



CARE & SHARE

A NON-PROFIT 501 (C) 3 CHARITABLE ORGANIZATION

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“India has nearly 2.5 million prostitutes in 300,000 brothels in 1,100 red-light areas”

“Rehabilitation of sex trafficked victims is a blend of psychological, economic and identity building efforts”

“For \$60 a month you can take care of a victim’s first phase of rehabilitation”

HUMAN TRAFFICKING—THE MODERN DAY SLAVERY

‘Prajwala’ estimates human trafficking as an illegal \$858 billion industry, second largest after arms! In this 21st century there are more people enslaved than any other time in history—as high as 27 million. Human trafficking happens for a variety of reasons. Some of them are sex, labor, organs, forced marriages, adoption, child soldiers, begging, debt bondage, and camel jockeying. Poverty, corruption, and lower value for female lives are the major root causes in developing nations. An estimated 30,000 victims of sex trafficking die each year from abuse, disease, torture and neglect. India has nearly 2.5 million prostitutes in 300,000 brothels in 1,100 red-light areas across the country (Source: www.acontrarioicl.com by Garima Tiwari). Over 200,000 women and children are inducted into the flesh trade every year. Another disturbing fact is that the age of children is progressively declining to meet the male demand for younger prostitutes.



On November 16th, 2014, Care & Share along with Lasya, a nonprofit dance group in Seattle, jointly presented “Xpressionz”, a fund-raiser show to break the silence towards the brutalities of Human Trafficking. The event had a great audience appeal with diverse music and dance performances, along with an offbeat fashion show. More than \$20,000 was raised for the rehabilitation of sex trafficked victims in India. Care & Share will partner with ‘Prajwala’ for the execution of this project. ‘Prajwala’ is an anti-human trafficking NGO based in Hyderabad, India, founded by Dr. Sunitha Krishnan, a victim of sexual abuse herself. ‘Prajwala’ has rescued, rehabilitated, and re-integrated more than 12,000 trafficked women and children back into society, in the last 18 years.

Rehabilitation of sex trafficked victims is a long multi-stage process. It is essentially a blend of psychological, economic, and identity building efforts. The psychological phase is the process of restoring dignity by providing shelter, counseling, safety, privacy and respect. This transforms the victim into a survivor. In the economic rehab stage, women are provided with vocational and occupational training for long term economic safety. The last stage is civic

rehabilitation, which is a process that helps them to build a social identity such as electoral cards, ration cards, and subsidized housing.

For \$60/month you can take care of a victim’s first phase of rehabilitation. \$100/month helps to meet the expenses for a HIV child. We request you to consider this cause in your annual pledges.

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Dr. Sunitha Krishnan, founder of ‘Prajwala’, paid a surprise visit on Lasya’s rehearsal day on Nov 13th. She was in Seattle for two days to speak at Vital Voices conference.

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PAIN & PALLIATIVE CARE

Since 2006, we have been a strong supporter of Palliative Care and Hospice Care in India. Palliative care seeks to improve the quality of life of people with advanced life threatening or debilitating illness. If a cure is not possible, support is given by treating symptoms such as pain and attempting to minimize suffering. It involves physical and psychosocial support to the patient and the affected family to cope with the illness and even bereavement.

In life threatening and generally prolonged illnesses like cancer, AIDS, etc., a person's quality of life is decreased by (1) Physical problems like pain, nausea and vomiting, breathlessness, fungating ulcers and (2) Psychological problems like depression, anger or denial in response to the illness, emotional isolation, etc. (3) Social problems like financial burden induced by loss of employment, cost of treatment, social isolation, and (4) Spiritual pain (Why me? Why did God do this to me? Or what is the point of my being alive?). Palliative care is the active total care of the person with such problems.



Dr M. R. Rajagopal, founder of Pallium India, with Senator Hannah-Beth Jackson in Santa Barbara receiving Human Rights Watch award. Photo Credit: ©Jolie Margulies Photography

We partner with Pallium India (www.palliumindia.org) in Trivandrum, Kerala to reach out to those requiring palliative care. Pallium India was founded by Dr. Rajagopal, who is known as the "Father of Palliative Care" in India. Pallium India, in the last 3 years, has directly worked with 40,000 patients at various capacities. Apart from working with the patients, it also addresses the problem from various angles. They worked with the Government of India to develop a national level program, reached an agreement with Medical Council of India to include pain management and palliative care in medical curriculum, and the amendment of narcotic drug and psychotropic substances act in India in February 2014.

"shame and pain caused by an ailment was the reason for one in every five suicides in India last year."

The Economic Times, India. Nov 5, 2014

Pain & Palliative Care also includes the rehabilitation of those impoverished families whose loved one lost their battle with major diseases like cancer, kidney disease or AIDS. Rehab is provided in mainly four areas; Physiotherapy & physical aids, Vocational rehabilitation, Food kit program, and Education support. Around half of Care & Share supported funds go towards these rehabilitation projects. Vocational rehabilitation provides Rs 2,000 to Rs 10,000 (\$35 - \$150) as seed money to start income generating initiatives such as petty shops, vegetable shops, sewing machines, goat rearing, handicrafts manufacturing etc. Sometimes the amount will be used for vocational training to a family member that will help them to find a job. Educational help is mainly extended for kids above 12 years of age till they enter into college. This is in the form of financial aid for tuition, entrance coaching classes, scholarships for meritorious children for higher studies, and career guidance workshops.

Seattle Saptaswara is a non-profit musical band who performs for Care & Share every year. Since 2009 the band has raised more than \$37,000 specifically towards Palliative Care. We sincerely thank Seattle Saptaswara and the Seattle crowd for this awesome support.

\$100 will cover the expenses of a home care team for a day. Pallium India has 5 home care teams that go out to different parts of Trivandrum district. Each team takes care of at least 5 patients. Can we ask for your support to take care of a few days expense?

Since 2006 we have contributed more than \$175,000 towards Pain & Palliative care, and this continues to be a major cause that we will be supporting for a foreseeable future. There are thousands of people out there in severe pain looking forward to your generosity.



Seattle Saptaswara Ganolsavam 2014 Team. Since 2009 Saptaswara has raised \$37,000 for Palliative Care

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SPECIAL EDUCATION

When it comes to education, children with special needs should be accommodated differently. In this fast moving world, Care & Share is striving to enable children with special needs to be self-sufficient as much as possible. In the past five years Care & Share has supported Chaithanya Charitable Trust in Palakkad, Raksha Society in Kochi, and Asha Deep in Chikmagalur, Karnataka with more than \$55,000.

It is estimated that Palakkad town and the outskirts have more than 500 challenged kids. Chaithanya Trust's School takes care of 100 of these kids. When they needed a bigger facility, Care & Share volunteers were generous enough to support them with the funds required to construct a new building.



Raksha Society takes care of more than 500 children requiring special support.

According to Raksha Society, there are more than 42 special schools in Ernakulum district itself. Raksha has been providing training and therapy in two special schools established in Kochi and Vypin. These two schools serve the needs of 500 children and young adults between the ages of 0 to 26. Since 90% of these students come from socially and educationally

backward sections of the society, Raksha provides all their services free of cost. Care & Share funds have helped them to develop resource materials for both in-house training as well as sharing with similar organizations as a learning kit. With 54 well qualified and dedicated staff members, Raksha has an annual operating budget of Rs. 50 lakhs (Rs 5,000,000 or approximately \$85,000 USD). The Ministry of Justice and Empowerment provides an annual grant of 20% of this budget. For the rest of its budget, Raksha turns to its friends and well-wishers.

Raksha Society is a longtime partner of Care & Share in the field of special education. The founder Manjoo Menon is the recipient of Care & Share Humanitarian Award during the year 1997.

10TH GRADERS RAISE \$9,250

Nivedita Biju and Chesna Panicker are 10th grade students at Marquette High School, Chesterfield, MO. Through the Bharatanatyam charity show, they raised \$9,250 for the kids at Sahajeevan Special School in Mastan Mukku, Trivandrum. Nivi, a trained dancer, performed eight Bharatanatyam dances and Chesna sang four classical songs.



Nivi volunteers in Sahajeevan special school during her India visits. Photo Credit: ©www.ffisahajeevan.org

Shajeevan Special School addresses the needs of kids with approaches involving physical, academic, and vocation training. These kids also take part in activities such as art, culture and yoga. The institution received a prestigious national award from the Ministry of HRD, Government of India, for its exemplary service. In the past 14 years, the school had to relocate to five different locations. Having a permanent facility is their biggest immediate need. This will help them to avail additional government grants as well.

We would like to specially mention about the support extended by Gokul Venkatachalam. Gokul is the 3rd place winner of 2014 Scripps National Spelling Bee and 1st place winner of 2014 South Asian National Spelling Bee competitions. He shared part of his prize money with the kids at Sahajeevan School. Thank you for this noble gesture, Gokul!

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FINANCIAL REPORT

In 2013, a total of \$68,386 was spent for charitable projects with an administrative cost of just 0.1%. This means that for every \$100 donated to Care & Share in 2013, \$99.90 went straight to the project beneficiaries. For more details, please visit <http://www.careandshare.com/finance.html>.

	2009	2010	2011	2012	2013
Revenue for the Year	76,224	132,033	77,830	89,631	75,584
Fund Balance from Prior Year	67,179	49,111	65,302	77,858	84,871
Allocation and Disbursement for Charitable Projects	93,750	111,813	62,112	82,427	68,386
Administrative Expenses	542	2,926	2014	191	156
Administrative Expenses %	1.14	1.6	1.4	0.1	0.1
Revenue over Expenses	49,111	65,302	77,858	84,871	89,618

CHILDREN WITH MULTIPLE DISABILITIES

Rehabilitation of children with visual, auditory, and multiple physical disabilities is extremely difficult in India because most of the centers address only one specific kind of disability. Thus, when a child is afflicted with multiple disabilities, there is rarely any institution that can empower them to meet their most basic day-to-day needs.

National Association of Blind (www.nabindia.org), Kerala Branch is the only organization in Kerala providing services to children with multiple disabilities. NAB is also working at State Level to sensitize the Government to include this category of children as a separate category of disability. The UN convention also has recognized multiple disability & deaf blindness as a unique disability and campaigning for global education for all.

In 2008 the project was started with 26 kids in Trivandrum district, but since then this has grown by fivefold, currently serving around 125 kids. Financially, the majority of these kids belong to below poverty level. Depending upon the nature of disability these kids are provided custom training, instructions and monitoring.

Since 2008 Care & Share has donated \$25,000 to support this project. The first five years we supported the project with an annual contribution of \$2,500. Since 2013 we increased the annual support to \$10,000 to better cover the expenses involved.



NAB Kerala teachers visit the houses of 13 kids with multiple disabilities twice a month and spend about half day with each kid and his/her primary care taker. The progress made are evaluated and next set of instructions and monitoring requirements are delivered during each visit.

I would like to direct my donation towards the following cause(s):

Name.....

Address.....

City.....State.....Zip.....



Sex Trafficked Victims Pain & Palliative Care Kidney and Diabetes Cancer Care Orphanages Eye Care

Special Education Multiple Disabled Children