucky we were that we had a proper house to protect us from the cold. I thank abhaya wholeheartedly for the wonderful opportunity they provided us to do this work and hope to help in as many activities in the future as possible.

- Katta Srujan Final year MBBS, Hindupur

I had an opportunity to meet our founder who always stays with bubbling energy, enthusiasm & spirit while proceeding to swami's abode at Parthi. After having pleasant Darshan, I started back to my hometown with a plan to visit to our Family diety at a small village Kalogotla, Kurnool. I have seen uncle always keeping a stock of books, gifts, blankets related to seasonal service activities. He keeps giving, giving and giving wherever possible. so, I thought of taking 10 blankets to that village. As I thought, I brought them along with other pooja saamaan. Grandparents, uncles, cousins gathered from different places for this day. whole heartedly we performed prayers with Abhishekam for the wellbeing of everyone while celebrating swami's birthday with all the villagers gathered at temple. I requested my Uncle (resident of that village) and head of that village to suggest poorest of the poor needing the blankets irrespective of caste & creed. All the needy Narayana's also gathered at temple for viewing Rudrabhishekam and seek blessings. After offering prayers. I engaged all the family members in offering blankets to the Narayana's. They were so moved in enjoying the bliss one after the other. They transferred their offerings to abhaya Hunt the winter without putting it in the Collection box (Hundi) at temple. This made everyone to feel it as divine work. I Thank abhaya for giving me an opportunity to make everyone happy around me. - **Dr. Sailatha**



Woolen Blankets Distribution to Poor People

Association With



Ramakrishna Mission Ashrama

(A branch Centre of Ramakrishna Mission, Belur Math, Howrah, W.B.)

Hatamuniguda, Rayagada, Odisha 765020

Phone : +91 94380 15552 * Email : hatamuniguda@rkmm.org

Ref: RKMH/Appeal/2020-21/126

17 November 2020

Abhaya Foundation
Abhaya 6-3-609/140/1
Anand Nagar, Khairatabad
Hyderabad 500 004
abhaya@abhayaafoundation.org

Kind Attn: Shri C S Balachandra Sunku

Dear Sirs,

We are glad to inform you that we have distributed the 300 woolen blankets, which you have so kindly donated, among the poor and needy villagers of 11 villages (Khambasi, Khajuri, Gartali, Kudbelipadar, Upperguma, Radang, Kadruguma, Arsakani & Jayagundi) of Rayagada district. These beneficiaries belong to Dongoria community.

We enclose herewith a few pictures along with a video clip of the distribution for your record.

We are extremely thankful to you for your kind concern for the poor and needy tribal people of this area.

With kind regards,

Yours in the Service of God,



Swami Ghatmananda
Secretary

abhaya Hunt the Winter - Karnataka Update

Yuva Hunt the Winter 2020 - Update

As you know Youth Shakthi Seva Foundation (Youth for Nation) in association with Abhaya Foundation started its HuntThe Winter initiative this year too. We have distributed 200 blankets across Bangalore, Bangalore Rural, Chikkaballapur, Kolar, Krishnagiri. Many individuals and NGOs are participating in this service.



Our volunteers from different districts of Karnataka, who are serving the needy people have requested for more blankets. So, we are planning to procure another 500 more blankets. Volunteers are happy to take part in distribution.

Thanks to all who supported this selfless work. Thanking All. - **Bhushan Bharateeya, Volunteer, Yuvashakthi Seva Foundation, Bengaluru**



abhaya Hunt the Winter - Tamil Nadu Update

It's been more than 8 years, I am engaging in our abhaya Activities and for 5 years, we are providing blankets to the Homeless and abandoned people in the rural areas of Arni, Tamilnadu through our Team Everest NGO Smile 100 Scholars as part of their Volunteering Activities.

Our Hunt the Winter Campaign start with 3 phases such as 1. Identifying the beneficiaries across the villages by our students to check in person and finalize the beneficiaries 2. Share the details with Abhaya Team for the Blankets and receiving them for the plan of distribution 3. Distribution of Blankets to the beneficiaries through our Smile 100 Scholars and sharing the pictures with beneficiary feedback

This year we distributed 100 blankets to our Hunger Free Arni beneficiaries of Homeless People, destitute, abandoned people from the rural villages. Best thing in our distribution process is engaging school students in our volunteering activities to teach the importance of giving back to the society in all the phases so that they can become the perfect citizen in future. We are moved by the feedback and blessings from the beneficiaries which goes to every abhayan who contributed for this noble cause. All our students felt humbled and moved by these noble acts and they thank from the bottom of the heart to the entire abhaya Foundation for providing this opportunity. Looking forward to support abhaya Foundation in all the Volunteering Activities through our Young and Energetic Volunteers every time and everywhere - **Manikanta Kamatam, Learning & Volunteering Coach, Arni, TN**



We express our heartfelt gratitude for joining us in the noble service of providing blankets for the underprivileged in this climate change. We are happy to share that we distributed the blankets to the needy people in the following areas

Update from Chennai

These 150 Blankets were distributed the road side people in the following areas – Mylaore, Royapettah, Mount Road, Sterlig Road, Thiruvetriur, PeriyarNagar, Parys, Rayapuram, Walltax Road, Moolakadai, Kodungaiyur, Vysarpadi, MKB Nagar & Redhills.



Update from Darmaburi

50 Blankets were distributed to the road side people in Damaburi town, Bomidi, Karimangalam, Krishnagiri & Kaveripatinam Town. It's very satisfying service for every volunteer who engaged in the distribution. - **Team NDSO**



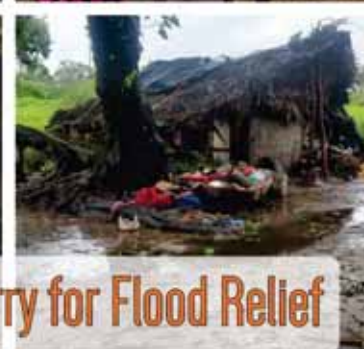
Update from Pollachi

We are in the process of Distribution. So far we have covered Pollachi, Anaimalai, & Valparai areas in Coimbatore Dt. & We are planning to cover MasaniyammanKoil, Aliyar Dam Park, Udumalaipettai, Thirumoorthi Dam, Kinathukadavu & Meenachipuram . we will complete it by this week. & We will keep you updated. Thank You & Warm Regards, **J.Prabhakar, Founder and Managing Trustee, NDSO**



Nivaran 4 Nivar

Lets give Nivaran for those shivering on the roads during this Nivar Cyclone/ Winter / Corona. The cold wave prevailing over the Country is showing it's cruel nature fueled by the rains. Many calls being received from South Indian states for blankets. If you are still not done your bit...Pl do it now. If already done...Please spread the cause. Let us know how many blankets you wish to serve. Rs.200 per blanket. With Prayers - **Balachandra**



500 Blankets being sent to Pondicherry for Flood Relief

abhaya Hunt the Winter - Odisha Update

Ramakrishna Mission Ashrama, Hatamuniguda, Odissa distributed 300 blankets received from abhaya Foundation, Hyderabad under Hunt the Winter programme among the villagers of Khambasi, Khajuri, Gartali, Kudbelipadar, Upperguma, Radanga, Kadruguma, Arsakani and Jayagundi village, mainly belonging to Dongoria tribe of Rayagada district. - **Swamy Gitathmananda**



పేదలకు దుప్పట్ల పంపిణీ

రాయగడ గ్రామీణం, స్వామి టుడే: రాయగడ జిల్లా హట్టముని గూడలో హైదరాబాద్‌కు చెందిన అభయ ఫౌండేషన్ సహకారంతో రామకృష్ణ మిషన్ ప్రతినిధులు సోమవారం పేదలకు ఉచితంగా దుప్పట్లు పంపిణీ చేశారు. కంబ సింగి, గరతలి, కజారి, కుదబెలిపాడర్, ఉప్పరగుమ్మ, కడ్రగుమ్మ, రెంగాడ, అర్జకాని, జయగుండి గ్రామాలలోని దొంగిరియా తెగలకు చెందిన పేదవారికి దుప్పట్లు ఇచ్చినట్లు సంస్థ ప్రతినిధులు తెలిపారు.



దుప్పట్లు అందజేస్తున్న రామకృష్ణ మిషన్ ప్రతినిధి

పేదలకు రగ్గుల వితరణ

రాయగడ: జిల్లాలోని మునిగుడ సమితిలో ఉన్న హట్టము నిగుడ ప్రాంతంలోని పేదలకు రగ్గులు వితరణ చేశారు. హైదరాబాద్‌కు చెందిన అభయ ఫౌండేషన్ సహకారంతో రామకృష్ణ మిషన్ ఆధ్వర్యంలో సోమవారం జరిగిన ఈ కార్యక్రమానికి రామకృష్ణ మిషన్ నిర్వాహకులు స్వామి బాలానంద్ మహారాజ్ పాల్గొని, పేదలకు రగ్గులు అందజేశారు. ఏటా నియమగతి ప్రాంతంలోని చలి తీవ్రతను తట్టుకునేందుకు వీలుగా ఇక్కడి దొంగిరియా తెగ ఆదివాసీలకు రగ్గులు, దుప్పట్లు పంచిపెడుతుండడం గమనార్హం. మునిగుడ సమితి పరిధిలోని కాంబాసి, ఖజూరి, గుర్తాలి, కుడిటి లిపాడోలో, ఉప్పరగుమ్మ, కడ్రగుమ్మ, అర్జకాని, జయగుం



వృద్ధులారికి రగ్గు అందజేస్తున్న బాలానంద్ మహారాజ్

డి గ్రామాలకు చెందిన దాదాపు 300 మందికి ఈ రగ్గులు పంచినట్లు నిర్వాహకులు తెలిపారు.



Phones (0671) : 2305300
09547084428
emial : cuttack@rkmm.org
ఫో - 8329839885

RAMAKRISHNA MISSION

Mata Math, Ring Road
Cuttack - 753 001 (ODISHA)

(A branch centre of Ramakrishna Mission)
P.O. : Belur Math, Dist-Howrah, West Bengal - 711202

Date : 16.11.2020

To
Abhaya Foundation
Abhaya 6-3-609/140/1
Anand Nagar, Khairatabad
Hyderabad-500004
Telengana

Sub: Donation of Blankets for needy people.

Respected Sir/Madam,

I enclose herewith our Annual Report for the year 2018-19 from which you can see our various social activities. Every year we distribute Blankets to the needy people, but this year due to Covid-19 pandemic we are facing a lot of problems to continue this social work.

However, it is our humble request to you to donate 300 Blankets so that we can distribute them in the coming winter season.

I will be highly obliged to you if you kindly take early action.

Thanking You,

Yours sincerely

Swami Akinchananda
(Swami Akinchananda)
Secretary

abhaya Hunt the Winter - Maharashtra Update

abhaya Hunt the winter 2020



GMC Akola, Maharashtra

We had an opportunity of enjoying divine time, little deviation, refreshment from our daily routine at Govt Medical College, Akola during Corona Times. Not many people responded to my posts regarding abhaya Hunt the Winter, might be because of various reasons. But, I proceeded with available team and was stunned by their kind gesture and hunger to serve. We spent couple of hours around the midnight in the biting winter and could

distribute 10 blankets. It is difficult to find the right needy, serve and satisfy our hunger. The same thing happened this time too as every time. Thanks to all who are serving directly and indirectly for the cause. I am trying to talk about few doctors who took part in the good work along with their feed back - **Dr K Sailatha, MBBS (MS -OBG)**

Dr.Bhushan (MS Ophthalmology) a very energetic and enthusiastic to such activities. Helped me by taking the pain in doing small groundwork. He was so overwhelmed to such an extent that he decided to distribute 50 blankets in a single phase, thinking that India is full of Gareeb. He didn't accept my statement and argument of impossibility. Later he himself realized the difficulty of finding, serving Genuine needy people. We could distribute only 10 blankets after a long drive. He got exposed to typical persons while in search of needy. Thanks Dr. Bhushan for lending your hand to this mission.



Dr. Sonal (MS @ ENT) The first girl in my circle to come forward in all possible ways and stand by the side of abhaya. She had very keen observation and enquiry. In order to reach out the right needy one. Wondered by her good intentions and kind gestures. She said "We don't realize the importance of a blanket sitting in our cozy rooms and warm beds. A small effort by just sparing an hour and half helped over 10 people. Felt great that I could help someone in need. A great initiative by abhaya. Will be ready to help again whenever I possible. Big initiatives can only work by small efforts at local level. It is your good intentions that matter."



Dr. Yeshwanth (MD - Pulmonologist) He was donor behind the screen... asked me to not disclose his small help..but I could not resist in disclosing his empathy. He was curious in searching the needy. Thanking him for serving and standing by the side of cause

Dr. Sandeep (MD Dermatology)

I became messy by thinking about the means of transport and vehicles. All of a sudden, he appeared before me with his four wheeler. He showed real seniority in caring and protecting all the juniors so lovingly. He was great support for the abhaya hunt the winter mission. So indebted to his gesture.



Complete ly satisfied, to be a part of this for few seconds (gap b/w covid schedule)



abhaya FOUNDATION

Hunt the Winter - Donors



Name of the Donor	Amount
Sealwell Corpn	200000
Srinivas Gowra Foundation	40000
Uday Shankar Gelli	30000
SVHariprasad	20000
Srikar	20000
TRR	15000
Perfect Business Solutions	10000
K Hemalatha	10000
CA K Radhakrishna	10000
Sreepad	10000
Sudheer	10000
MN Manjunath	10000
CMA Sumedh C Deshpande	10000
Sreepad Nama	10000
PSS&Co	10000
CA SN Rangaiah	10000
Ravikumar	10000
Chandrima Murthy	10000
Santhosh UK	10000
CA K Radhakrishna	10000
Subhash L Chabria	10000
Dr Kavitha Pathuru	10000
CA K Murali	8000
Lakshmi Venkateswara Industries	7500
CA A Seshukumar	5100
Himbindu	5000
Somasunder Reddy	5000
Dasarathi	5000
Sakethan Reddy	5000
CS Rashida	5000
Shilpa Suresh	5000
Nagaraju K	5000
CS Rashida	5000
KVV Gopala Krishna	5000

Name of the Donor	Amount
Malepati Subramanyam	5000
CA Y Karunakar	5000
Bhumaiah	5000
A Seshukumar	5000
Smt Radhadevi	5000
Dasarathi	5000
Sakethan Reddy	5000
CS Mohit	4200
Lavanya	4000
Keerthi Murthy	4000
Lakshmi	4000
Pramit China	4000
Keerthi Murthy	4000
Ramalingaiah	4000
CS M Venkat Reddy	3000
Kasu Venugopal	3000
CS M Venkat Reddy	3000
CS Anand Kumar	2500
Santhosh D	2500
CS Anand Kumar	2500
Ravikumar	2001
Geetha Sukumar	2000
Soujanya Sriram	2000
Dr Sushruth	2000
Sathish Pendyala	2000
Kota Sivakumar	2000
CS Khusboo L Bhagath	2000
CA O Prasad	2000
B Ramasubramanyam	2000
CS K Narayana Swamy	2000
CS Balaji	2000
CS Padma Shenoy	2000
Guru Santhosha	2000
CS Ramesh	2000

Name of the Donor Amount

K Ramesh	2000
Rambabu Kaipa	2000
Lakshmi	2000
Prabhakar	2000
CS Nagakishore	2000
Shushruth	2000
CA JK Somani	2000
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AV Manohar Rao	2000
G Brahmananda Rao	2000
Payumoney	2000
Digambar	2000
Naresh	2000
Smt Sulochanamma	2000
D Srinivas	2000
V Saikrishna	2000
CS Khusboo L Bhagath	2000
Anand Maheswari	2000
Anandkumar	2000
Venkat TATA Trust	1600
Inspector Ramesh	1500
Kgiriya Rani	1500
Sai	1116
CMA Durgaprasad	1001
Dr Nitin Chandra Reddy	1000
Dr Subrat	1000
Murthy	1000
CA Soumya	1000
Rajkamal	1000
Lakshmi Narayana	1000
CA Apparao	1000
Sarath Chandra	1000
Somisetty Sabarish	1000
Arelli Prabhanjan	1000
B Manaswini	1000
Nalini Narender	1000
Sailaja Vannappa	1000
Gupta Nam	1000
Rajasekhar	1000
EJP Prasad	1000
Subbarayudu	1000

Name of the Donor Amount

S Ramalingeswara Rao	1000
T Bhavesh Reddy	1000
CS Gupta	1000
Saipranathi	1000
Sirivella Vinod	1000
D Kavya	1000
CS Jeshwanth	1000
Prof Preethi	1000
Varalakshmi	1000
Kashyap Choksi	1000
Uppuganti	1000
KC Dastagiri	1000
S Srihari	1000
Hymavathi	1000
Sarada	1000
CA Kaahyap Choksi	1000
Shirdisha Chakravarthy	1000
MV Balaji	1000
Gupta Nam	1000
Dr Sowjanya	1000
CA G Apparao	1000
Narendra Dasari	1000
V Lakshmi	1000
K Sai Srinivas	1000
SVS Ananda Rao	1000
B Manaswini	800
Suman	800
Rajivlal	800
Sana Sridhar	600
Nageswara Rao	600
Rentala Siva Prasanth	600
MuddamS	500
M Mahesh	500
MuddamS	500
Padmavathi	400
SahanKumar	400
Indira Jagan	400
G Rajendra	300
Padmaja	200
Prasanna	200
Madhavi	200
Amarreddy	200

Name of the Donor Amount

Sreekanth	200
Sukanya	200
Sai Kiran	200
Shiva	200
Eswaraiah	200
Rayala Santhosh	200
Manjula Vani	200
Bayuanna	200
Manjulavani	200
Bayanna	200
Nagabhushana	200
Jaya	200
lakxmisanjappa	200
JSPTeja	200
Divya	200
kasheeshsanjay	200
charvik Sanjay	200
Venkatarami reddy	200
Chandrakala	200
Pavana	200
Manish	200
Oleti Venkateswarulu	200
OMeena	200
B Ananthaveeraiah	200
Nandini gurunath	200
Manaswini	200
Phanidhar	200
Narayanamma	200
Chitra	200
Jayanthi	200
Sirisha	200
Harisri	200
Ramanjine	200
Ragasudha	200
Jyothi	200
Prabhavathi	200
Jhansi	200
Netra	200
Sai Teja	200
CS Rengarajan	200
Total Amount	763018



Which is better Deed

We wanted to eat out, but felt donating for blankets is better. Please oblige. Thank you, Saikrishna Vayara



Hunt the Winter 2020

Transferred my bit on the occasion of my son's 1st birthday on 7th Nov and request volunteers to serve at least 5 deserving people on his behalf
CS Padma Shenoy



Happy Birthday Master Atharv
www.abhayaafoundation.org



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Hunt the Winter 2020
Love All - Serve All
www.abhayaafoundation.org

Thank you abhaya SoulDears
Soujanya Sriram & Mahitha
Prayers for your well being.



Dear Balachandra Swamiji,
Thanks for accepting a Small donation from me for a Big cause.
I take solace from the saying that "A small drop of water only makes an Ocean". The details are attached herewith. God Bless!
CS K Narayana Swamy
Bengaluru

Thank you
abhaya SoulDear
Smt Keerthi Murthy
Love All  **Serve All**
for your subscription to abhaya NSS & Donation for Blankets



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Today is my daughter Kivi's birthday and the best way to celebrate is to serve the needy. Would like to donate 10 blankets on her birthday. I know she will get lots of unseen blessings. - CS Khushboo J. Bhagath

Happy Wedding Anniversary



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We wish to donate for 5 Blankets on the occasion of our wedding Anniversary.
Anitha Ananth

Happy Birthday Bhavesh



Thank you Dear Sri Jayachandrababu for celebrating his birthday with a difference

Happy Birthday Dear Dr Kavitha Paturu



Thank you for the Generous Donation



I request you to please share the abhaya Foundation account details. So that, I can transfer this month a little contribution from my card. This month onwards I will continue. If little contribution from my side - Sri Surya

Sri Vidyasagar, Trustee visited abhaya Home
Sri T Raghunath Reddy visited abhaya, Hyd
CA BV Prasad visited abhaya, Hyd



Can there be such an expression by a Donor!
abhaya FOUNDATION
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Hunt the Winter 2020
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Sri Balachandrar Garu,
Extremely sorry for delay in transferring my contribution to a noble and selfless cause.
I am ashamed for the delay, the reason being other priorities, laziness and indifference from my side overtaking just two minutes of my time to your continued noble cause and selfless service to the society.
Request you to confirm the receipt



వణుకుతోన్న ఉత్తరం! రానున్న రోజుల్లో అతి శీతల వాతావరణం, భారత వాతావరణ శాఖ అంచనా

ఇప్పటికే కరోనా తీవ్రతతో వణుకుతున్న ఉత్తర భారతంపై చల్లని గాలుల ప్రభావం మరింత ఎక్కువకానుంది. ప్రస్తుతం శీతాకాలంలో అత్యంత కనిష్ట ఉష్ణోగ్రతలు నమోదవుతాయని భారత వాతావరణ శాఖ అంచనా వేసింది. ఇప్పటికే దేశ రాజధాని దిల్లీలో రికార్డు స్థాయిలో ఉష్ణోగ్రతలు పడిపోగా, రానున్న మూడు నెలల్లో శీతల గాలులతో ఉత్తర, మధ్య భారతం వణికిపోయే అవకాశాలున్నాయని వెల్లడించింది.

‘ఉత్తర భారత్లో శీతల పవనాలు పెరగడంతో పాటు అత్యంత తీవ్రమైన శీతాకాలాన్ని ఎదుర్కొనే అవకాశం ఉంది’ అని భారత వాతావరణ శాఖ డైరెక్టర్ జనరల్ మృత్యుంజయ్ మహోపాత్ర వెల్లడించారు. డిసెంబర్ నుంచి ఫిబ్రవరి వరకు శీతాకాల ఉష్ణోగ్రతలను అంచనా వేసిన ఐఎండి, వచ్చే మూడు నెలల్లో ఉత్తర, మధ్య భారత్లో సాధారణం కంటే తక్కువ ఉష్ణోగ్రతలు నమోదవుతాయని తెలిపారు. దీంతో ఈ సీజన్లో ఉత్తర భారత్ అతి శీతలంగా ఉండే అవకాశం ఉందని పేర్కొన్నారు. ముఖ్యంగా పగటి ఉష్ణోగ్రతలు సాధారణం కంటే ఎక్కువగానూ, రాత్రి ఉష్ణోగ్రతలు సాధారణం కంటే అతి తక్కువగా ఉంటాయని ఐఎండి చీఫ్ మృత్యుంజయ్ మహోపాత్ర వెల్లడించారు.

దశాబ్దిలో అత్యంత కనిష్టం: దేశ రాజధానిలో నవంబర్ నెలలో అత్యంత కనిష్ట ఉష్ణోగ్రతలు నమోదయ్యాయి. ఇప్పటి వరకు నవంబర్ నెలలో దిల్లీలో సాధారణ ఉష్ణోగ్రతలు 12.9 డిగ్రీల సెల్సియస్గా ఉన్నాయి. గత సంవత్సరం మాత్రం 15 డిగ్రీలు ఉండగా, 2048లో 13.4 డిగ్రీలు, 2016, 2017లలో 12.8 డిగ్రీలుగా నమోదయ్యాయి. కానీ, ఈసారి మాత్రం దిల్లీలో అత్యంత తక్కువగా పది డిగ్రీలకు పడిపోయాయి. నవంబర్ 1 నుంచి 29వ తేదీ వరకు సరాసరి ఉష్ణోగ్రతలు 10.3 డి.సెల్సియస్గా రికార్డు అయినట్లు భారత వాతావరణ శాఖ వెల్లడించింది. ఇలా గడిచిన పది సంవత్సరాల్లో నవంబర్ మాసంలో ఈ స్థాయిలో కనిష్ట ఉష్ణోగ్రతలు నమోదుకావడం ఇదే తొలిసారిని వెల్లడించింది. ఇక, ఆదివారం నాడు దిల్లీలో 7 డిగ్రీల కనిష్ట ఉష్ణోగ్రత నమోదయ్యింది. నవంబర్ 23వ తేదీన అత్యంత కనిష్టంగా 6.3 డిగ్రీల ఉష్ణోగ్రత రికార్డుయ్యింది.

North India likely to have harsher winter: IMD

The IMD, in its winter forecast for December to February, said below normal minimum temperatures are likely over north and central India

It's now official. North India will have to brace itself for a colder than usual winter this year.

The Indian Meteorological Dept., has predicted below normal minimum temperatures can be expected over most subdivisions of north, northwest, central and few subdivisions over east India in the upcoming winter season (December to February).

Most of the subdivisions of northeast India, few subdivisions of west coast and south peninsular India are likely to experience above normal minimum temperatures, according to the IMD in its seasonal outlook for temperatures during December 2020 and February 2021.

However, probability forecast for maximum temperature indicates above normal maximum temperatures over most subdivisions of northwest, north, east and northeast India and a few subdivisions of central and peninsular India. Most of the subdivisions of south peninsular India are though likely to experience below normal maximum temperatures.

Currently, Sea Surface Temperatures are below normal over central and eastern equatorial Pacific Ocean and moderate La Niña conditions are prevailing over the equatorial Pacific Ocean. The latest MMCFS forecast indicates that the moderate La Niña conditions are likely to continue at least till the end of winter season.





abhaya FOUNDATION

Global Corona Update



Corona Cases: 62,693,401

Deaths: 1,460,588

Recovered: 43,312,279

Protect yourself from COVID-19

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



If COVID-19 is spreading in your community, stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated,

avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you live and work. Do it all!

What to do to keep yourself and others safe from COVID-19

Maintain at least a 1-metre distance between yourself and others to reduce your risk of infection when they cough, sneeze or speak. Maintain an even greater distance between yourself and others when indoors. The further away, the better.

Make wearing a mask a normal part of being around other people.

**Wear a mask to protect
yourself and others.**

COVID-19 carrier

Healthy person



Here are the basics of how to wear a mask:

Clean your hands before you put your mask on, as well as before and after you take it off. Make sure it covers both your nose, mouth and chin. Here are some specifics on what type of mask to wear and when, depending on how much virus is circulating where you live, where you go and who you are.

Wear a fabric mask unless you're in a particular risk group. This is especially important when you can't stay physically distanced, particularly in crowded and poorly ventilated indoor settings.

Wear a medical/surgical mask if you are over 60 / Have underlying medical conditions / Are feeling unwell, and /or / Are looking after an ill family member.

For health workers, medical masks are essential personal protective equipment when engaging with patients with suspected, probable or confirmed COVID-19. Respirator masks (such as FFP2, FFP3, N95, N99) should be used in settings where procedures generating aerosols are performed and must be fitted to ensure the right size is worn.

Find out more about the science of how COVID-19 infects people and our bodies react by watching or reading this interview.

How to make your environment safer

Avoid the 3Cs: spaces that are closed, crowded or involve close contact.



Outbreaks have been reported in restaurants, choir practices, fitness classes, nightclubs, offices and places of worship where people have gathered, often in crowded indoor settings where they talk loudly, shout, breathe heavily or sing.

MAKE A DIFFERENCE DURING THE COVID-19 PANDEMIC



The risks of getting COVID-19 are higher in crowded and inadequately ventilated spaces where infected people spend long periods of time together in close proximity. These environments are where the virus appears to spread by respiratory droplets or aerosols more efficiently, so taking precautions is even more important.

Meet people outside. Outdoor gatherings are safer than indoor ones, particularly if indoor spaces are small and without outdoor air coming in.

Avoid crowded or indoor settings but if you can't, then take precautions:

Open a window. Increase the amount of 'natural ventilation' when indoors.

Wear a mask (see above for more details).

Don't forget the basics of good hygiene

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. This eliminates germs including viruses that may be on your hands.

Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

Cover your mouth and nose with your

bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately into a closed bin and wash your hands. By following good 'respiratory hygiene', you protect the people around you from viruses, which cause colds, flu and COVID-19.

Clean and disinfect surfaces frequently especially those which are regularly touched, such as door handles, faucets and phone screens.



What to do if you feel unwell



Know the full range of symptoms of COVID-19. The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include loss of taste or smell, aches and pains, headache, sore throat, nasal congestion, red eyes, diarrhoea, or a skin rash. Stay home and self-isolate even if you have minor symptoms such as cough, headache, mild fever, until you recover. Call your health care provider or hotline for advice. Have someone bring you supplies. If you need to leave your house or have someone near you, wear a medical mask to avoid infecting others.

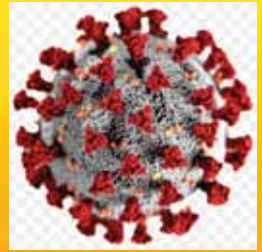
If you have a fever, cough and difficulty breathing, seek medical attention immediately. Call by telephone first, if you can and follow the directions of your local health authority.

Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Local and national authorities and public health units are best placed to advise on what people in your area should be doing to protect themselves.



abhaya FOUNDATION

India Corona Update



71% of Covid-19 Deaths from 8 States



Pradesh and Rajasthan. 22 States and UTs have Case Fatality Rate less than the National Average.

India death toll

A total of 1,36,696 deaths have been reported so far in the country including 46,986 from Maharashtra followed by 11,750 from Karnataka, 11,694 from Tamil Nadu, 8,998 from Delhi, 8,322 from West Bengal, 7,718 from Uttar Pradesh, 6,981 from Andhra Pradesh, 4,765 from Punjab, 3,953 from Gujarat and 3,237 from Madhya Pradesh. The health ministry stressed that more than 70 per cent of the deaths occurred due to comorbidities. Our figures are being reconciled with the Indian Council of Medical Research, the ministry said on its website, adding that state-wise distribution of figures is subject to further verification and reconciliation.

Laxity with Covid-19 Dangerous

PM Modi | After getting out of the lockdown phase, the discussion has commenced on the vaccine. But any kind of laxity with coronavirus is still very dangerous. We have to firmly keep fighting against the virus, PM Modi said during his address to the nation.

71% of the daily fatalities in the country is contributed by eight States and union territories which includes Delhi, Maharashtra, West Bengal, Haryana, Punjab, Kerala, Uttar

PM Modi's visit to Zydus Cadila's manufacturing facility near Ahmedabad where a coronavirus vaccine is being developed was encouraging, the pharma major said. The prime minister visited the facility as part of his three-city tour to

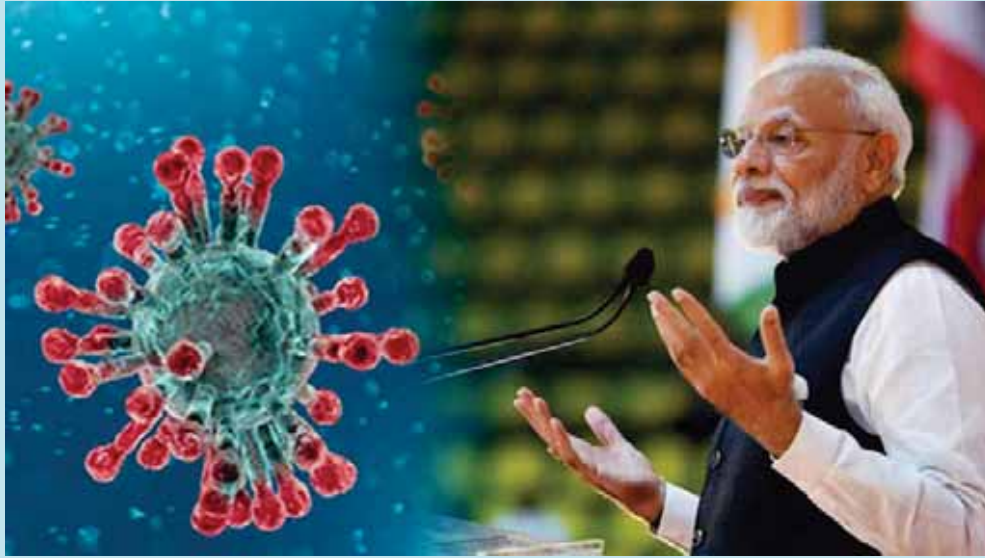
review vaccine development work. Today, honourable Prime Minister Narendra Modi visited our Zydus Biotech park. This visit has encouraged us in doing more and doing fast, the company's Chairman Pankaj Patel said in a video statement. His knowledge, wisdom about the problem, and his guidance have been valuable for our scientific staff and for all of us, Patel added.

PM Modi personally reviewed the development of coronavirus vaccine and the manufacturing process at Zydus Cadila's facility in Gujarat on November 28.

During his visit, PM Modi met the Zydus scientists to get a perspective on the Zydus Cadila's COVID-19 vaccine candidate ZyCOV-D while reviewing the process in a step-by-step manner. The drug maker had earlier announced that the phase-I clinical trial of its COVID-19 vaccine candidate has been completed and it has commenced phase-II clinical trials from August.



Prime Minister Narendra Modi is on a three-city tour to review the status of COVID-19 vaccine. PM Modi began his tour with a visit to Zydus Cadila's plant in Changodar Industrial Estate, over 20 km from Ahmedabad. From Ahmedabad, PM Modi visited Hyderabad based Bharat Biotech's facilities, after which he will visit Pune's Serum Institute of India.



PM Modi on COVID-19 Vaccine

PM Modi had said that in order to be administered to the Indian citizens, any COVID-19 vaccine will have to meet all necessary scientific criteria while emphasising that the government will have to work together at all levels to ensure that the vaccination drive remained smooth, systematic and sustained. While interacting with Chief Ministers of all states and UTs, PM Modi also specified that as the vaccine research nears the final stages, it is essential for the government to closely monitor the development and maintain contacts with all stakeholders. He also discussed the modalities of COVID-19 vaccine delivery, distribution and administration process during the meeting.

While the price and doses of the vaccine have not been decided yet, PM Modi said that there is a lot of competition in the COVID-19 vaccine race as several firms are involved. He further added that the 'corporate world is involved' and different countries have diplomatic interests in the process as well. Assuring that the government will monitor the vaccine

development while staying in touch with global regulators, Prime Minister Narendra Modi pointed out that the focus is on ensuring that the vaccine reaches everyone to save lives.



COVID-19 vaccine in India

As of now, three coronavirus vaccine candidates are leading the race on a global level, namely Bharat Biotech's Covaxin, Zydus Cadila's ZyCoV-D and Serum Institute of India's Covishield which is being made in partnership with Oxford University and AstraZeneca. Bharat Biotech and ICMR's Covaxin has successfully completed phase one and two trials and phase three of human trials are currently underway. Serum Institute of India's Covishield is currently in phase three trials and interim data shows that it has about 90% efficacy. Zydus Cadila's ZyCoV-D had kicked off phase two clinical trials in August and have announced their plan to apply for phase three trials in December and launch the vaccine by March 2021, as per media reports.





abhaya Youth Empowerment Project

SSS Meda Shakunthamma Sadan

Anantapuram, Andhra Pradesh



CCL & Challa Family granted 50lakhs to abhaya Youth Empowerment Project at Anantapuram, AP

Gratitude to Sri Challa Rajendra Prasad Chairman



CCL & Challa Family extended Rs 50lakhs to ATP Project

The Chairman, Continental Coffee Ltd., (CCL) Hyderabad, Sri Challa Rajendra Prasad while granting their family contribution of Rs 25lakhs, further donated Rs.25lakhs for the proposed Youth Empowerment Project at Anantapuram in AP.

We wish to express our gratitude to the Board Directors of CCL and Challa Family members for the generous contribution.

Sri Prasad and his life is a living example of "Love for God - Fear of Sin - Morale in Society". He is a philanthropist to the core and believes in serving the fellow beings brings in ultimate satisfaction for the inner being. He generously contributed to many good causes, such as education to girl child, women empowerment, construction of houses to Hudhud victims, and took part in several programs for serving underprivileged people in the society. He continuously strives to create employment for the rural youth. He is a source of inspiration to budding entrepreneurs and a role model to the industrialists across the globe.

He lives a life which filled with a purpose...
He believes that Industry is a modern temple...
He behaves like everything happens for a reason...
He wishes to contribute to National Good with his might.

Sri Challa Rajendra Prasad, a man leading the life with values inspiring everyone to do their bit for developing themselves, families, profession, society and the Country.

He says that Being Happy is always the key to a successful life and not repeating the mistakes in life becomes a key to self-development and there after development of Nation.

We express our heartfelt gratitude to our beloved CS PSRao and his entire team for connecting such people to abhaya. Special appreciation to CS Sridevi, Company Secretary, CCL who stood by the cause of abhaya since a decade. - **With Gratitude, Balachandra**





CSR Activities Update



abhaya Empowerment Centre, Karnataka



abhaya Foundation and Yuvashakthi Seva Foundation, Bengaluru has completed construction of empowerment and transformation center in Ajagondanahalli, near Whitefield, Bangalore. The infrastructure is ready. We are

planning the inauguration in the month of January 2021. - **Bhushan Bharateeya, Volunteer, Yuvashakthi Seva Foundation, Bengaluru**

abhaya - NDSO, Tamil Nadu Update

We also happy to share that the 3 evening tuition centers in Chennai are functioning well by which the underprivileged students of the respective areas are getting benefitted Thiruvotriyur, Kudungaiyur & Royapettah



We want to sincerely thank Abhaya Foundation for this timely support which helped us to reach and support the desperate & needy fellow Indians. Happy to share any further details which are required. - **J.Prabhakar, Founder and Managing Trustee, NDSO**



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FOUNDATION



dhanush
Healthcare
Advancing Care • Embracing Community

Free Driving Classes at Lungapur in progress



dhanush
Healthcare
Advancing Care • Embracing Community



abhaya Vivo Update

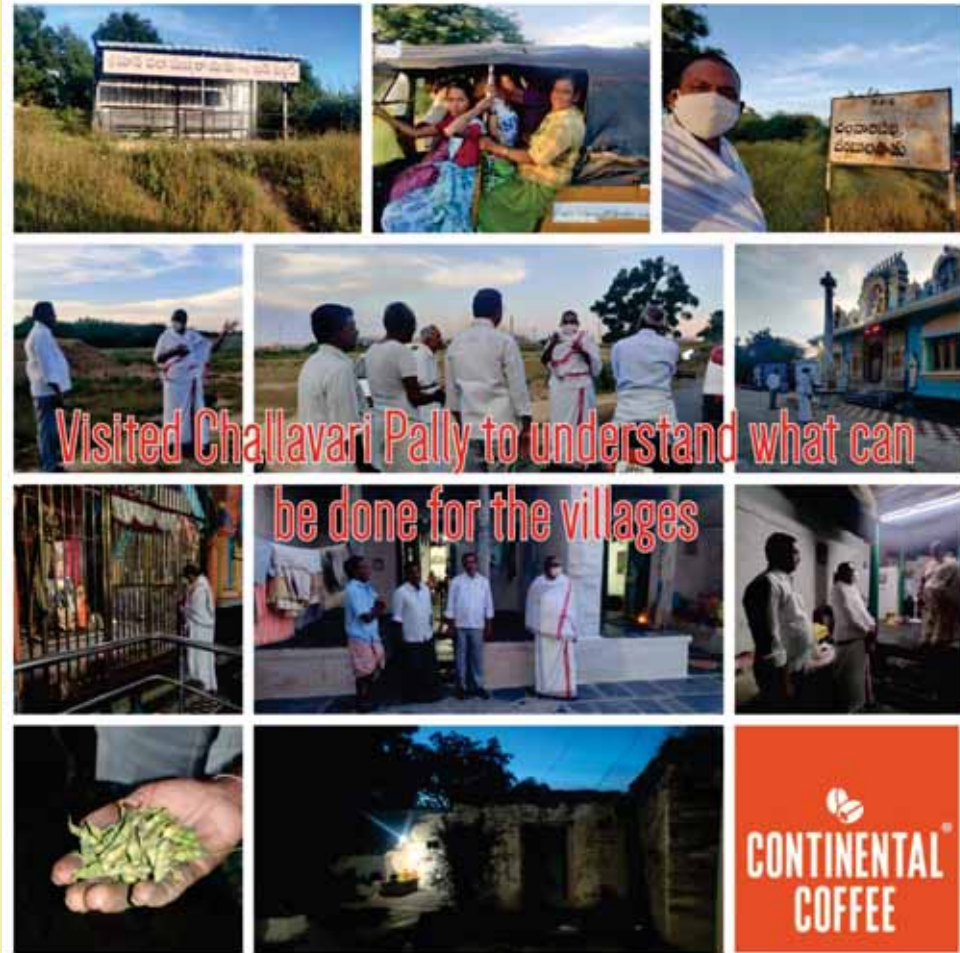
Project VIVO In collaboration with abhaya Foundation developing infrastructure in 4 Government schools 2 in Telangana & 2 in Andhra Pradesh.



90% of work we has been completed in one of our Telangana school i.e. MPUPS ThadiparthiRangareddy District and in another schools work will be completed by the end of December. We parallelly started our work in 2 Government schools in Andhra Pradesh, setting up Computer Labs in both the schools.

1.S.K.R.R Zilla Parishad High school – Pamarru, Krishna & 2.ZPPHS Guntala – West Godavari, AP

We have processed the payment for purchasing computers in SKRR Zilla High School, now we are collecting estimations for paintings & computer chairs in lab.In November we will complete the painting works and will ship the computers and handover computer lab to the school in December 1st week. In School 2 ZPPHS Guntala we have received quotation/ estimations for purchasing the computers. After reviewing it, we will process the payment. Parallelly we are working on lab paintings as well expected deadline for completing the work would be December 3rd week.



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Hunt the Winter 2020

Love All - Serve All

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**Distribution
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Sharekhan



abhaya FOUNDATION



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Founder, Balachandra considering the fact that he has been requested to over see the CCL Housing Project at Challa Vari Pally near Tadpathri in Anantapuram Dist, AP...Visited the village and interacted with the villagers as to know what their needs are and explored the possibilities of undertaking CSR activity in consultation with the Management of the Company.

GVPR

ENGINEERS LIMITED



GSPV trust is greatly lending its hands of support to every one in need in and around Kogatam. We provided monthly medicines support to 109 patients suffering from chronic disorders and provided free medical services to 380 people coming from in and around villages of Kogatam through the primary health care center.

Founder , Sri GSP Veera Reddy Garu visited the village and reviewed all the ongoing activities. 12th batch of driving school which was started on 24/11/2020 is going smoothly.

It also started helping morally and monetarily to the deserving students. This time issued a cheque of Rs.25,000 to one of the bright student of the Kogatam village. Ms.E Chandrika who achieved meritorious seat at JNTU Pulivendula for pursuing higher studies expresses her gratitude to the GSPV Trust.

Community toilets that were constructed under Swatch Bharath Mission are being maintained properly. I extend my heart felt gratitude to GSPV trust for its constant support against all hard times. - **Umadevi, Coordinator, GSPV Trust, Kogatam**



abhaya Home of Happiness

Latest Update



Residents: All the residents at abhaya Home are doing well without any health issues. Happy living environment is created in the campus. Though most of the residents in some or other way handicapped...still they are all hearty overcoming their physical limitations with their will power. Who ever is physically fit, their life is simply exemplary as they are

engaging in some work from morning to night. Even if they are able to do little work with their physical strength...they try to help those who are weak by their side. It's very satisfying to see them helping each other inspite of they don't relate each other in life in any way.

Lingaiah (50+) MR, who was admitted in the month of October 2020 at abhaya home breathed his last during the month. His body was handed over to the near and dear. He was not eating anything since long time except biscuits. His condition became critical as no intake was happening.



Rani (30) who was rescued on the road during rainy October admitted at Rajyalakshmi Hospital, Hyderabad for the treatment to her infected legs. It was after 25 days or so her condition improved and reached abhaya home. Though the

information shared by her is not so clear...we took care of her. She is trying to assist the working team at home now apart from doing physical exercises and partaking medicines.

Suvarna (40), whose appeal reached us through abhaya volunteers during the month of October. After verifying the facts and figures we decided to welcome here at the campus. Smt Lakshmi (Hyderabad) and Smt Geetha (Hindupuram) who are closely associated with Suvarna for long time stood by her like rock support. Both of them along with their family and friends motivated many kind hearted people and pooled more than 5 lakhs.

Considering the fact Suvarna is going stay at abhaya home for life long...They provided Rs.3lakhs to abhaya for creating FDR. Rs.1lakh for constructing a wash room in the room she is going to stay. Further Rs.1lakh is being spent to clear the dues and settling the issues at Dharmavaram.

On completion of wash room in the room, Suvarna and her parents will be reaching the campus. Further...there is a need for monthly medicines to the tune of Rs.6000/- for the family needs and the same is being appealed seeking support.



Suvarna Family Moving to abhaya Home of Happiness
Ibrahimpattanam, RR Dist, TS

There is a future need to engage a bed side assistant for them and others in the campus...which may cost about Rs.20000/-PM. abhaya is looking forward to receive possible help from many kind hearted people who are connected to her through Youtube, Press, Print and Electronic Medias. We are still having no clarity on resources.

Connectivity to the campus: After heavy downpour during October 2020, the road connectivity, power connectivity, home appliances, etc., resumed with lots of difficulty and expenditure. Now the road is motorable without much issues. Considering the fact that all direction boards are stolen by miscreants, new boards being arranged to show the way to the campus from Ibrahimpatnam.



Weather in the campus: Severe cold wave to be felt in the campus since a month now. Sun is not to be seen till 8AM and after 5PM on most of the days. The snow fall started in the vicinity due to hilly area around the campus. It's like being there in Ooty or Kodaikanal, such is the climate.

If some one wish to stay away from city life...They are most welcome to abhaya home of happiness for a short stay. They will be returning to home with most satisfying experience and refreshing mindset.

Venkat Reddy...A Blessing: Venkat who is connected to abhaya in the month of February 2020 through News Paper Wanted column as a Driver seen as true blessing to the good work. Though he joined as a driver to the Founder... accompanied



him to abhaya Home in March 2020, very quickly understood the scope of the work at the campus and started taking care of every single work like a one man army. The situation at abhaya home came into our control within no time due to his efficiency.

He is away from Family, New to the Work, having difference of opinions with parents, suffering with health issues, pandemic corona situations in the country and at abhaya home. All these things could not stop him from contributing his might.

Founder, expressing his gratitude asked him to be the Manager (Admin). Presently he came out of health issues, wealth issues, property issues, personal issues. He saying that all this is because of his association with abhaya and selfless work happening. As matter of gratitude he along with his family hosted lunch, distributed sweets and new clothes to all the residents. He will be here for another one year and assured us that he will stand by us further also.

He is a true blessing for abhaya and it's mission. Very rarely such people being found in our lives. We pray for his well being

Diwali: Every small and big festival is celebrated at the campus. Founder being there at the Ashram taking special interest to convey true way of celebrating the festivals.

With the grace of GOD, we celebrated Diwali and dedicated the festival for the Soldiers serving at the borders. CS G Raghubabu & CS Sathish Gupta joined us for Diwali with their families.





Founder visited Sri Chinna Jeeyar Swamiji on his 65th Birthday and dedicated the book authored by him for the students at his feet as token of our gift to Swamiji Birthday.

Bed side assistant Nanda Kumar wished the festival be celebrated in traditional way...Spent money for the same.

Sri Lakshmi Venkateswara Industries and CA SN Rangaiah family sent sweets to the residents on the eve of Diwali.



Siva Sai Chaitanya, a long term associate of abhaya having observed the issue of power during floods...Gifted UPS worth Rs.36000/- to abhaya home.

All the working staff were given abhaya Silver Coins appreciating their good work.

As the Founder started staying at abhaya Home since March 2020, many volunteers, well wishes, board members and visitors keep coming to the campus. Every one who visit abhaya home go back with much satisfaction of spending their time here.

Civil Work: abhaya home is serving for the past 7 years. We felt that there is a need of some civil work in the campus such as... an Isolation wards needed attached wash rooms (2), Washing area and urinals for visitors at the main gate, Additional wash room out side for visitors, Shead for vehicles / electricity board, support railings in the campus, Direction Boards and other minor works here and there. The estimated budget would be about 5lakhs.

Board Member, CA S Narayana Rangaiah knowing the above coordinated with Sattva Salarpuria Group at Bengaluru and arranged supplying high quality sanitary and plumbing material as a donation. We thank the Donors for the same. If in case any one wish to take part in this work...they are most welcome.





abhaya Home - Report on civil work

Main Gate: Seating,
Wash and urinals

GI Shead for
Electricity panels

GI Shead for
3 Vehicles

4 Cement benches
In the ground

Multi Purpose
Wash Room 1

Multi Purpose
Wash Room 2

Public Toilet
Out side blocks

UPS for the
Campus

and Shelves in the stores, cloth
drying stands, direction boards,
support railings on walls

Kind supplies: The credit of running abhaya home goes to kind hearted donors of food grains. Sri G Srinivas, Sri Phanindra, Savithri Sinivas, CS T Sriram and others are like Raja Poshaks for abhaya Home apart from other donors. We heartily offer our prayers at the feet of GOD for their well being.

abhaya NSS: 100s of abhayans across the globe subscribing to abhaya Nithyanna Seva Scheme while celebrating special days in life. We express our heartfelt gratitude to the following donors who stood by us in the month of Nov 2020.

S.No	Name Of The Donor	Date	Amount
1	Goutham.G	06-11-2020	1,116
2	T.Bhavesh Reddy	07-11-2020	1,116
3	Dr.S V Lakshmi Devi	10-11-2020	10,116
4	CA.G.Ganesh	10-11-2020	1,116
5	Ram Mohan CH	14-11-2020	1,116
6	Gondi Bharathi Suresh	14-11-2020	10,116
7	Smt Kanta Hirway	16-11-2020	10,116
8	Vaishnavi & Uday Rakesh	21-11-2020	10,116
9	Mrs.Rajyalakshmi Rao	21-11-2020	10,116
10	Ram Mohan CH	22-11-2020	10,116
11	Jyothi	23-11-2020	1,116
12	K.V.Lakshmi	23-11-2020	10,116
13	Charith	23-11-2020	1,116
14	CA.B Surya Prakash Rao	27-11-2020	10,116
15	B Saritha	27-11-2020	10,116
16	Mita Ramakrishna	28-11-2020	2,000
17	S.Anusha	28-11-2020	10,116

We look forward to have your kind hearted support in serving the most deserving people of the community at abhaya Home of Happiness. - **Team abhaya**



abhaya Home of Happiness

abhaya Nithyaanna Seva Scheme

(abhaya NSS)



Day by day, the activities of abhaya Home of Happiness increasing. As abhaya is offering all the services free of cost benefiting Destitute, Patients, Unemployed Youth all through the year, the need is felt to launch abhaya Nithyaanna Seva Scheme at abhaya Home, S.No: 58, Vinobanagar Development Society, Ibrahimaptnm, RR Dist, TS. Accordingly abhaya team decided to launch a Scheme with simple guidelines. The food is provided on 1 day in a year or 1 day in a year for life time, coinciding Birthdays, Wedding days, Death Anniversaries, Festivals etc., at the choice of the Donor.

Rs.1, 116/- for Annadanam on 1 day in a year

Rs.10, 116 /- for Annadanam on 1 day, every year for the life time

Notes:

1. The names of donors shall be displayed in Gratitude Board at abhaya Home Dining Hall
2. A certificate of appreciation in this regard will be provided to the Donor along with Receipt.
3. The donations collected under this scheme will be kept in the form of FDR
4. The interest generated on such deposit will be used for providing food.
5. Project Coordinator: K Ranga Rao (Mobile No: 9701360880)



abhaya Home of Happiness
AXIS Bank, Hyderabad
A/c No: 912010024839320
IFSC: UTIB0000008
ECS facility available



abhaya FOUNDATION

Education



Korra Ganesh - Resident of Loyapally Mandal, Manchal Dist, Rangareddy.

I am Orthopedically Handicapped and coming from Single parent family background with two elder sisters. My Mother worked hard as a daily labor for providing education to three of us. Done our schooling from government schools.

My school teachers knowing my interest towards studies, encouraged and guided made me to join at Govt TSMS Inter College, Arutla. Drawing inspiration from their love, I accomplished my intermediate with a good score in 2020. With the support of my Inter college faculty, I applied and attempted JEE entrance exam and secured All India Rank pwd80. After counselling, I got admission in NIT, Surat for my graduation. My desire is to work passionately in the assigned position and to be an inspiration to all the people like me.

I aspire to become a good Software Engineer. My life ambition is to establish a Foundation on the name of my father(late) to help disabled people for their graduation. Recently I learnt, designing a website through the you tube channels. As well have a little bit of

knowledge in affiliate and network marketing.

My heartfelt thanks to abhaya for coming forward and standing by my side in all possible ways.



Educare Reports by Students

Dr. K. Sailatha, MBBS, MS (OBGY)

I am Dr.k.sailatha, working as OBGY resident in GMC Akola. After doing exhaustive duties from OBG dept, I moved to covid duties for one month as a part of rotation.

I feel this covid duty as the first and last pleasant, unbelievably quiet posting, due to a smaller number of patients. Even though turnover is very less, I can say 3 out of 5 patients seems to be serious needing intensive care. Hearing the news of glaring up of second phase in few States of Maharashtra and the Govt. here is implementing different rules and regulations. Despite the world suffering from recent huge turmoil, people are becoming so ignorant and reluctant in following small possible precautionary measures.

Post duties I planned my quarantine days to visit my home. After confirming RT PCR report as negative, following necessary precautions I proceeded to Anantapur. I visited two more mothers in between at puttaparathi, Sai Matha and the Founder before reaching my Deha Matha. After thorough darshan and bliss for couple of hours, I came to my hometown for spending time with mother and sister.

I am trying to spread the cause wherever and whenever possible by engaging friends, colleagues, family members in my vicinity. Done with phase one abhaya hunt the winter at GMC Akola and in a small village, Kalogotla near Kurnool, when I went to seek blessings of our family deity lord Shiva for the wellbeing of everyone. planning next phase in this covid duty itself.

Thanking abhaya for making me an instrument in spreading the cause and serving the needy. - **Dr. K. Sailatha, 1st year Resident, OBGY Dept, GMC Akola, Maharashtra**





Dharani (CA aspirant)
preparing for CA Foundation examinations which are going to be held from 8th December 2020. I was not able to focus properly for my exam preparation. During this time, we have Global Akhand bhajans but due to COVID we were not allowed celebrate in groups for bhajans. So, I eagerly participated in decorating the Mandir and last hour went in singing the Glory of lord with a gathering of few people after following necessary safety measures. I will try to focus from now on as advised by the founder. Thanking you.

Ashwini (B. Pharm)

I finished my 3-2 semester exams. I performed well. As usually my final year 4-1 semester classes are conducted via online. My practical exams are going to commence from 30th of this month. I am preparing well for GPAT exam as well.



My total college fee is Rs.9000/- and hostel fee is rs.30,000/- There is due of rs.5000/ in college fee, and rs.10,000 /- towards hostel which is to be paid by the end of this month. kindly help me in clearing the remaining balance. On 18th Nov, Our College management conducted campus drive by AGS health company. I got selected for that job. I understood that with spirit & hard work we can achieve any kind of success. Thank you for helping me in all possible ways.



Ch Gowtham Shiva Sairam (Inter)

I am alright from the time of post-surgery. I thank abhaya for the financial and moral support to my surgery. In the month of November, I have been preparing for my ongoing midterm exams. They are conducting through zoom invigilation with videos on, followed by posting our answer sheets to the college. I am writing the exams well. I would like to take part in the mission "hunt the winter" thinking "we can't help everyone but everyone can help someone". Thanking you for the support.

Rohan Khanna (B Tech)

I came to Hyderabad for semester exams. I am preparing and performing well in the exams. During exams I suffered from fever for 3 days. My parents are living well. After my exams, I would like to join the 'abhaya Hunt The Winter' with my parents, relatives, friends to support needy in my Vicinity. Thanking you for giving the opportunity in seasonal service.



Rajesh (CA IPCC)

In the month of November, I prepared for my exams. I am attended exams from 22nd November as per the schedule. I couldn't attend for Aaryajanani online contest because of lack of proper preparation for it. I could

pool and transfer Rs.150/- to abhaya in the previous month. I will try to continue my contribution in the same manner. I hope all are leading safe and healthy life. I thank abhaya for its constant support.

Aishwarya Sheshadri (CA IPCC)

In the month of November, I was preparing for my ipcc exams. I have spent nearly 12hrs per day for the preparation. Sometimes I helped my mom at home and my sister in her studies. I moved my ipcc examinations to Jan 21st, 2021 as I am suffering with high fever and cold symptoms led to typhoid. All the best for everyone who are attending the exams. I thank abhaya for the continuous support and encouragement.



V Saritha (B Tech)

I am preparing for Semester exams (1.2) that were started from 23-11-2020. I am spending most of the time on my studies and remaining time to help my family and sisters. My 2nd year total tuition fee is Rs.57,500 /-. With the help of abhaya I paid Rs.25,000/- and I am requesting abhaya to pay the due amount (rs.32,500/-) too.

After Completion of my exams, I will join the "Hunt the Winter" with my parents and friends to help the surrounding people. Thanking you for the timely help.

విద్యార్థుల జీవితాలకు విజయ దీపిక

8. అనారోగ్యం



సమస్య:

నాకు ఎప్పుడు చూసినా అనారోగ్య సమస్యలు. చదువుకోవాలన్న తాపత్రయం ఎంతో ఉన్నా...తరచుగా వచ్చే అనారోగ్యం వలన చదవ లేక పోతున్నాను.

నాకు రోగ నిరోధక శక్తి చాలా తక్కువ...చాలా సున్నితమైన బాడి... ఏమాత్రం శ్రమించినా అట్టే అలసి పోతాను. అది చదువు మీద ప్రభావం చూపిస్తుంది.



ఎంతో శ్రద్ధగా స్కూలు కు వెళతాను, కానీ అంతే శ్రద్ధగా ఎదో ఒక ఆరోగ్య సమస్య వచ్చేస్తుంది.

నాకు కళ్ళ చూపు మందగించి చదవడానికి ఇబ్బంది అవుతుంది.

నాకు తల నెప్పిగా వుంటుంది...

నాకు నెలసరి సమయంలో ఖచ్చితంగా 5 రోజులు బయటకు రాలేనంతగా బడలిక చిరాకు వస్తాయి.

ఇంట్లో కుటుంబ సభ్యులకు అనారోగ్యం... వాళ్ళకు నేనే చేయాలి...ఎలా చదువుకు సమయం కేటాయించాలి?

వివరణ:

పిల్లలూ మీరందరూ వినే వుంటారు... ఆరోగ్యమే మహా భాగ్యం. అంటే మనిషి ఆరోగ్యముగా వుంటే ఎన్నో విషయాలు సాధించ వచ్చు అని. కానీ ఆ ఆరోగ్యం మనకు మన చదువుకు సమస్య అయినప్పుడు ఏమి చేసేది??? నిజంగా ఇది చాలా క్లిష్ట మైనదే గాక అతి సున్నితమైన సమస్య గా చెప్పొచ్చు. అట్లా అని అనారోగ్యాన్ని కారణముగా చూపి నేను చదవ లేదు అని ఎవరైనా అంటే మాత్రం నేను ఒప్పుకో లేను.

కారణం...ఎన్నో అద్భుతాలు చేయ గలిగిన మేడో సంపత్తిని మన దగ్గరుంచుకుని దేహ సంబంధమైన అనారోగ్యాన్ని చదువు కొక పోవడానికి కారణం చేయొద్దు.

"విచారణ" చేద్దామా?

అనారోగ్య సమస్యల తో బాధ పడే ఎవరైనా సరే ఈ పదాన్ని గుర్తుంచుకొని ముందడుగు వేయండి. అదెంటి...ఇదేమన్నా తారక మంత్రమా? అంటారా? కాదు కాని, ఒక గమ్యత్తయిన విషయం వుంది ఇందులో...మనము చదువుకోవడం కోసం. అదే నండి బాబు... విచారణ చేయాలి.

'వి'ద్యార్థులు

'చా'తుర్యముతో

'రణం' చేయాలి

అనారోగ్యంతో

దేవుడు ఇచ్చిన బుద్ధి చతురత తో...అదే దేవుడు మనకు లోపంగా ఇచ్చిన అనారోగ్యాన్ని యుద్ధం చేసి జయించాలి. చెప్పడం ఈసీయే... ఏదైనా అనుభవిస్తూనే తెలుస్తుంది అంటారు కదా...

1. నాకు తెలిసిన ఒక వ్యక్తి హైదరాబాద్ లో ఉన్నత చదువుల నిమిత్తమై 3 వ అంతస్తులోని ఒక అద్దె గదిలో ఉంటున్నాడు. ఉద్యోగానికి నెలపు పెట్టి చాలా దీక్షతో కంపెనీ సెక్రటరీ పరీక్షల కోసమై చదువుకుంటున్నాడు. చదవడానికి సమయం సరి పోదని తెలిసిన వాళ్ళు తనకు రోజు భోజనం కూడా పంపుతున్నారు. 3 నెలల శ్రమ. ఇంకో 20 రోజులలో పరీక్షలు అనగా...పై నుండి క్రిందికి దిగుతూ ప్రమాద వశాత్తు మెట్ల మీద జారి పడి పోయాడు. కాలి మడిమ దగ్గర ఎముక విరిగి పోయింది. వెంటనే చూడడానికి వచ్చిన స్నేహితులు అతనిని యశోద హాస్పిటల్ కి తీసుకెళ్లారు. డాక్టర్లు చూసి, నడుము నుండి కాలి బ్రొటన వ్రేలు దాకా కట్టు కట్టారు. అతనికి ప్రపంచమే అంధకారం అయింది. ఏమి చేయాలో తోచలేదు. 3 లేక 4 వారాలు అసలు కదల కూడదు అని చెప్పారు. పరీక్షలు ఎలా వ్రాస్తాడు?

ఇప్పుడు చెప్పండి పిల్లలూ...అతను ఏమి చేయాలి...అతని స్థానంలో మీరంటే ఏమి చేస్తారు:

1. ఇంకేముంది మంచం మీద బెడ్ రెస్ట్
2. తల్లిదండ్రులకి కబురు పంపడం
3. తెలిసిన వాళ్ళ సాయంతో ఇంటికి వెళ్లడం
4. పరీక్షలు వ్రాయడం ఎలా వీలవుతుంది



కానీ అతను ఇవేమీ చేయలేదు. తనకు తానే ధైర్యం చెప్పుకున్నాడు. నిరాశ చెందలేదు. కనీసం మంచం లేదు, WC Toilet లేదు, 3 వ అంతస్తు పట్టుకుని మూవ్ అవడానికి కనీసం రైలింగ్ లేదు.

తను ఏమనుకున్నాడో తెలుసా...భగవంతుడు అద్భుత మైన అవకాశం ఇచ్చాడు...ఇలాగ. నేను ముందున్న 20 రోజులు చక్కగా చదవడానికి అవకాశం ఇచ్చాడు అనుకుని దీక్షగా చదివాడు. అతి కష్టమైన పరీక్షలను అలాగే కాలికి కట్టులో పరీక్ష అధికారి ముందు ఏర్పాటు చేసిన ప్రత్యేక సౌకర్యం సాయంతో వ్రాశాడు.

ముందు రెండు పర్యాయాలు తప్పిన పరీక్ష ఇంత అనారోగ్యంతో వ్రాసినప్పుడు ఉత్తీర్ణత సాధించాడు. అప్పుడు చెప్పాడు తల్లి తండ్రులకు, పరీక్షల సమయం లో జరిగిన విషయం

అయితే...ఇలాంటి విషయాలు చాలానే తెలుసును నాకు. మీరు ఎప్పుడైనా మీ లాంటి సమస్యలున్న పలాని వాళ్ళు ఓడిపోయారు అనొద్దు... వేరే ఎవరు చెప్పనా వినొద్దు. మీకు మీరే ఒక సారి తరచి చూడండి చుట్టూతా...మీకంటే అతి భయంకరమైన అనారోగ్యంతో వున్నా విజయం సాధించిన అతి సామాన్యులు...అసామాన్యులు తప్పక కనిపిస్తారు. వాళ్ళనే స్ఫూర్తిగా తీసుకోండి.

అయినా అనారోగ్యమన్నది నిజంగా కాస్తా సున్నితమైన అంశమే, అయితే క్రింద పేర్కొన్న సూచనలు పాటించే ప్రయత్నం చేయండి. తప్పక ఫలితం సానుకూలంగా వుంటుంది. ఇవి అన్ని వివిధ రకాల సమస్యలకు ఉపయోగ పడే సూచనలు. అన్ని సూచనలు ఒకే సమస్యకు కాదు అని గుర్తించండి.

1. యోగ, వ్యాయామం, నడక, ధ్యానం మొ|| అభ్యాసం చేయండి.
2. ఆరోగ్యకరమైన ఆహార విహార నియమాలు పాటించండి.

3. వైద్యుడిని సంప్రదించి సరియైన చికిత్స తీసుకోండి.

4. అనారోగ్యంతో మనో వ్యధకు గురి కాకుండా వుంటే అదే ఒక పెద్ద విజయ సూత్రం.

5 . అనారోగ్యంతో అనుభవము వుంటుంది కాబట్టి బాగా ఉన్నప్పుడు రెట్టింపు కష్ట పడండి.

6. తరగతులు గైర్దాజరు వున్నప్పుడు తోటి స్నేహితులు లేదంటే ఉపాధ్యాయులకు సమస్య చెప్పి వారి సాయం తీసుకోండి.

7. ఒక వేళ మీ అనారోగ్యం స్థాయి నిజంగా చదువుకు అడ్డంకిగా



మారితే అప్పుడు మీ పరిస్థితిని బట్టి మీకు చేతనయిన రంగములో ఇష్టాంగ రాణించండి.

(ఇంతకు కథ లోని వ్యక్తి ఎవరా నుకుంటున్నారా??? నేనే పిల్లలూ)

ప్రేరణ మంత్రం:

What's True Health for a Person? Is it Physical Health or Mental Health...I say its later for a successful life.

స్ఫూర్తి:

నేను ఒక కథ చెప్పనా?

కనీసం కదలడానికి సహకరించని శరీరం, చక్రాల కుర్చీకి అతుక్కు పోయిన మనిషి, కనీసం మాట్లాడటానికి కంప్యూటర్ సహాయం... మోటార్ న్యూరాన్ వ్యాధి శరీరాన్ని కబళిస్తున్నా... చేస్తున్న పనికి శరీరం సహకరించక పోయినా... ఆయనపై ఆయనకున్న నమ్మకం, కలసిరాని విధిని తనకు అనుకూలంగా మార్చుకునే తత్వం నేటి యువతకు ఆదర్శం. బాబూ ఇది ఊహ జనితమైన మనిషి అనారోగ్యము కథ కాదు...నిజమైన అనారోగ్యము తో పుట్టి విశ్వ విఖ్యాతి గాంచిన ఒక అద్భుత మానవుడి నిజ జీవిత కథ.

ఇంతకూ ఎవరో తెలుసా ఈ వ్యక్తి?



స్టీఫెన్ విలియం హాకింగ్ సుప్రసిద్ధ ఆంగ్లేయ సైద్ధాంతిక భౌతిక శాస్త్రవేత్త. ఎమియోట్రోఫిక్ లేటరల్ స్కెల్రోసిస్ అనే నాడిమండలానికి సంబంధించిన జబ్బు వల్ల క్రమక్రమంగా దశాబ్దాల తరబడి అతని శరీరభాగాలు చచ్చుబడుతూ వచ్చినా, తన మెదడు పనిచేస్తూండడాన్ని దన్నుగా ఉపయోగించుకుని కృష్ణబిలాలకు సంబంధించిన అనేక అంశాలు మొదలుకొని సైద్ధాంతిక భౌతిక శాస్త్రంలో ఎన్నో పరిశోధనలు చేశాడు. హాకింగ్ రాయల్ సొసైటీ ఆఫ్ ఆర్ట్స్ గౌరవ సభ్యుడిగా, పాంటిఫికల్ అకాడమీ ఆఫ్ సైన్స్లో జీవిత కాల సభ్యునిగా ఉన్నాడు. ఆయన అమెరికా అత్యున్నత పౌర పురస్కారమైన ప్రెసిడెన్షియల్ మెడల్ ఆఫ్ ఫ్రీడమ్ అందుకున్నాడు. టైమ్స్ పత్రిక వారి 100 మంది అత్యంత గొప్పవారైన బ్రిటిష్ల జాబితాలో 25వ స్థానం అతనిదే. ఆయన రాసిన ఎ బ్రిఫ్ హిస్టరీ ఆఫ్ టైమ్ అన్న పుస్తకం ద బ్రిటిష్ సండే టైమ్స్ బెస్ట్ సెల్లర్ల జాబితాలో 237 వారాల పాటు నిలిచి రికార్డులు బద్దలుకొట్టింది, ఈ పుస్తకపు అమ్మకాలు గిన్నిస్ బుక్ ఆఫ్ వరల్డ్ రికార్డ్స్ నూ స్థానం సంపాదించాయి. శరీరం చాలావరకూ చచ్చుబడిపోయినా ఆయన జీవితాంతం ఒకే ఒక్క దవడ ఎముక కదులుస్తూ, దానికి అమర్చిన సంభాషణలు- ఉత్పత్తి చేసే పరికరం ఉపయోగించి సంభాషించేవాడు. శరీరం కదల్చడానికి కుదరని స్థితిలోనూ ఆయన చేసిన పరిశోధనా కృషి ప్రపంచవ్యాప్తంగా ప్రఖ్యాతిని తెచ్చిపెట్టింది.

పిల్లలూ మీరు ఉదహరించిన ఏ అనారోగ్య సమస్య అయినా పైన పేర్కొన్న వ్యక్తి అనారోగ్యం ముందు తల వంచి ముక్కు నెలకు రాయాలిందే కదా?



GOVERNMENT OF TELANGANA STATE
POLICE DEPARTMENT

From
Addl. Director General of Police,
Women Safety,
[Inc She Teams and Bharosa]
Telangana, Hyderabad
and Member Secretary-Bharosa

To
Board Trustees
Abhaya Foundation
6-3-609/140/1, Anand Nagar,
Khairatabad, Hyderabad - 500004

C.No.04 /Sexual Offence Module-Bharosa/2020

Dated: 11.11.2020

Sir,

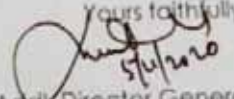
Sub: Appointing Abhaya Foundation as NGO Partner-Reg

We take the pleasure of appointing Abhaya Foundation as an NGO Partner to support and spread the cause of BHAROSA, an initiative of Women Safety Wing, Telangana state which is an integrated 'one stop centre' to support victims of POCSO Act and rape cases in a 360° perspective.

You are henceforth authorised to represent "BHAROSA" as their NGO Partner before various Companies, Donors, Philanthropist and other institutions to apprise regarding the BHAROSA initiative, promote and spread its cause, secure donations, CSR funds, etc as per law enabling us to establish Bharosa Centres in all districts of Telangana.

We sincerely thank you for partnering with Women Safety Wing, Telangana State in empowering us to forge ahead for the cause of establishing BHAROSA CENTRES.

abhaya
FOUNDATION
NGO Partner

Yours faithfully,

Addl. Director General of Police,
Women Safety,
[Inc She Teams and Bharosa]
Telangana, Hyderabad and
Member Secretary-Bharosa



Geethanjali College of Engineering and Technology
(AUTONOMOUS)
(Accredited by NAAC "A" Grade; ECE, CES, EEE & ME, B. Tech Programs Accredited by NBA ;
Approved by AICTE, New Delhi; Permanently Affiliated to JNTUH)
Cheeryal (V), Keesara (M), Medchal Dist. Telangana-501301, India
www.geethanjali.ac.in

Swamy BalachandraSunku

Topic: Complete Personality Date: 22-11-2020

E-Student Induction Program- I. B. Tech-A.Y-2020-2021
Organized by
Department of Freshman Engineering

600 Engineering Freshers addressed through Zoom Platform

Considering the prolonged lockdown for Educational Institutions, we are finding various means and ways to do their bit for students. One such way is Webinars. Education is, without doubt, the single largest factor that shapes the destiny of a nation. It is gathering the heads, heart and the mind, thereby developing an all-round personality.

Founder was invited to address the freshers in the college through Zoom Platform. He spoke about Complete Personality to 600+ Students who are connected through the webinar from different locations of Telangana.

The feedback was fabulous and very interesting. Every participant felt motivated by the talk. The students learnt about Individual, family, Profession, Society & Spirituality in building their personalities.

After the session, Dr. Nemani Subhadra - Associate Professor of Mathematics and the Coordinator for E Student Induction Program said "The session was informative and influential. Informative because you have used anecdotes from mythology. Its influential because you stressed sarvamathasaurathruthyam, the key aspect that makes our country unique and great. Thank you for instilling the spirit of oneness among our students." - **Team abhaya**





abhaya FOUNDATION

Enlightenment



November
1

Greetings & Gratitude to the People of AP / KTRH

ANDHRA PRADESH STATE FORMATION DAY

KARNATAKA RAJYOTSAVA

abhaya FOUNDATION

States are many...Country is ONE

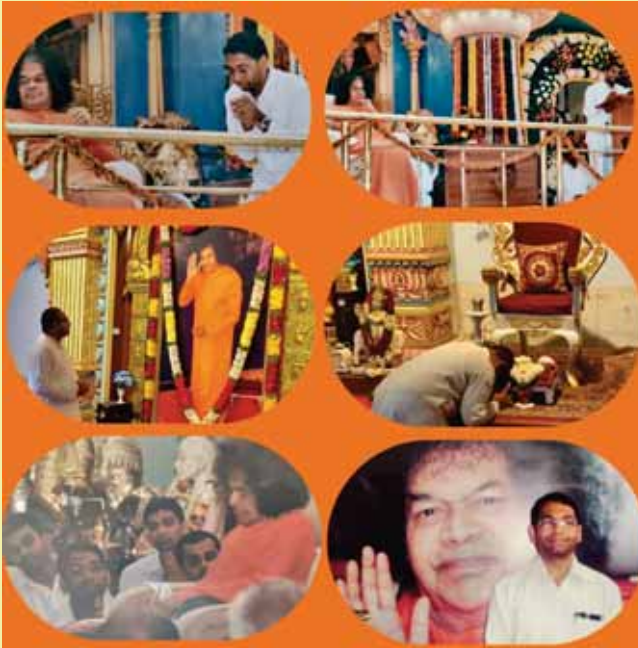


శ్రీమదాచార్యుల శ్రీచరణ సన్నిధికి ప్రణమిల్లుతూ... స్వామి వారి తిరు నక్షత్ర మహోత్సవ సందర్భంగా...

సమస్త లోకములు సుఖ శాంతులతో వర్ధిల్లాలన్న... హృద్ పూర్వక ప్రార్థనలతో వ్రాయునది:

స్వామీ, మీ పుట్టు పండుగ నాడు దర్శన ప్రాప్తికి ఆనందం అయింది. స్వామి వారి ఆశీస్సుల వలన శ్రీ సర్వారి నామ యుగాది నాడు ప్రారంభించిన "విద్యార్థుల జీవితానికి విజయ దీపిక" పుస్తకము కరోనా లాక్ డౌన్ మొదటి 60 రోజులలో వ్రాయగలిగాను. ఆ పుస్తకము మొదటి వ్రాత ప్రతి ని మీ పుట్టు పండుగ సందర్భముగా మీ దివ్య సన్నిధిలో సమర్పించవలసి ఈ రోజు జీవా ప్రాంగణమునకు వచ్చాను. స్వామి వారు ఎంతో దయతో మొదటి వ్రాత ప్రతిని తీసుకున్నందుకు ఎంతో అనందించాను. దైవేచ్ఛ బలంగా ఉందని విశ్వసించాను. విద్యార్థుల కోసమై వ్రాసిన పుస్తకాన్ని మీ చేతులలో పెట్టడం ద్వారా... మీ పుట్టు పండుగ నాడు జాతి శ్రేయముకనకై మిక్కిలి అంకితము ఇచ్చినట్లు గా భావిస్తున్నాను. స్వామి వారు...దయతో పుస్తకాన్ని చూసి సలహాలు సూచనలు ఇచ్చి పుస్తకమును ప్రసాదంలా చేయమని ప్రార్థిస్తున్నాను. - **Love & Life, Balachandra**





Resolving to LIVE till last breath in serving those in need in HIS Name

95th Birthday of Bhagavan Sri Sathya Sai Baba is celebrated by the devotees across the globe with adoration and admiration on this 23rd Nov 2020. I am not an exception for this.

Baba may not be physically moving amongst us now, but HIS LIFE & MISSION keep moving people like us till the last breath.

When HE says Love All - Serve All:
It must happen in that way

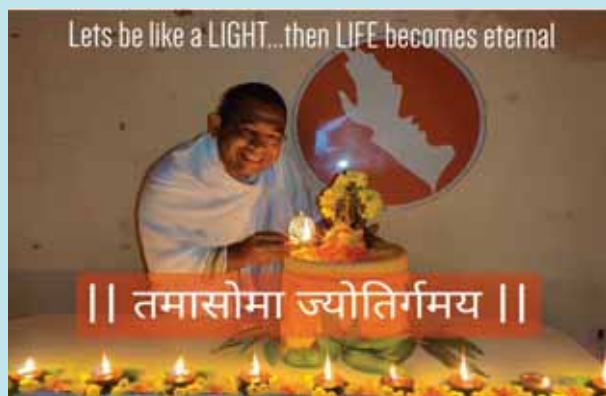
When HE advises Help Ever - Hurt Never:
We must live in such path

When HE reminds us Your Life is My Message:
We need to show HIM in our life and living.

I am charged up fully without any doubt that I will live in HIS way till my battery is discharged. No recharge is needed for doing my bit before final departure. I will deliver what is expected by people like me in this universe. Sai made us to travel from University to Universality. Moving from I to WE in life journey. I am coming out with 96 episodes of Divine Experiences as an offering at Baba's Feet for HIS 96th Birthday on 23rd Nov 2021.

Let's resolve to LIVE till last breath in serving those in need in HIS Name.

समस्तलोकाः सुखिनोभावंतु - **Love & Life, Balachandra**



Founder @ Thunga-Bhadra Pushkaram





భగినీ హస్త భోజనం

ఈ శుభ దినమున నా జీవితములో తారస పడిన ప్రతి సోదరిని గుర్తు చేసుకుంటూ ఇద్దరు చెల్లెళ్ళ చేతి భోజనం స్వీకరించాను. మిమ్మల్ని గుర్తు చేసుకున్నాను. సుఖ సంతోషాలు మీ ఇంట వల్లివిరయాలి. . . ఆయురారోగ్యాలు సంతముండాలి. . . పిల్ల పాపలతో వర్తిల్లాలి...సాభాగ్యముతో విలసిల్లాలి నా అక్క చెల్లెళ్ళందరు అన్న ప్రార్థనలతో ఈ పర్వదినం యొక్క విశేషము పంచుకుంటున్నాను. భారతీయ సంస్కృతి సంప్రదాయాలను

అందరం గౌరవిద్దాము.

భగినీ అంటే సోదరి.ఆమె పెట్టే భోజనం కనుక భగినీ హస్త భోజనం అంటారు.కార్తిక శుద్ధ విదియ అంటే దీపావళి వెళ్ళిన రెండవ నాడు ఈ వేడుకను జరుపుకుంటారు.సోదరి సోదర ప్రేమకి అద్దం పట్టే పండుగల్లో రాఖీ పండుగ తర్వాత చెప్పుకోదగినది ఇది.

ఈనాడు అన్నదమ్ములు తమ తమ అక్క చెల్లెళ్ళ ఇళ్ళకు బహుమానాలు తీసుకెళ్ళి వారి చేతి వంట తిని వారిచేత తిలకం దిద్దించుకుంటారు. రక్షాబంధనంలో అన్నదమ్ములు తమ సోదరి రక్ష (రాఖీ) కట్టినందుకు ఆమె యోగక్షేమాలు తాము చూస్తామని రక్షస్తామని చెబుతారు.రాఖీ సోదరి క్షేమానికి సంబంధించినది.

"భయ్యా ధూజి" అనే పేరుతో ఉత్తరదేశంలో బాగా ప్రాచుర్యం పొందిన భగినీ హస్త భోజనం సోదరుని క్షేమానికి సంబంధించినది. మన పురాణాల్లో కథ ప్రకారం యమధర్మరాజు సోదరి యమున. ఆమె వివాహమై వెళ్ళాక తన సోదరుడిని తన ఇంటికి ఎన్నో సార్లు రమ్మని పిలిచింది.కానీ యమధర్మరాజు వెళ్ళలేక పోయాడు.

చివరికి ఒకసారి ఈ కార్తిక మాస విదియ రోజున యమున ఇంటికి వెళ్తాడు. సోదరుడు వచ్చాడని యమున సంతోషంగా పిండి వంటలతో భోజనం పెట్టింది.చాలా రోజుల తర్వాత సోదరి సోదరులు కలుసుకోవటంతో ఇరువురూ సంతోషించారు.

ఆ సంతోషంతో యమధర్మరాజు యమునని ఏదైనా వరం కోరుకోమన్నాడు.వాళ్ళు దేవతలు కనుక వారు కోరే వరాలు కూడా జన ప్రయోజనాలుగా ఉంటాయి.ఆమె ఈ కార్తిక శుద్ధ విదియనాడు లోకంలో ఎక్కడైనా సరే తన సోదరి ఇంటికి వెళ్ళ భోజనం చేసిన సోదరులకి ఆయురారోగ్యాలు ప్రసాదించమని అడిగింది.

ఈ కోరికకి యమధర్మరాజు సంతోషించి అలా వేడుక జరుపుకున్న వారికి అపమృత్యు దోషం (అకాల మరణం) లేకుండా ఉంటుంది.ఆ సోదరి సాభాగ్యవతిగా ఉంటుంది అని వరాలిచ్చాడట. అందు వలనే ఈ ఆచారం ఆచరణలోకి వచ్చింది. ఒకప్పుడు యముడు తన భటుల్ని కర్తవ్య నిర్వహణలో ఎప్పుడైనా మనసుకి బాధ కలిగిందా? అని అడిగితే ఒక భటుడు భర్త ప్రాణాలు హరించినప్పుడు నవవధువు పడిన వేదన హృదయ విదారకంగా ఉండి తన మనసు పాడైందని చెబుతాడు.

యముడు కూడా బాధపడినా చేయగలిగిందేమీ లేదని చెబుతూ ఎవరైనా కార్తిక శుద్ధ విదియ నాడు సోదరికి బహుమానాలిచ్చి ఆమె చేతిలో తిలకం పెట్టించుకుంటే అపమృత్యువును నివారించవచ్చు అంటాడు.దీనికి కారణం ఉంది.

యముడు యమున సూర్యుని పిల్లలు. సోదరిపైన ఉన్న ప్రేమతో ఎవరైతే తన సోదరి అనుగ్రహానికి పాత్రులౌతారో వారికి దూరంగా ఉంటానని వరం ఇచ్చాడట. అందువల్లనే యమునలో స్నానం చేసిన వారికి అపమృత్యు బాధ ఉండదట.

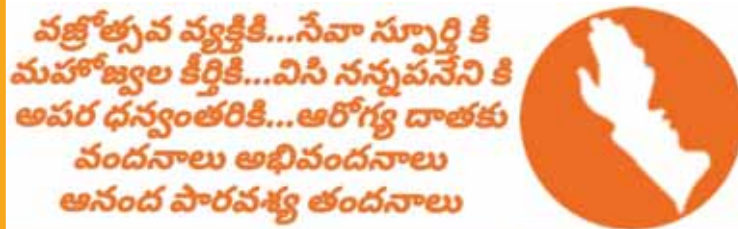
అందరూ యమునా స్నానం చేయలేరు కదా! సోదర,సోదరి ప్రేమకు నిదర్శనంగా నిలిచినా యమున, యముల బంధాల్ని గుర్తు చేసుకుంటూ కార్తిక శుద్ధ విదియ నాడు భగినీ (సోదరి) హస్త భోజనం చేసినట్లయితే అదే ఫలితాన్ని పొందవచ్చు. ఉత్తర భారతంలో ఇది చాలా ప్రాంతాలలో జరుపుకునే పండుగ. తెలుగు రాష్ట్రాలలో దానిని గురించి తెలిసినా పెద్దగా పాటించరు. పురాణ కథలలో ఎదో అంతరార్థాలు దాగి ఉన్నాయని గ్రహిస్తే ఆచారాలు ఆచరణలోకి వస్తాయి.





abhaya FOUNDATION

abhaya SoulDears



Congratulated our beloved Dr PV Pradeep Kumar IRS on his elevation as Commissioner of Income Tax at Bengaluru. He is a long term associate of abhaya and the Founder

We are thankful ti CS Sridevi, Company Secretary, CCL, Hyderabad for standing like a rock support in connecting CCL and it's promoters to abhaya Empowerment activities...She is supporting us since inception... We feel indebted to this lady who is silently working for the cause of abhaya since a decade. She is also a regular donor. Thanking our CS PS Rao for mentoring her in the profession. - **Balachandra**

Congratulations!!! Akanksha Santosh



 www.abhayafoundation.org

Guru Santhosh lost his father when he was studying in High School at Kurnool. Their dreams were shattered, and his mother has no clue of what the future of kids. Having related to the Founder and known to abhaya, they approached abhaya. He is then lead by the founder with love and nurtured him at Sai Seva Sangh, Hyderabad. He is brilliant and grown up with values in life. Studied in Sri Sathya Sai Institutions and

graduated. Settled. Started donating to abhaya and motivated his family to lend their helping hands. Now joined hands with Akanksha on 18th Nov. Both are working and will be taking care of his mother and brother. We congratulate him for getting married and thank him for Special Donation on his wedding day to abhaya.

We feel grateful to Savithri Srinivas, Nalgonda for their regular monthly support of 100 kgs Rice for abhaya Home of Happiness, Ibrahimpatnam, RR Dist, TS. Thanked them at an event in Bengaluru on 18th Nov 2020.



Rajasekhar



Sai

Received Blessings & Donation from Mother



Smt Rajeswari



Siva Sai Chaitanya



Sivaprasad



CS K Sathish Gupta



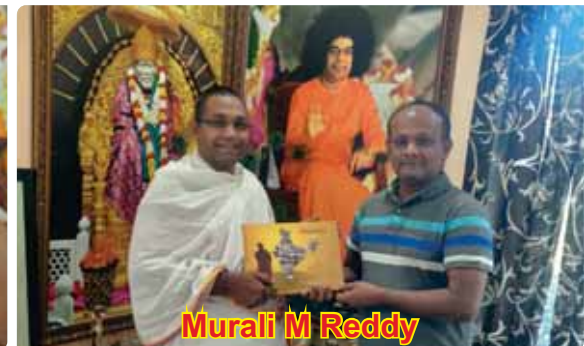
Smt Naga Jyothi



CS G Raghubabu



Krishna Kruthi



Murali M Reddy



abhaya Soul Dear Srinivas
Man behind News Letter since a Decade!!
An Inspiration to many!!



కీర్తిని శేషంగా మిగిల్చి వారసులకు విలువల
నిచ్చి తరలి వెళ్లిన శ్రీమతి రాచర్ల సావిత్రిమ్మ

సాత్వికమైన మనసున్న మాతృమూర్తి
విలువలను పిల్లలకు నేర్పిన సగటు ఇల్లాలు
రాచర్ల ఇంటికి పెద్దదిక్కు సావిత్రిమ్మ
పరమపదమును చేర దేహ బంధము విడచివెళ్లినది
వారి ఆత్మకు శాంతి కలగాలని ప్రార్థనలతో
శ్రీ రాచర్ల రామకృష్ణ గుప్త గారి కుటుంబ సభ్యులకు
ప్రగాఢ సానుభూతిని తెలియజేస్తున్నాము



We still remember about how our CS R Ramakrishna Gupta got connected to abhaya in the year 2010. It's because of his Father and Mother. He wished to serve the community in their name and that is how he declared Rs.1lakh to abhaya School at Yerragunta, ATP Dist. We all travelled from Hyderabad to the village to dedicate the free school facility to rural kids. We had an opportunity to show our love and care to his parents. Ramakrishna loved his parents so much and always give credit to them for his values. We humbly bow before his mother SmtRacharlaSavithamma on her final journey. She lived her life in full for 85 years and happily left her body. Dear Ramki we offer all our prayers for the departed soul. Request you to perform all the final rituals with respect and love for mother.



నోటును కాదు... నేతలను చూద్దాం

మనిషిని కాదు... మనసును చూద్దాం

కోతలు కాదు... చేతలు చూద్దాం

వాగ్దానాలను కాదు... అమలును చూద్దాం

అవినీతిని కాదు... నిజాయితీని గెలిపిద్దాం

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ఓటు విలువ తెలుసుకో

విచక్షణతో మనుసుకో

Love gives and Forgives
Self gets and Forgets



Sunday Thoughts | PHOTOGRID

21

22. ఆ.వె॥ దాతలోని ప్రేమ దాగి క్షమితుని జేయు ।
పాందినోరు మరచిపోదురెప్పుడు ॥
పాలు మరిచి నట్టి పశువులవుదురు తెలియ ।
వినుర బాలచంద్ర వినయసాంద్ర ॥

భావం : దాతత్వపు ప్రేమ క్షమాగుణాన్ని పెంచు
తుంది. స్వార్థపరులు పాందిన సహాయాన్ని కూడా
మరిచిపోతారు. పశుసమానులౌతారు.

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for abhaya Donors

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