

**ONE GOOD STEP
ACTIVITY REPORT 2020 -21**

Dear friends,

Greetings from One Good Step!

In the worst of situations, it is but the indomitable human spirit that keeps humanity going on.

The year 2020-21 has seen the world reel under the onslaught of Covid. Never before have we collectively been challenged by such crises brought on by a disease and the tough measures needed to curb and control it.

Yet it has also been a year of rising up to unanticipated situations, adapting to the demands of the unprecedented corona waves, dealing with uncertainty & evolving "new normals".

One Good Step, much like the larger society, has been on our its journey of resilience in the face of adversity and perseverance through challenges.

This year too, we hit another milestone, reaching 150 steps!

We started the year during the first wave, by responding to the needs of migrant labourers and rural pockets who had lost all avenues of income generation to the lockdown. Working tirelessly with volunteers, field workers, teachers and villagers, to provide urgent food relief to migrants and vulnerable communities, we then extended this support by providing groceries and provisions for households to sustain the duration of the lockdown and even beyond.

While the pandemic brought into acute focus the gaps in our public health systems, it was our endeavour to provide critical healthcare to those who suffered. Working with eminent doctors and hospitals we sought to serve mothers and new-born babies, children with cancer and patients with chronic conditions, cataract surgeries providing treatment to scores of patients.

With the first signs of recovery, we recommenced our "Good School Project", aimed at improving our government schools. While utmost caution mandated that schools could not be re-opened, we worked on improving the classroom infrastructure. Where students faced adversities due to the pandemic, we provided scholarships to enable continuation of higher education.

With the second wave, the needs that have emerged have centred around helping hospitals and patients cope with the severity of the situation. We have hence been focused on providing for the needs to support nurses & allied healthcare staff, expectant mothers, covid quarantined patients challenged for daily needs and hospitals who fall short of materials. We will stay committed to the course until we all see this wave through.

All of this has been made possible by the unstinting support of our contributors and supporters. We are deeply grateful for all your faith and encouragement!

We continue to soldier on, **One Good Step** at a time...

My heartfelt thanks to all our well-wishers! Take care! Stay safe!

Warm regards,

Amitha Pai

Founder & Trustee

One Good Step

JOURNEY OF GOOD STEPS

(117-152)

AND CONTINUED....

GOOD STEP 117 - RELIEF EFFORTS AT KAMMAGONDANAHALLI SLUM

As the first wave of the pandemic hit India and the lockdown was abruptly announced, residents of urban slums in Bengaluru faced tremendous hardships. Primarily employed at construction sites or menial jobs, loss of their livelihoods and their meagre daily wages placed them in dire straits, leaving them struggling to fulfil basic necessities.



Our first efforts at providing relief, was to provide **300+ such families** stranded at Kammagondanahalli slum with nutritious food.

This effort was also aimed at helping farmers of Nelamangala, who were limited by access to transport facilities in selling their produce during the lockdown. Nearly 1.2 tonnes of vegetables were procured, brought to the city, bagged by our team and volunteers and distributed door-to-door to the slum households.



GOOD STEP 118-119 RELIEF EFFORTS FOR WASTE PICKERS AND SANITATION WORKERS

Waste pickers and sanitation workers are the invisible backbone of our society and play a crucial role in the upkeep of our cities. The pandemic saw them more vulnerable than ever before. In order to give them much needed relief, volunteers cooked and served people engaged in waste picking, scrap dealing and sanitation work



The effort, carried out over two weekends saw **700+ hot meals** being cooked and served. It was a labour of love and a gesture of gratitude for these invisible hands that keep our cities safe.



GOOD STEP 120 RELIEF EFFORTS FOR STUDENTS

While most students undertook the journey back to their homes from hostels when the lockdown was announced, there were some who were stranded at their hostels in Tumkur district. To support the students left behind at Tumkur hostels groceries were provided as a stop-gap arrangement.

GOOD STEP 121 RELIEF EFFORTS FOR SENIORS

Located on the outskirts of Bengaluru, Oorugolu is a senior home that houses destitute senior women. Faced with operational challenges due the lockdown, they needed urgent assistance for day-to-day rations. Responding to the needs of their **29 senior residents**, food rations to last for a month were provided and delivered to their door-step, providing them much needed relief and a shot at resuming normal operations.



GOOD STEP 122 RELIEF EFFORTS FOR NARASAPURA VILLAGE

Located at Magadi Taluk, **25 families at Narasapura village** who were occupied in neighbouring farms and factories, experienced complete livelihood loss due to the pandemic lockdown. Once again, our effort was to enable them to sustain for a month through the distribution of kits with groceries and essentials



GOOD STEP# 123 RELIEF EFFORTS FOR SOMASAGARA VILLAGE

Located at Nelamangala Taluk, **60+ families at Somasagara village** who were occupied in neighbouring farms and factories experienced complete livelihood loss due to the pandemic lockdown. Our effort was to enable them to sustain for a month through distribution of kits with groceries and essentials.



GOOD STEP #124-125 RELIEF FOR PATIENTS WITH CHRONIC CONDITIONS & VILLAGERS

Loss of livelihood (of self or earning members of the family) adversely affected the treatment of many poor patients in Bengaluru who were already burdened by the cost of treatment for their conditions. Our effort was to enable them to continue their treatment by taking care of other household expenses through distribution of kits with groceries and essentials.

We also continued our relief efforts at Somasagara and nearby villages for a second month with a view to help them till the situation stabilized. Through this effort **50 households** got much needed relief



GOOD STEP# 126 RELIEF EFFORTS FOR AUTO DRIVERS AND SECURITY STAFF

Auto-drivers and transportation workers depend heavily on day-to-day work to support their families. The lockdown left them without their income and affected their households. The pandemic also saw them highly vulnerable to Covid exposure when work was resumed. In order to give them much needed relief, vegetable and grocery kits were distributed to 300+ auto-drivers and transportation workers. The effort was then extended to security staff in Peenya too.



GOOD STEP# 127 RELIEF EFFORTS AT KEMPAPURA SLUM

59 children and their families at the Kempapura slum (with parents who experienced livelihood loss at construction sites or as daily labour) were provided relief measures to enable their households to stay afloat as they returned to the slums after the lockdown, back from the villages. These children were a part of our “Streets to Schools” programs in earlier years.





GOOD STEP# 128 RELIEF EFFORTS FOR FAMILIES OF GOVT SCHOOL CHILDREN

As Vidyagama (in-community learning programs) efforts commenced in the state for students with no access to online classes, the plight of government school children with single parents and in poor households in Bengaluru’s slums came to light. In order to relieve their burden, household expenses of the families of **33 children of GHPS Sirigandhakaval** were taken care of, for a month, through distribution of kits with groceries and essentials. Blankets were also distributed to help the children cope with the cold Bengaluru winter



GOOD STEP# 129 LIFESAVING TREATMENT FOR NEO-NATES

During Covid times many expectant mothers from poor families endured tough conditions, enduring loss of livelihood, migration back to their villages and a struggle for food and nourishment. In many cases their babies were born prematurely, with low birth weight or other health issues at birth. Such children need NICU support to have a fighting chance for survival which was unaffordable for parents who were struggling for income.

Extending our healthcare efforts through a collaboration with Dept of Neonatology, KMC Manipal, led by eminent neo-natologist Dr Leslie Lewis, 6 new-born babies were provided critical life-saving NICU support and treatment.



GOOD STEP # 130 GOOD SCHOOL PROJECT - PLAYGROUNDS

In collaboration with Gramaantara Trust, our invaluable partner since the early days of OGS, we set-up unique, fun playgrounds at GHPS Gangarekaluve at Gauribidanur. The playgrounds are designed from reusable/recyclable materials that are locally available and cost effective. Local people are also employed to put it together.

We hope the children have many hours of fun when they safely return to the schools.



GOOD STEP# 131 GOOD SCHOOL PROJECT - GHS HOSKOTE OLD BUS STOP

The Good School Project is our undertaking

- to develop essential infrastructure in government schools (at least the bare minimum needed for the school to be a positive learning space for children)
- running programs to address poor academic performance

This is the fourth year of operation of this project. Schools are identified in collaboration with the government education department of Karnataka through an MOU for the same. Specifically, the following are the areas we seek to address with the contributions of our supporters.

Educational Infrastructure	Educational Outcomes
<p><input checked="" type="checkbox"/> School building – repair/renovation Best undertaken through government education funds. Long and involved on account of various permissions and local factors involved. We will not undertake this</p>	<p><input checked="" type="checkbox"/> Academic/Skill Building programs (English) Primarily English education programs focused on both curriculum requirements and spoken English development (as a life skill)</p>
<p><input checked="" type="checkbox"/> Toilets Best undertaken through government Swaccha Bharat funds outlay.</p>	<p><input checked="" type="checkbox"/> Career Counselling Will be conducted for students of Std X by One Good Step</p>
<p><input checked="" type="checkbox"/> Classroom Infrastructure A basic functional classroom.</p>	<p><input checked="" type="checkbox"/> Computer Education Will be contingent to computer infrastructure available in the school.</p>
<p><input checked="" type="checkbox"/> Water A critical need in many schools on account of high fluoride content. Can be fixed with purification systems. Vendors identified for the same</p>	<p><input type="checkbox"/> Value Education Currently in an exploratory stage with an NGO partner.</p>
<p><input checked="" type="checkbox"/> Library/Educational Guides Will be put together as a combination of first hand and second hand books.</p>	<p><input type="checkbox"/> Maths Education Currently in an exploratory stage</p>
<p><input checked="" type="checkbox"/> Sports/Arts and Crafts Facilities Basic infrastructure needed for some extra-curricular activities. for students</p>	<p><input type="checkbox"/> Science Education Currently in an exploratory stage.</p>

GHS Hoskote Old Bus Stop School's classrooms were in a dilapidated condition and lack basic desks, benches and educational aids for the students. The effort benefits 100+ students in the current batch and the future batches to come.

Revamp of the classroom that was successfully completed below.



GOOD STEP# 132 GOOD SCHOOL PROJECT - GHPS KOOLINAGAR CLASSROOM REVAMP

GHPS Koolinagar classrooms were in a dilapidated condition and lacked basic desks, benches and educational aids for the students. Revamp of the classroom that was successfully completed below.



The effort benefits 100+ students in the current batch and the future batches to come.

GOOD STEP# 133 GOOD SCHOOL PROJECT - GHPS SIRIGANDHAKAVAL CLASSROOM REVAMP

GHPS Sirigandhakaval classrooms were in a dilapidated condition and lacked basic desks, benches and educational aids for the students. Revamp of the classroom that was successfully completed below. The effort benefits 140+ students in the current batch and the future batches to come.



GOOD STEP# 134 GOOD SCHOOL PROJECT - GLPS ASHRAYANAGAR CLASSROOM REVAMP

GHPS Ashrayanagar Nali Kali classrooms (1st and 2nd std) were in a dilapidated condition and lacked basic desks, benches and educational aids for the students. Revamp of the classroom is in progress. Being a lower primary school, it was not reopened during the last academic year.



The effort benefits 30+ students in the current batch and the future batches to come.

GOOD STEP# 135 GOOD SCHOOL PROJECT - GMPS GORAGUNTEPALYA CLASSROOM REVAMP

GMPS Goraguntepalya classrooms were in a dilapidated condition and lacked basic desks, benches and educational aids for the students. Revamp of the classroom that was successfully completed below.

The effort benefits 80+ students in the current batch and the future batches to come.



GOOD STEP# 136 STATIONERY KITS FOR POOR CHILDREN OF GHPS SOMASAGARA

Stationery kits containing essentials like books and stationery were distributed to children of GHPS Somasagara school to fulfil a gap in providing this from the state department.

The effort helped 30 students of this village school.



GOOD STEP# 137 SCHOLARSHIPS FOR CONTINUING EDUCATION

It was a tough year for poor students pursuing higher education as their parents and care-givers struggled to sustain their income through the first wave of the pandemic. To support deserving students in need of financial assistance scholarships to pay their fees were provided to 13 students. Details below

S.No	Student Name	Purpose	School/College	Month
1	Aishwarya	School Fees	University College of Science ,Tumkur	Aug-20
2	Monisha	Fees, Books & Uniform	Chaman School Needs, Padmanabhanagar, Bangalore	Aug-20
3	Anemma	School Fees	Govt First Grade College, HSR, Bangalore	Sep-20
4	Komala M	College Fees - II PU	Sacred Heart Girls College , Jeevan Bheem Nagar Bangalore	Oct-20
5	Pooja Maruthi	College Fees- Engineering	Sairam College of Engineering, Anekal,Bangalore	Oct-20
6	Chaitanya	College Fees- PU	St. Claret PU College , Bangalore	Nov-20
7	Akshay	College Fees- PU	RJS PU College, Kormangala, Bangalore	Dec-20
8	Shailaja	College Fees- I PU	Govt PU College, Adugodi ,Bangalore	Jan-21
9	Krishna N	College Fees- I PU	Govt PU College, Adugodi ,Bangalore	Jan-21
10	Vandana	College Fees- BBA	SET Degree College, Bangalore	Feb-21
11	Bharathi	College Fees- I PU	Devanga Sangh Composit PU College	Jan-21
12	Mithun Reddy	School Fees- 8th Class	New Age High School ,Marathalli,Bangalore	Jan-21
13	Jayshree M	College Fees - B Com	Devanga Sangh First Grade College	Jan-21
14	Akshatha Y A	College fees - 1st PU	St Annes PU College	Jan-21
15	Arusha H	College fees - 1st PU	HASB PU College	Jan-21

GOOD STEP# 138 RELIEF EFFORTS KPS ADUGODI

In order to relieve the burden of single parent households of school children, household expenses of the families of 33 children of KPS Adugodi were taken care of, for a month, through distribution of kits with groceries and essentials.



GOOD STEP# 139 ARYAN ORPHANAGE

In a one-time collaboration, operational expenses of Aryan Orphanage in the form of groceries and essentials were provided. Located at Kithiganur the orphanage has 22 children.

GOOD STEP# 140 RELIEF EFFORTS FOR THE DISABLED

While persons with disability receive limited government support, delays in pay-outs during the pandemic left them in a difficult position.

To provide relief to these differently abled people and their families, grocery kits were distributed to 66 families at Arashinakunte village and nearby villages at Nelamangala taluk in co-ordination with the local govt officials and Panchayat.



GOOD STEP# 141 CHRISTMAS GIFTS FOR POOR CHILDREN

Gift kits containing essentials like sweaters, socks, toothbrushes and items like cookies, chocolates and toys were distributed to children of GHPS Sirigandhakaval school thanks to the initiative and generosity of a well-wisher family.



GOOD STEP# 142 GOOD HEALTH PROJECT - COMMUNITY EYECARE INITIATIVE

Areas that have limited/no access to healthcare facilities senior and economically challenged communities see a very high incidence of cataract related blindness among seniors. Most cases of cataract are treatable if detected early. Post-operative quality and self-reliance greatly improves for such patients. We address these issues through the Gift of Vision community camps in collaboration with Sankara Eye Hospital.

In the community camps, once the patients are diagnosed with cataract, they are screened for medical fitness for undergoing surgery. If found fit they are brought as a group (along with one attendant) to the base hospital in Bengaluru. In the hospital they undergo further screening and preparation for surgery the next day. All surgeries are performed over the course of a day and the patients are taken back to their villages the next day. Follow-up at these locations (on-site) is done after a month or as and when required by the patient.



Through 4 rural camps conducted this year 243 patients received out-patient treatment and 80 cataract surgeries were provided free of cost to seniors in these communities.

Camp details below

Eye camps summary details 2020-21								
Camp Date	Camp Location	District	OP			Cataract Surgeries		
			Male	Female	Total	Male	Female	Total
18-11-2020	Anekal	Bangalore Urban	29	28	57	6	2	8
24-12-2020	Gubbi	Tumkur	22	29	51	11	17	28
30-12-2020	Hoskuru	Mandya	24	30	54	9	9	18
05-01-2021	Chelur	Tumkur	42	39	81	18	8	26
		Total	117	126	243	44	36	80

GOOD STEP# 143 GOOD HEALTH PROJECT - PATIENT SUPPORT TO BABY CHARVIK

Baby Charvik who was born with Complex Congenital Cyanotic Heart Disease had undergone one corrective surgery for bi-directional shunt with a good response and improvement in his condition. But he needed a final corrective surgery for his condition. His family, coming from a poor background could not afford the cost of this complex and intricate surgery. With the help of our donors, we were able to raise the entire expense of the surgery and ensure he got a fighting chance at life.

Six months later, he is growing healthily and is headed towards a normal life.



GOOD STEP# 144-145 BLANKET DISTRIBUTION

As a special initiative by one of our kind donors distributed blankets to seniors at Oorugolu senior home for destitute women and residents of Somasagara village, Nelamangala



GOOD STEP#146 TREATMENT OF NEONATALS

Following the success of our earlier collaboration, Dept of Neonatology, KMC Manipal continuing our support to neo-nates towards NICU and early life treatment.

This time we extended support for 25 babies Listed in Appendix A

Serving to fulfil the need we will continue this association to benefit more new-born babies.



GOOD STEP#147 PAEDIATRIC PATIENT SUPPORT

Extending our healthcare efforts, in collaboration with Dr Vasudev Bhat, Dept of Paediatric Haematology and Oncology, KMC Manipal. For children from poor backgrounds who are suffering from cancer and haematological disorders, government health schemes often provide insufficient coverage for expensive treatment.

Serving to fulfil this gap we have supported 9 children in their treatment so far and will continue the association to benefit more children.



Sl#	Name	Treatment for
1	Miss Sanvitha	Renal Wilms Tumour surgery
2	Master Prashanth K	Thalassemia
3	Master Rishik	Thalassemia
4	Miss Thanushree	Thalassemia
5	Master Sujan	Thalassemia
6	Miss Sahana D R	B-Acute Lymphoblastic Leukaemia
7	Miss Pallavi	Systemic Lupus Erythematosus
8	Master Tejas	B-Acute Lymphoblastic Leukaemia
9	Master Ajjaya	B-Acute Lymphoblastic Leukaemia

GOOD STEP#148 MENTAL HEALTH CAMP AT BRAHMAVARA - UDUPI

An area of healthcare that is often neglected in community health agendas is mental health. Making the problem worse is an acute shortage of psychiatrists, qualified counsellors and therapists accessible to poor patients.

Even as focus on mental health is now slowly developing, at Brahmavara a village in Udupi Taluk, a team of dedicated individuals led by eminent psychiatrist Dr P V Bhandary, have been conducting monthly community mental health camps for the over 15 years now in association with Rotary Brahmavara.



The patients who attend these camps come from poor backgrounds and these camps are their only source of medical care. Patients of mental illnesses cannot suspend treatment. A break in treatment leads to aggravation and loss of progress. In an effort to avoid this, the camps had to be conducted even during the lockdown with all due precaution.

In supporting this effort, One Good Step sponsored the **212th monthly camp at Brahmavara which benefited 206 patients.** More camps in the pipeline.



GOOD STEP#149-152 GOOD SCHOOL PROJECT - GGHS AND GBHS HOSKOTE, GUHPS URDU SCHOOL, GMPS DODDAHALLUR, DASARAHALLI CLASSROOM REVAMP

GGHS and GBHS Hoskote classrooms were in a dilapidated condition and lacked basic desks, benches and educational aids for the students. Revamp of the classroom was successfully completed. **The effort benefits 200+ students at** in the current batch and the future batches to come.

GUHPS Urdu School Hoskote revamp of the classroom was successfully completed. **The effort benefits 70+ students at** in the current batch and the future batches to come.

GGHS and GBHS Hoskote revamp of the classroom was successfully completed. **The effort benefits 50+ students at** in the current batch and the future batches to come.

GGHS and GBHS Hoskote revamp of the classroom was successfully completed. **The effort benefits 40+ students at** in the current batch and the future batches to come.

Since this effort was done a few days before the second wave hit the schools had closed down again. Visuals on the same will be available once the schools are re-opened.

This Year - In Summary

1633 households

- Covid relief measures

41 new-born infants and children

- Critical life saving treatment

10 schools developed

- Benefiting 800+ current students and future batches

80 seniors and rural poor

- Vision saving cataract surgeries performed

15 students education

- Scholarships to continue education

Overall Summary

Good School Project - 52 Schools developed

- Benefiting 11000+ students

Streets to Schools Project - 322 children

- Brought into mainstream education

Light for Education - 3731 children and 5 remote girls hostels

- Night time solar electricity and light for students

Gift of Vision - 594 seniors and rural poor

- Vision saving cataract surgeries performed in collaboration with Sankara Hospital

Nanna Kannu -54000 children screened & 1700+ treated

- Eye screening with various corporate volunteer groups and treatment for children

Good Health Project - 65 patients

- Critical illness treatment support provided

47 students education

- Scholarships provided for continuing education

Appendix 1

NEONATAL PATIENT LIST

SL. NO.	NAME OF THE PATIENT	DATE
1	Baby of Vasanthi	04-04-2020
2	Baby of Bhavya	04-11-2020
3	Baby of Sumithra 1st twin	15/04/2020
4	Baby of Nethravathi	21/04/2020
5	Baby of Shrimathi	26/04/2020
6	Baby of Jyothi	27/04/2020
7	Baby of Pavithra	30/04/2020
8	Baby of Sulochana Nayak	30/04/2020
9	Baby of Sharavathi	05-05-2020
10	Baby of Reshma Kodiya	06-01-2020
11	Baby of Vidya Kumari	06-08-2020
12	Baby of Manjula	25/6/2020
13	Baby of Shilpa	25/06/2020
14	Baby of Manjula	07-01-2020
15	Baby of Savithri	07-02-2020
16	Baby of Madhuri	31/07/2020
17	Baby of Kusuma Nagaraj	08-10-2020
18	Baby of Mamatha	13/08/2020
19	Baby of Sudha	21/08/2020
20	Baby of Mubeenabi	09-07-2020
21	Baby of Anusuya	30/09/2020
22	Baby of Sumithra 1st twin	30/09/2020
23	Baby of Sumithra 1st twin	30/09/2020
24	Baby of Gouri Guruprasad Revankar	10-10-2020
25	Baby of Shanthi	28/10/2020

Acknowledgements

OGS thrives on the kindness and unstinting support of all our contributors and we are grateful to you all.

I would like to especially mention

V Sudhakar - for unstinted support in many invaluable ways to sustain and grow the organization

Bhaskar C N - our mentor and motivator for the last five years

Chaitanya Ramalingegowda - our trustee and true well-wisher

Mahesh Kumar - For supporting multiple relief efforts in Bengaluru, mobilizing volunteers and his dedicated service even during the lockdown.

Smt Rathanamma (HM) & Shri Tammanamugeya (HM) - For coming forward to co-ordinate relief efforts at Nelamangala and Bengaluru

Pragathi Charitable Trust for continued collaboration over the last six years

Gramaantara Trust a trusted partner for their playgrounds effort this year

Dr Leslie Lewis, HOD, Dept of Paediatrics, KMC Manipal - For enabling the collaboration to support neo-nates

Dr Vasudev Bhat - Dept of Haematology and Paediatric Oncology For enabling the collaboration to support needy children in their treatment.

Sankara Hospital (Parameshwara Reddy and Kumar V) for all the support on our eyecare initiatives.

Dr P V Bhandary & Rotary Brahmavara - For their collaboration on the mental health camps

P V Reddy - For managing our annual audit and guidance on financial matters

Alka Pai - For managing our accounting and financial management obligations

Abhishek Kaushik - For co-ordinating various initiatives during the year

Ronil Periera - Last, but not the least, whose dedicated service as our Field Operations Manager has taken our initiatives forward even during the pandemic.