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ANNUAL REPORT

Prepared For :
Better Life Foundation

Why Us...?

Have you ever thought how it is to be old and helpless? Have you ever tried to step into the shoes of an unloved person?, If such thoughts had bothered many, wouldn't the world have been a better place?, Wouldn't it have made a big difference in the lives of many?

YES!!!!

It was such thoughts that led to the formation of BETTER LIFE FOUNDATION back on 23rd May 2015. Through this report we will be traversing through the history and activities of better life foundation for the last five years and our future ventures.

First of all let us go through some statistics:

- In 1961, Kerala's 60 plus population was 5.1%, which was just (below the national level of 5.6%).
- In 1980, Kerala has overtaken the rest of India.
- In 2001 the proportion of the old age population rose to 10.5% as against the all India average of 7.5%.
- In 2011, 12.6% of Kerala's population was in the past 60 years. compared to the all India average of 8.6% By 2015, population data show that it increased to 13.1% in Kerala against the all India average of 8.3% (SRS Statistical Report 2015). Currently, 48 lakh people (Projected figures of the population in 2018) of Kerala are 60 years and above; 15% of them are past 80 years, the fastest-growing group among the old.

The rapid increase in the number of residents in Kerala's old-age homes in recent times tells a sordid tale of neglect by families in their twilight years. Over the last five years, the number of inmates in old-age homes across Kerala has risen from about 15,000 to 23,823. That includes 9,596 women and 14,227 men.

Most of them are blessed with children, but are forced to live without the warmth and joy of family life.

Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects. This is what we are hoping for with BETTER LIFE FOUNDATION. Back when we started we were not assured about the outcome, but there was something that drove us forward. Now we can proudly say that our efforts have not gone vain. We are hoping that our venture in future too would help in transforming the lives of underprivileged people.

This year around 1000+ Children, 50+ Elderly, 2000+ common people participating our total programme.

Own Programme:

Collaborations Programme:

Govt. Agencies Programme:

Joint Programme:

Anti Drugs Free Awareness Program



Anti Drugs Free Awareness Program Training session at Special Sub Jail Kasaragod.

Chaired by Gireesh Kamballur, (superintendent, Special Sub Jail, Kasaragod)

Resource Person: Mohandas Vayalamkuzhy (Founder, Better Life Foundation) (01-05-2022)

"A Tree at Home"



Better Life Foundation **100 Day** Program **"A Tree at Home"** project has seen many people participating in the project by planting trees in India and outside India.

All you need to do is:

After planting at least one tree in your home, send us a photo of the tree planting.

Also include the planter's name, surname, place name, district, state and country.

Your photo and information will be published on the Better Life Foundation page.

Be a part of warming the earth.

Photo should be sent to:

Whatsapp : +918113030112

Mail : betterlifefoundation@mail.com



Alexa Community Program - Museum of Possibilities



Chennai: Had the opportunity to participate in a workshop conducted by Amazon Alexa in collaboration with Museum of Possibilities, Government of Tamil Nadu. And it is very gratifying to open a door to collaborate on many things in the field of disability.

Amazon Alexa Community Program - Museum of Possibilities (A Tamilnadu Govt. Initiative) - Participation Certificate distributed By Poonam Natarajan (Founder & Board Member - Vidya Sagar at State Commissionerate for the Differently Abled, Chennai, Naddu Kuppam, Triplicane, Chennai, Tamil Nadu (28-08-2022)

Warm Reception Kerala Cerebral Palsy Football Team Members

Kasaragod: Kerala Cerebral Palsy Football Team Members Hameed & Shyam Mohan who won the Cerebral Palsy National Football Championship held at the Jawaharlal Nehru Stadium, Delhi.

Chief Guest: Dr. V Balakrishnan DySP, State Special branch, Kasaragod Along with Better Life Foundation Founder Mohandas Vayalamkuzhy, Akkara Foundation Manager Mohammed Yasir & Teams (01-09-2022)



International Day of Sign Language 2022- Workshop



Kasaragod : "Sign Language Unite Us" - International Day of Sign Language 2022- Workshop

Inauguration: Bandari Swagat Ranveerchand IAS (Dist. Collector & Dist. Magistrate, Kasaragod), Presidential Address: Sheeba Mumtaz CK (Dist. Social Justice Officer, Kasaragod) Welcome Speech: Biju P (Dist. Probation Officer, Kasaragod), Vote of Thanks: Mohandas Vayalamkuzhy (Founder, Better Life Foundation), Workshop Facility: Fr. Preyesh (Director, ADAM Ministry) at Civil Station, Vidyanagar, Kasaragod, Kerala **(24-09-2022)**

Happiness Programme "Light of Happiness



Kasaragod: A day out on beach where the breeze can hug you and the waves sing for you: a happiness programme to bring youthfulness to The Residents and senior citizens of Govt. Old Age Home, Kasaragod. Let's gather up and enjoy with them. Total 110 Members are participating this program.

In Collaboration With: District Social Justice Office, Kasaragod, District Tourism Promotion Council, Kasargod, Lions Club of Chandragiri, Red Moon Beach, Pallikkara, Centre for Gerontology | Department of Social Work | Central University of Kerala at Red Moon Beach, Pallikkara, Kasaragod, Kerala **(27-09-2022)**

Project Management & Proposal Writing Workshop



Akkara Foundation and Better Life Foundation Jointly organize Residential Workshop on Project Management & Proposal Writing.

Highlights of the workshop: Practical Oriented, Sessions by Experts, Model proposals, Introducing Government and Non - Government projects.

Session Highlights: Identification & Need assessment, Project Design, Project Appraisal, Resource Mapping & Exploration Of Resources, Financial Management of the Project, Project writing and project management skills, Model Projects in Govt. & Non Governmental Sectors-Best Practices, CSR Fund Channelising in Projects, Project Implementation, Project Monitoring & Evaluation, Proposal Writing-A Practical Session.

Workshop Director: Sheeba Mumthaz (Dist. Social Justice. Officer, Kasaragod)

Workshop Coordinators: Muhammed Yasir (Manager, Akkara Foundation) and Mohandas Vayalamkuzhy (Founder, Better Life Foundation)

Faculties: Dr. Sasikumar C, Asst. Professor, Department of Social Work ,St. Joseph' s College, Pilathara & Director , Centre for Research and Development (CRD), Nileshwaram, Prof. Hareesh Kumar VJ (Research Scholar, Annamali University, Principal Sree Sabareesa College), Adv. TV Gangadharan (Tax Consultant), Biju P (Dist. Probation Officer, Kasaragod), Sayyid Sawad (Business Development Coordinator, Kerala Startup Mission) At Good Shepherd Pastoral Center, Padannakad, Near Padannakad Railway Flyover, Kanhangad, Kasaragod **(Sept 30, Oct 1, 2 - 2022)**



World Mental Health Day Activity Programme



Coorg: World Mental Health Day Activity
Doing What Matters in Times of Stress: An Illustrated Guide for coping with adversity. Informed by evidence and extensive field testing, for anyone who experiences stress. The World Health Organisation recognises World Mental Health Day on 10 October each year. The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, was 'Make mental health and wellbeing for all a global priority'. Among the variety of people around us, there are very few who live a peaceful life. Buddha is a person that even Mahatma Gandhi follows. It is doubtful if there was another person alive on this earth who wanted peace as much as he did. His successors are the Buddhist monks of the Tibetan colony. Therefore, we decided to go to the Tibetan colony on this day. Programme Tibetan Monastery / Golden Temple Coorg (Madikeri), Kushala Nagar, Karnataka (10-10-2022)

Free Dental Check Up & Awareness Camp



Free Dental Medical Camp In Collaboration with NSS Unit LBS College of Engineering Kasaragod, Century International Institute of Dental Science and Research Centre Kasaragod, NSS Unit BARHSS Bovikkanam. Around 150+ people were the beneficiaries of the dental camp. Program at BARHSS Bovikkanam Kasaragod, Kerala (15-10-2022)

Diya (Lamp) Decoration Drive



Hyderabad: Diya (Lamp) Decoration Drive at HDFC Ergo Hyderabad Office in Hyderabad along with volunteers from our corporate partner from HDFC Ergo. Diwali is a celebration held in all HDFC ERGO offices as part of the celebration. We would like to thank and congratulate all volunteers from HDFC Ergo who contributed in this activity. We would like to thank Glocal Bodh by Renovate India our collaboration Partner.

Program at HDFC ERGO General Insurance Co. Ltd. JR Tower, BNR Colony, Venkat Nagar, Banjara Hills, Hyderabad, Telangana **(18-10-2022)**

Diya (Lamp) Decoration Drive and Cultural Exchange Programme



Kanhangad: Thanal Milestone Child Development Centre Diya Decoration Drive & Cultural Exchange Programme Collaboration with : Glocal Bodh By Renovate India.

Diya Decoration is a part of Diwali celebration which is not so familiar in Kerala. We have decided to have such a program here because we are convinced that it is also a program like group therapy among differently abled children. It was also desired that the parents of differently-abled children must be with them and actively participate in this program. We would like to thank and congratulate all staffs from Milestone Child Development Centre who contributed in this activity.

Program at Thanal Milestone Child Development Centre, Ambalathara, Kanhangad, Kasaragod, Kerala. **(22-10-2022)**

BaLA (Building as Learning Aid)



Supporting our Art education for children is proven to be important for cognitive development and critical thinking and is linked to academic achievement.

As part of our Better Life Foundation doing many positive activities related to children's education, we collaborate with Glocal Bodh by Renovate India to paint curriculum-related murals in selected schools as part of HDFC ERGO's employees' social commitment.

Scope of Work

HDFC Ergo has taken up an initiative to revamp and undertake School Wall Painting Activity at Government and underprivileged schools at various locations across India. Following the concept of BaLA (Building as Learning Aid), HDFC Ergo wishes to initiate a School Transformation drive by revamping a classroom, passage, staircase etc. for the primary grade section. We are inviting HDFC Ergo employees from locations mentioned below to nearby Govt. school to assist NGOs in painting school walls and re-innovate the classroom/passage/wall with artwork that follows the norms of

BaLA

Program at Govt. HSS Edappally, Ernakulam, Kerala (16, 17, 18 November 2022)



Happiness Programme

A day out to watch a movie at theatre to mesmerise the eyes and fill the minds with joy: a happiness program to bring youthfulness to the residents and senior citizens of govt. Old age home, Kasaragod. Let's gather up and enjoy with them. Join us.

Magic Frames, Mehboob Theatre Complex Kasaragod,
Kerala

Date: 19-11-2022, Saturday

Time : 01.30PM



World Heritage Week - 2022

'An evening in Bekal' - Art programs for differently-abled children and their parents

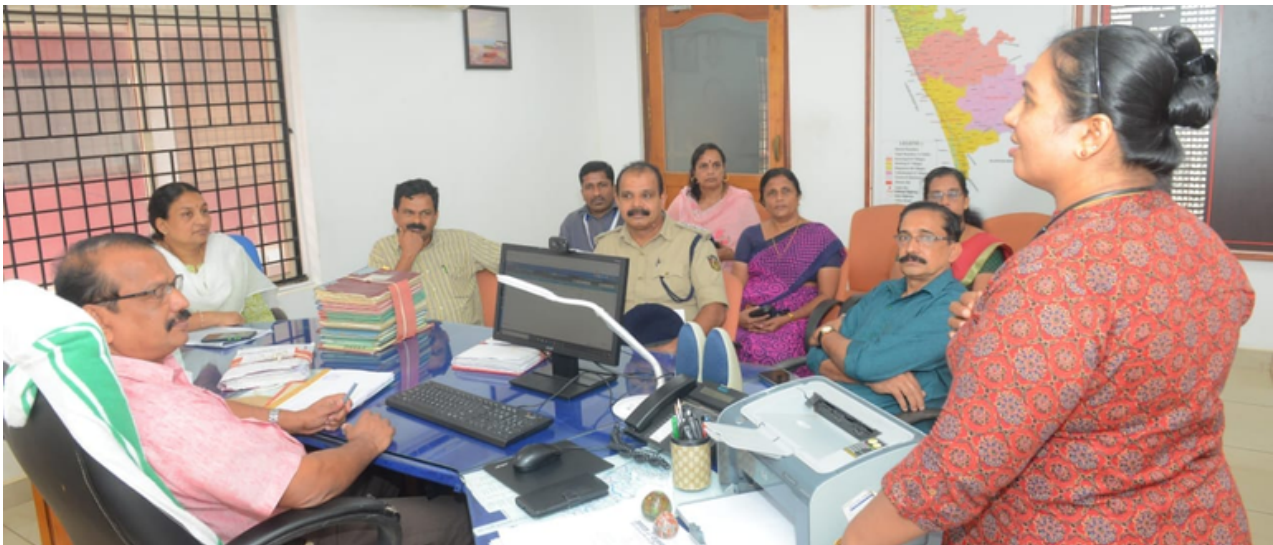


Vanita Ratnam Selection Committee

Department of Women and Child Development - District Women and Child Development Office, Kasaragod Vanita Ratna Award 2022 - District Level Selection - Committee Meeting - Regarding

Reference :- WEI Circular No. DWCD/1473/ 2022 dated 11.08.2022 of Director of Women and Child Development

In order to honor the women who have proved their proficiency in various fields, to give Vanita Ratna Puraskaram 2022 at the state level, Hon. The District Level Selection Committee meeting chaired by the District Collector was held on 30.11.2022 at 11.00 a.m. in the chamber of the ADM in the Collectorate.



Safe Walk Programme

Working in Thiruvananthapuram district under Women and Child Development Department, Govt. On 12/12/2022, 40 children who are residents of Special Home & Children's Home were presented with a pair of sandals as a Christmas gift under the auspices of Better Life Foundation. Child Welfare Committee Chairperson Advocate Shaniba Begum, District Child Protection Officer Chitralkha, ICDS Program Officer Kavita Rani Ranjit, The Blue Point NGO Director Baby Prabhakar, Better Life Foundation Founder Mohandas, Doctor Medha, Institutional Superintendent Sheeja A. V, employees of the institution and children also participated



Christmas DIY Decoration

HDFC ERGO Cochin Family christmas celebration organised by : Better Life Foundation
In collaboration with : Glocal Bodh
A CSR Initiative by : HDFC ERGO General Insurance Company Limited



Safe Walk Programme

Footwear Distribution Program, A CSR Initiative Metro Brands Ltd, In collaboration with Renovate India, In Association With SAKHI ONE STOP CENTRE, Kottayam

Venue: Govt. Children's Home, Thiruvanjor, Kottayam, Kerala

Date: 20-12-2022, Time: 12.00PM

Welcome: Greeshma R Prasad

Counselor, Sakhi One Stop Centre, Kottayam

Keynote Address: Dr. P K Jayasree IAS

Hon. District Collector, Kottayam

Jebin Lolita Sain, District Women and Child Development Officer, Kottayam

Mallika K S, District Child Protection Officer, Kottayam

Ambika L, Women Protection Officer, Kottayam

Christmas Gift Distribution : Mohandas Vayalamkuzhi, Founder, Better Life Foundation

Vote of thanks: Binu John, Superintendent, Govt. Children's Home, Thiruvanjor

Program Co-ordinator : Adv. Binella Mary Jacob, Centre Administrator, Sakhi One Stop Centre, Kottayam



HDFC ERGO Staff's Christmas Celebration

Organised by : Better Life Foundation

In association with : Renovate India

Location : Nirmala Shishu Bhavan, SRM Road, Kochi, Kerala

21-12-2022, Time : 2 pm to 5 pm



Safe Walk Programme

Welcome Speech: Mr Sajeer P (Project Coordinator, Udayam Project), Chair: Dr G Ragesh (Special Officer, Udayam Project), New Year Gift Received - Anitha Kumari E, Deputy Collector & Special Officer of Udayam Project, Vote of Thanks: Mr Uthaman (Udayam Home Resident)

Udayam Project - A comprehensive rehabilitation program for street dwellers/homeless at Calicut (Kozhikode) district, Kerala South India.

The project under the district administration's Udayam Charitable Society aims at the comprehensive rehabilitation of street dwellers, homeless, destitutes and adult orphans.

“Udayam is an important initiative under ‘Nammude Kozhikode’ (our Kozhikode) project

In collaboration with : Renovate India

A CSR Initiative : Metro Brands Ltd.



Safe Walk Programme

Footwear Distribution & Pain and Palliative Care Blanket Distribution - Along with NA Nellikunnu (MLA Kasaragod), Abdul Azeez Akkara (Chairman, Akkara Foundation), Shanavas Padoor (Dist. Panchayath Vice President), Muhammed Yasir (Manager, Akkara Foundation)

CSR Initiative by : Metro Brands Ltd

In Association with : Renovate India



BaLA (Building as Learning Aid)

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As part of our Better Life Foundation doing many positive activities related to children's education.

We following the concept of BaLA (Building as Learning Aid), Better Life Foundation wishes to initiate a School Transformation drive by revamping a classroom, passage, staircase etc. for the primary grade section.

Place : Akkara Foundation, Kottur, Muliyar, Bovikkanam, Kasaragod, Kerala on 17, 18, 19 February 2023



