
Lamparas Vivas

Living Lamps

2024



Introduction

Welcome to the yearly report for LAMPARAS VIVAS (Living Lamps) detailing our activities and achievements of 2024.

As an organization dedicated to serving our community, we strive to make a positive impact through our various programs and initiatives. This report provides an overview of the diverse range of services we have delivered through this year, including healthcare, education, skills training, recreational activities, and community engagement.

At LAMPARAS VIVAS, our mission is to improve the well-being and quality of life for individuals in need, and this past month has been no exception. Through our dedicated team of volunteers and staff, we have worked tirelessly to address the pressing needs of our beneficiaries, providing essential healthcare services, empowering young girls through education and skills development, and fostering a sense of community through recreational activities and in-house gatherings.

As we reflect on this year's accomplishments, we are reminded of the resilience and strength of the individuals we serve, as well as the unwavering support of our donors, partners, and volunteers. Together, we have made significant strides towards our shared goal of creating a more inclusive and compassionate society.

In the following sections, you will find detailed insights into each of our key program areas, along with photographs capturing the moments that define our work. We hope that this report serves as a testament to the impact of our collective efforts and inspires continued support for our mission.

Thank you for your ongoing commitment to LAMPARAS VIVAS and the communities we serve.

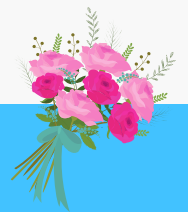
Education

Two small children (Meghana and Swetha) have gained admission into St. Euphrasia's School in Good Shepherd Convent Bangalore. The excitement of having got this admission is absolute!

Getting admission to school can be an incredibly exciting milestone for a five-year-old. It's like embarking on a new adventure filled with colorful classrooms, new friends to meet, and endless opportunities to learn and explore. The anticipation builds as they imagine all the fun activities they'll get to do, from finger painting to storytime and playing with toys in the classroom. For a five-year-old, going to school isn't just about education; it's about stepping into a world of wonder and discovery, where every day is a new chance to grow, laugh, and make memories that will last a lifetime.

As the school year winds down and summer vacation approaches, there's an undeniable buzz of excitement among children returning from school hostels. For many, it's a reunion with family and hometown friends after months of separation, creating a sense of joy and anticipation. For children returning from school hostels, the craze of summer vacation is not just about the break from school – it's about coming home to the embrace of loved ones and the promise of new adventures.

All the children have been promoted to the next class in their various schools! Kudos to them all!



EMPOWERING MINDS AND BUILDING FUTURES



Getting stationaries and school shoes for Mahesh

*Chasing
dreams,
one
class at a
time...*

*Teachers
can open
the door,
but you
must
enter it
yourself.*



Getting school shoes for Gangadhar B.



Completion of school fees, books, uniforms, shoes and stationaries for this set of dedicated students

June/July admissions of 2024

Student dropouts in lower grades are primarily influenced by family circumstances and socio-economic background. Many of these students come from Tamil Nadu and Kolkata.



NIOS SSLC 2024 BATCH

2ND PUC 2024BATCH



With the support of our organization, several children were enrolled in pre-school, primary school, and high school. These admissions enabled children to access structured education and provided families with the support needed to navigate the enrollment process.



UNLOCKING potential, Creating Opportunities

Effective skill training can lead to numerous benefits for individuals and organizations alike, including increased productivity, enhanced job satisfaction, improved job performance, and greater career advancement opportunities. By investing in skill training, individuals can develop the competencies needed to succeed in their chosen field, adapt to changing circumstances, and thrive in today's dynamic and competitive environment.



Gitanjali
25 years old



Gracy
16 years old

Krupa
14 years old



Skill training can take various forms, including formal education, on-the-job training, workshops, seminars, self-study, and mentorship programs.

3 young girls were given the opportunity to be a part of an embroidery and sewing skill training program for 2 months this March.

Through our training initiatives, beneficiaries are gaining hands-on experience in mechanical work, woodworking, tailoring, embroidery, and electronic mechanics. These skills contribute to increased employability and economic independence.



UNDERSTANDING the Unseen Challenges

Spasticity assessment involves evaluating the severity and impact of muscle stiffness and involuntary muscle contractions in individuals with conditions like cerebral palsy or multiple sclerosis. This assessment typically includes evaluating muscle tone, range of motion, reflexes, and functional abilities to tailor treatment plans and interventions accordingly. It's crucial for determining the appropriate therapies and interventions to help manage spasticity and improve quality of life for affected individuals.

Two children Darshan and Joshua Karthik were assessed as a criteria for admission in NIOS.



Escape the ordinary and find your extraordinary OUTDOORS!

Outdoor activities for children are not only enjoyable but also crucial for their physical, mental, and emotional development.

Nature Walks were Taken exploring Cubbon park. They were Encouraged to observe and appreciate the flora and fauna around them.

Outdoor activities not only promote physical health but also stimulate children's creativity, curiosity, and appreciation for the natural world.





In August, beneficiaries and staff participated in a visit to Kumily, which included a retreat focused on reflection, learning, and personal development. During the same period, various cultural and community festivals were also celebrated. These activities encouraged social interaction, emotional well-being, and a sense of belonging among participants.



INDOOR adventures: Where every corner holds a new story.

In-house activities refer to recreational or productive endeavors that take place within the confines of one's home. These activities can vary widely depending on personal interests, resources, and the composition of the household. At LAMPARAS VIVAS all children have some special games for fun including cooking!!!

Cooking and Baking: Experimenting with new recipes, baking treats, or preparing elaborate meals can be both fun and rewarding for individuals or families.

Board Games and Puzzles: Playing board games or solving puzzles is a classic way to pass the time indoors, fostering bonding and critical thinking skills.

Arts and Crafts: Engaging in artistic pursuits such as painting, drawing, knitting, or crafting allows for self-expression and creativity.

These in-house activities offer opportunities for relaxation, recreation, learning, and socialization without the need to venture outside the home. They can be tailored to suit individual preferences and enjoyed alone or with others.

Birthday celebrations were not left out with Joshua's birthday celebrated in February!

Cooking up some memories in the kitchen!



Board game night: Where every move is a strategy and every laugh is priceless!



Happy Birthday
Dear Joshua!

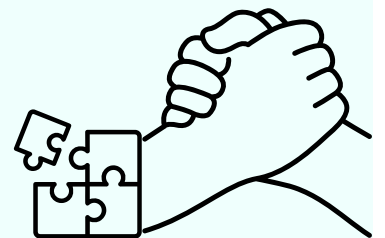


HAPPY EASTER





Puzzle solving saga: Piece by piece, we conquer challenges and build teamwork.





During the months of September and October, members of the Lamparas Vivas family came together in collective prayer, chanting 1,000 rosaries as a community.



In addition, the house was blessed by a priest from the Infant Jesus Church. These moments of prayer and blessing fostered spiritual reflection, unity, and a sense of shared purpose among all participants





In December, the organization marked birthdays and celebrated Christmas, fostering a spirit of unity and shared celebration among community members.



EMPOWERING communities through EMPLOYMENT.

Regular employment is generally seen as providing better-quality jobs due to the regularity of employment and associated social security benefits, while casual work is linked with relatively poor-quality jobs due to its irregular nature and lower daily earnings.

Job creation is essential for reducing unemployment, boosting consumer spending, and fostering economic development.

LAMPARAS VIVAS has helped women in and outside our organisation to get employment most especially the less privileged women.

Susan who is attached to LAMPARAS VIVAS has gained employment as a house keeping staff in a private home in Cantonment area in Bangalore.



FOOD allocation

Ration distribution plays a crucial role in ensuring food security for vulnerable populations. It involves the equitable distribution of essential food items such as rice, wheat, pulses, and cooking oil.

We at LAMPARS VIVAS often implement ration distribution programs to alleviate poverty and hunger, particularly during times of crisis or economic hardship.

Some families who are connected to LAMPARAS VIVAS have been provided with the necessary sustenance to meet their basic nutritional needs and promote social welfare.

Families were given dry food provisions



Protein bars were distributed to a government school



**"IF YOU CAN'T FEED A HUNDRED PEOPLE, THEN FEED JUST ONE."
MOTHER THERESA**



Happiness is a plate full of warm food!

*Food the language
of everyone!*



Healthcare Services

The ongoing project of healthcare for our patients has been our priority for the past 5 months.

Gitanjali has been on fortnightly blood transfusions in St John's Hospital Bangalore. She has been diagnosed with a severe case of Aplastic Anemia.



Aplastic anemia develops as a result of bone marrow damage. The damage may be present at birth or occur after exposure to radiation, chemotherapy, toxic chemicals, some drugs, or infections including Covid.

Gitanjali has been admitted 4 times during the months of February and March and she had received blood transfusions and platelet transfusion during all the 4 admissions.

She's also been on medication and requires regular hospitalization till her hemoglobin and platelet level stabilizes.

The blood transfusion has made a significant improvement in the life of Gitanjali.

Thanks to all the blood donors and doctors and nursing staff and pharmacy department in St. John's Hospital for making this tremendous change in Gitanjali's life!

CARE IS BETTER THAN THE DISEASE



**On a mission to
save lives**



**When she was first
admitted in the hospital**

Gitanjali has been married for the past 6 years and has two small children ages 5 and 3.

*Her life depends on medicine from boxes on the hospital stand one by one the nurse counts them out and places them in her hand!
Some white or brown, flat or round to be taken twice or thrice a day, taking note it warns her that, if stopped she'll pass away!*



**After her 10th blood
transfusion**



***Not all angels have
wings, some have
stethoscopes***

14 Blood transfusions
have been done so far

14 Blood donors have
collaborated

30 Weeks left to finish all
the transfusions to
keep her stable

06 Cash donors have
collaborated with us and
St. Johns Hospital

Our dear Martha



*Wherever
the art of
Medicine is
loved,
there is
also a love
of
Humanity...*



When Martha was undergoing treatment
in Victoria Hospital

This is Martha who had been diagnosed late with having stomach cancer.

She also had high blood pressure and diabetes.

But due to her severe complications she didn't survive. Was in a coma for a week before she died at the age of 62.



Tribute of love for Martha

Another young girl (Krupa, 14 years old) has been diagnosed with a blood disorder as well.

She's on a 21 day treatment in St John's Hospital Bangalore. Timely treatment and diagnosis can spare her future health risk!



Krupa and Gitanjali

Gitanjali and her children



Alphonsa who got burnt from an attempted suicide and is undergoing treatment for epilepsy.



*A man
there was,
and they
called
him mad;
the more
he gave,
the more
he had.*



Our Center



EMPOWERING FUTURES, one project at a time!

Please join us as LAMPARAS VIVAS raises funds for EDUCATION and HEALTHCARE initiatives that make a difference!

Upcoming projects are:

- Health Care (regular hospital visits for the Aplastic Anemia patient (Gitanjali) and blood disorder patient (Krupa))
- Education (raising funds for school and College fees for all the children in the Organization and those attached to it)
- Outdoor recreation for the children to spend more time with their mothers and friends in the organization.
- Visiting companies to spread the word about LAMPARAS VIVAS.
- Visit to Slum Board regarding the letter written by Ramlinga Reddy (MLA) to know the outcome



Dear Donors, Volunteers, Staff, and Supporters,

I want to take a moment to express my deepest gratitude to each and every one of you for your unwavering support and dedication to LAMPARAS VIVAS. Your generosity, time, and effort have made a significant impact on this mission and the lives of those being served.

Without your contributions, whether it's through financial donations, volunteering your time and skills, or offering your support in various ways, we wouldn't be able to carry out this work effectively and make a positive difference in our community.

Your commitment and passion inspire us every day, and we are truly grateful for your continued support. Together, we are making strides towards a better, brighter future for all.

Thank you from the bottom of my heart for being a part of this journey and for believing in this cause. I look forward to continuing this important work together.

With sincere appreciation,

Rose Marcuse Salve
For LAMPARAS VIVAS

BEHIND every smile, every success, and every milestone, there's a donor who believed

Today, we celebrate YOU

Jenny
Clarete Crasta
Bernard Lichtenberg
Carmel
Leonard Robert
Gerard
Johan
Joseph
Chris
Nikhil
Kevin
Mary Hemant

Sr. Clara
Mellvon Admonda
Kavita Pereira
Sujoy
Angel
Dr. Merlin
Ranjit
Delcy
Angelina
Vivien Simon
Leena Sequiera
Gavin

Thank You



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