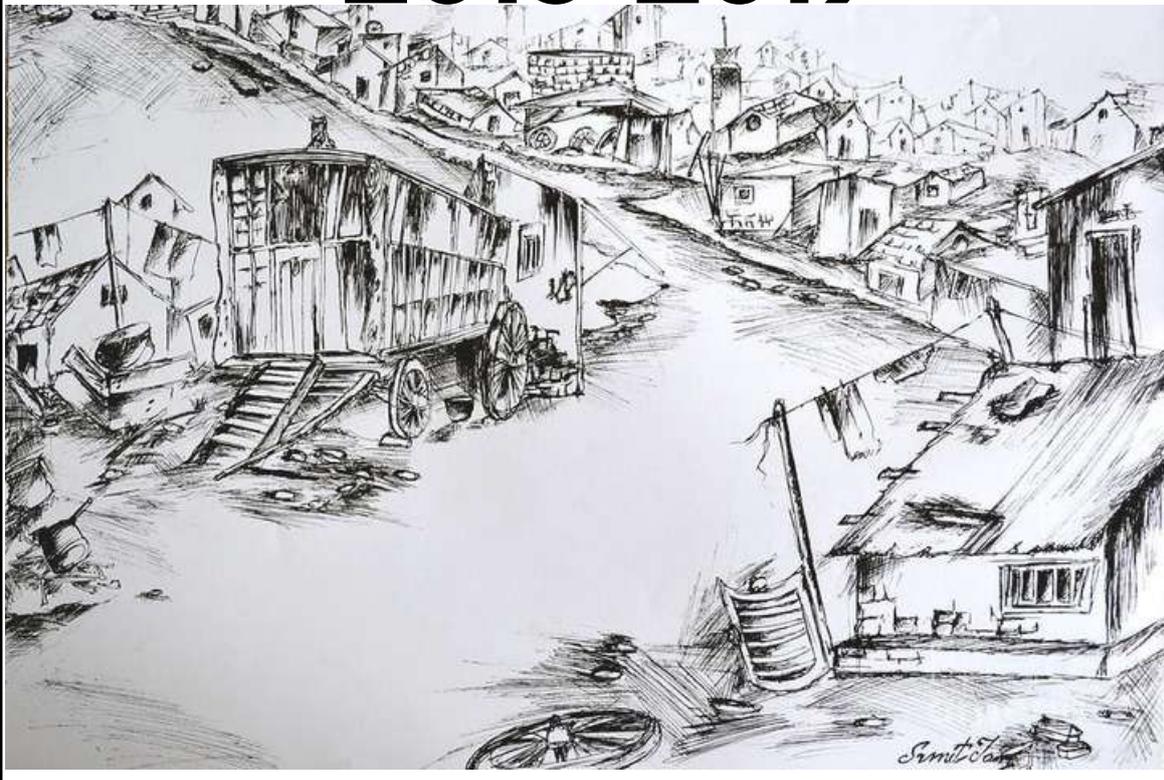




ANNUAL REPORT 2018-2019



July 2019

39,1st avenue teachers colony,
1st block Koramangala
Bengaluru-34
080-25530196

Dear Friends of Sampark,

It gives me immense satisfaction to present before you Sampark's Annual Report 2018-19.

Sampark this year has completed 28 years of work in development and true to its mission of expanding the capacity of vulnerable and poor people has reached out to over 16,200 women through SHG's, 20,000 workers and 7,000 children through its support for migrant workers and their children.

Working with disenfranchised migrant construction workers since 2013, Sampark has its presence in 40 labor sites in Bangalore and makes the workers aware of their rights and provides access to their entitlements. It reaches out to the workers through its helpline 1-800-425-1080 and 2 Workers Resource Centers.

Working with impoverished rural women in India since 1997, Sampark's women economic empowerment activities have supported the formation of over 1400 Self Help Groups (SHGs), involving poor women in Koppal in North Karnataka, India. To transfer the learning from our successful Koppal project, we have been working with rural women in Chiraigaon block of Varanasi district, Uttar Pradesh from 2017.

Working with victims of internal trafficking in Nepal, we ensure the economic and social empowerment of women and girls who are above the age of 18 and are victims of internal trafficking and/or other forms of sexual exploitation and violence who are working in entertainment sectors.

In Bangalore in the coming years, Sampark hopes to become the familiar name among migrant construction workers for any information, support which they need to access their entitlements. We would like to work towards increasing our reach and increasing the voice of vulnerable workers. Our Workers Resource Centers and helpline should work as the one-window to provide information and access to every migrant construction workers coming to Bangalore.

In Varanasi, Sampark has identified that capacity building, skills training and enterprise creation are the key needs, over the next 5 years and has tailored its activities. In addition to enabling women to operate savings and credit groups, Sampark provides an opportunity for women to step out their homes, overcome the patriarchal norms and join a women-only forum to discuss their issues and find mutual support. Sampark in the coming years would play an active role in rehabilitation and developing women's leadership.

In Nepal, Sampark would help in creating master trainers for livelihoods training, and strengthening a cooperative of 4000+ entertainment workers, in order to improve access to credit for micro enterprise.

Sampark strengthens the voice of vulnerable people by doing advocacy at various levels with different government departments like labor, education and health etc . We have made it part of our process to highlight all the issues faced by these people to the respective government departments. To give Sampark's voice more strength we collaborate with other NGOs working in similar field. During this year we have become the convener of a network of NGOs called the National Consortium for Children of Construction Workers(NC3S).



Sampark's team of dedicated staff on whom we have done a feature in this report is our biggest strength. I would like to sincerely thank all the staff for their relentless work, ownership of Sampark and their contribution to the lives and livelihoods of vulnerable people.

Sampark's mission would not have gained momentum without contribution from our donors and partners. Thank and appreciate all the donors and partners for their unflinching trust and support.

Warm Regards,
Smita Premchander
Secretary, Sampark.

Donors

- Fondazione Pangea Onlus, Milan
- Jochnick Foundation, Amsterdam
- Moody's Analytics Knowledge Services, Delhi
- Mobile Creches for Working Mothers Children, Delhi
- Bayer Nunhems India Pvt. Ltd, Bangalore
- Nuance Transcription Services, Bangalore
- SAP India Pvt. Ltd, Bangalore

Strategic Partnership with

- Akshaya Patra Foundation, Bangalore
- Arcadis Consulting India Pvt. Ltd, Bangalore
- DSR Infrastructure Pvt. Ltd, Bangalore
- JMC Projects India Ltd, Bangalore
- Keerthi Estates Pvt. Ltd, Bangalore
- Krishnamurti Foundation India, Rajghat Education Center, Varanasi
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- Total Environment Developers Systems Pvt. Ltd, Bangalore
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Individual Donors- In cash

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- Ms. Ankita
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- Mr. Neeraj Chandra
- Mr. Shashi Sachdeva
- Mr. Syed Munawwar

OVERVIEW OF SAMPARK ACTIVITIES

Sampark, started as a resource agency in the year 1990 and was formally registered in July 1991 under the Karnataka Societies Registration Act, 1960. It is also registered under the Foreign Contribution Regulation Act, 1974. Sampark works for the holistic development of the most marginalized people adopting inclusive ways of working in society that would create inclusion and promote equality.

BANGALORE

Sampark had started working with migrant construction laborers in Bangalore from January 2013 to empower and educate them to claim their entitlements. Creches were established for migrant workers children at the labor colonies. The children are given a safe place with food and nutrition near their make-shift homes. the children learn through informal lessons, games and activities which would help them to join the nearest government school.

KOPPAL

In 1991, Sampark initiated small and informal associations of women on principles of self-help and collective responsibility. Self Help Groups(SHG) provides an opportunity for the women to access credit from their own earnings and other institutions. Sampark has helped establishing 7 Souharda credit cooperatives under the Karnataka Souharda Cooperative Act, 1997 of which presently there are 4 cooperatives namely Eshwara, Sadhana, Bhumika and Govisidhheshwara, working under strategic supervision of Sampark.

VARANASI

Based on the learning and experience from Koppal, Sampark launched a Women Empowerment Project reaching around 1000 women in 12 villages in the Chiraigaon block of Varanasi district. The project aims to enhance women's economic and social empowerment. The formation of 80 SHGs has offered a collective and safe space where women learn to manage pooled finances, meet their consumption and emergency credit needs, and invest in income-generating activities. This is done in collaboration with the Krishnamurti Foundation of India.

NEPAL

Sampark, in partnership with Nepalese NGO Raksha Nepal, has empowered women survivors of Gender Based Violence(GBV) and trafficking for the past 4 years. The current project aims to economically empower over 4000 women through awareness about gender, enterprise development and financial literacy. The project locations are Kathmandu, Itahari and Pokhara. These are the major cities of Nepal where most of the informal entertainment sector's businesses are located and were women are vulnerable to GBV and trafficking.

Board Members

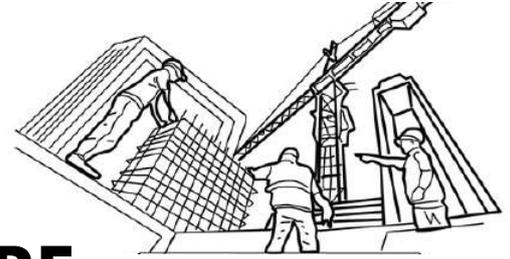
1. Dr. Kiran Rao - President
2. Ms. Neena Paul - Vice-President
3. Dr. Smita Premchander - Secretary
4. Mr. Chiranjiv Singh
5. Ms. Madhu Singhal
6. Ms. Chinnamma
7. Mr. Suresh Raghavan
8. Mr. Ashoke Chatterjee
9. Ms. T.M.Sujatha
10. Mr. Suryamani Roul
11. Mr. Sushant Gupta
12. Mr. Reghu Ram Das
13. Mr. Mahesh Madan Bhatt

KNOW MORE ABOUT OUR
WORK ! FOLLOW US ON

Website: www.sampark.org



OUR WORK IN BANGALORE WORKERS RESOURCE CENTRE



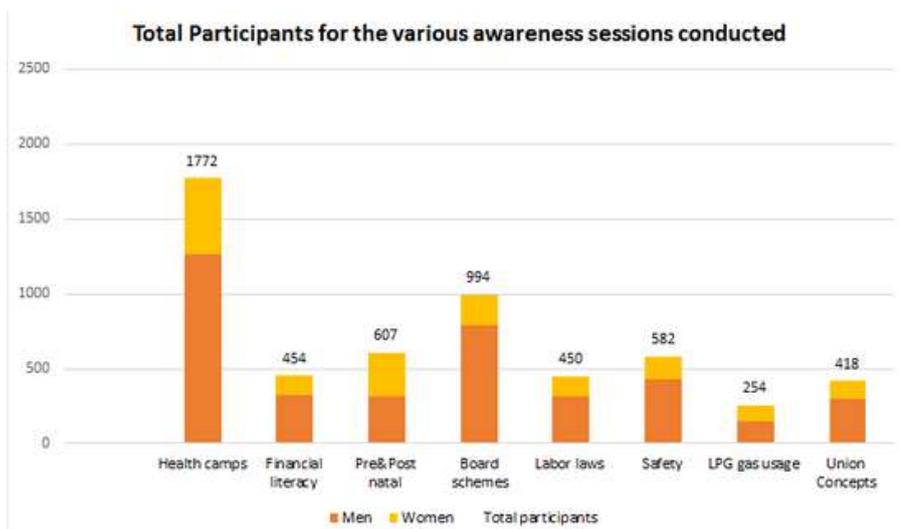
Sampark through its two Workers Resource Centre one each in the North and South Bangalore reaches out to migrant construction workers in 40 labor colonies. We enhance awareness among migrant construction workers about their entitlements in health, education, and legal sectors and make necessary linkages to access these entitlements such as accessing local PHCs, government schools and schemes from KBOCWWB (Karnataka Building and Other Construction Workers Welfare Board). We provide need based services such as ID cards, PAN cards and opening of bank accounts etc. This is achieved through co-ordination and collaboration among multiple stakeholders such as government, NGOs, and community based organizations (trade unions, private sectors builders, contractors, developers) to address migration as a development issue. The table 1 shows the number of accounts, ID cards created/renewed and chart 1 shows the number of workers who attended the various awareness sessions.

Details	Men	Women	Total
Bank A/c opened	208	146	354
Registered with the board	1346	132	1478
Renewal of board cards	49	18	67
PAN cards	28	33	61

Table 1

We help with concerns of women migrant workers throughout the migration cycle and provide support in accessing local anganwadi centres and caring of their children which would allow them to work and earn so that they will be economically empowered.

Chart 1

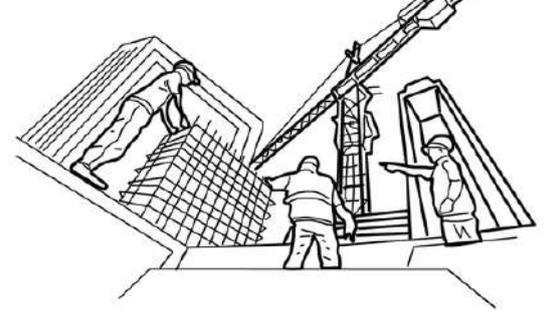


Yellappa bought a piece of land

Yellappa from Gulbarga was working in Harvest Labour Colony. He did not have any local address proof and was unable to open bank account. He attended a financial literacy program, contacted the Sampark field officer and opened account in Canara bank in 2016. He used the account regularly and sent money to his wife's account in the village. This helped Yellappa to save Rs 3,50,000 in two years and he was able to buy a piece of land for the construction of house in the village. Yellappa said 'Whenever there is money in hand, we were tempted to spend the entire money. Having bank account helped me to save and become the owner of a small piece of land.'



WRC GOING STRONG



HEALTH

Regular health camps were conducted in labor colonies. This year 18 camps were conducted which were attended by 1264 men and 508 women. 237 workers were identified with illness which needs further attention. They were referred to the Government Hospital for further treatment. 69 mothers got their mother cards and were linked to the anganwadis. We have created a network with the team of Rainbow Hospital which is a private hospital in Bangalore. They provide free treatment for the severe illness for children from under-privileged families. Health camps, HIV/AIDS awareness, Pre&Post natal care programs conducted by us are welcomed by the builders and are willing to bear the expenses too.



RIGHTS AWARENESS

The awareness sessions conducted on financial literacy, labor laws, safety, KBOCW schemes, union concepts has helped the workers and we received 46 requests from eligible workers and received benefits totaling 2,85,398Rs from the Board. Our mediation and legal aid resolved 9 cases relating to 31 workers who received 2,49,100Rs. with respect to pending wages, accident compensation, medical expenses etc. WRC Team also participated in a protest organised by the Karnataka State Construction Workers Central Union. It was to protest against the complicated online enrollment/ renewal of enrollment for the Board resulting in deprivation and delay of the facilities to the workers.

Union Concepts meetings conducted provides awareness to workers on the reasons to start unions and the outcomes & results of unions. Gen. Sec of Karnataka Construction workers Central Union (KSCWCU) and State head, Karnataka, CITU joined the meeting and stressed the importance of Unions. 130 workers have shown interest to join the unions.

MONETARY BENEFITS RECD BY WORKERS

KBOCCB schemes
2,85,398 Rs
Compensation received
through mediation
2,49,100 Rs

Mr.Rangachari received 1000Rs. under the 'Shrama Sanmana' scheme. This is one of the schemes of the Labor board wherein tailors, barbers, small shop owners etc can also receive the benefit. WRC team submitted 22 applications under this scheme.



Mothers in our labor colonies are winning prizes !!

Pink baby show is a scheme run by the Public health centers to encourage women to get the mother's card and follow all pre and post-natal care. Under this scheme, after the delivery, if a child is in good health condition (which is determined based on the required weight and height as per age) then the mother gets a cash prize.

Bujamma got the first prize of Rs.200

Shamma got the second prize of Rs.150

Pavani got the third prize of Rs.100.

Though the prize amounts are small, all the winning mothers are so proud to be identified as mothers of healthy children. They now encourage other mothers to get their cards.



MORE NEWS FROM WRC

SHRAMIK MITRAS

Sampark in its efforts of providing sustainable services identifies a literate worker, who has a good rapport with the community and who has the willingness to take up responsibility of guiding their fellow workers to the Worker's Resource Centre. There would be 3 to 4 Shramik Mitras at each site and these worker's capacities will be built on interventions of WRC.

Trainings about Shramik Mitras are conducted at WRC north and south offices. 415 workers that is 84 women and 331 men attended the 15 sessions conducted by WRC offices. 30 Shramik Mitras were identified who are active and attend all the meetings regularly. Exposure visits are organised for the Shramik Mitras which would help the workers to deal with the issues related to their working and living conditions in their labor colonies and work with new workers to let them know about the services of WRC.

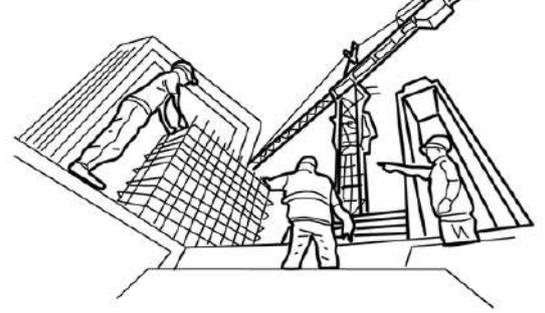
WRC organised one internal exposure visit where workers were taken to the Labour Department, Central Union for Construction Workers, Karnataka State Legal Authority and to a few government hospitals. In these places, the Shramik Mitras were shown the desks (places) of the concerned officers where they have to submit the registration forms of KBOCWBB in the Labour Department and in the union. They were also shown the government hospitals that they might need to go to in the case of severe illness. The sessions were conducted in a well-established conference hall, due to which the workers felt that the government officers treated them with respect

WRC conducted a 2-days exposure visit to Kasaragodu, KERALA in Oct 2018 where they visited 3 trade unions of construction workers wing - Centre of Indian Trade Unions (CITU), AICTU and Independent Workers Union.

RECREATION CENTERS

The objective of setting up of a recreation center in the labor colony is to provide a place where workers can spend time together, entertain themselves and also learn things that are useful for their livelihoods. It also helps to create an understanding of different cultures and strengthen the social fabric in the colonies. 2 recreation centres were set-up. One in TR Rajan labor colony and other in Keerthy labor colony. WRC team negotiated with the builder to provide a place in the labor colony to set up the recreation centres.

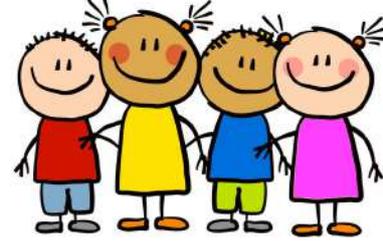
Inputs were taken from women and men workers on the sports or other materials needed in these centres. Field officers whenever they visit the labor colony, visit the recreation centre to reach out to the workers. The workers use the centre to celebrate Independence day, play indoor games, discuss WRC activities and labor issues.



Who will compensate the construction worker for the loss of income during the recovery period after an accident?

The answer is straightforward, that it is the builder or contractor but does it always happen? Aralappa worked for a contractor and both of them belong to the same village in Yadgiri. On July 27, 2018, while working at the site a wooden piece fell from the 6th floor on Aralappa and he sustained a head injury. They got him admitted at Vydehi hospital. The contractor and the builder spent for his treatment and after getting discharged from the hospital, both were not ready to take any further care of him. Aralappa sought help from his village leaders to negotiate. The contractor and builder refused any further help. Sampark came to know about this through a shramik mitra who informed the field officer Sundar. Sampark team and village leaders tried to negotiate again with the contractor but to no avail. Aralappa based on Sampark's advice decided to register a police complaint and after knowing about the consequences of a police complaint and discussions with Sampark team, the builder agreed to pay Rs. 50,000 for further medical expenditure and also for the loss of payment for three months. Aralappa expressed his gratitude to Sampark's mediation as despite knowing the contractor and coming from the same village they were unable to resolve the issue.

CRECHES



Creches run by Sampark at 14 labor colonies acts as bridge schools and are highly welcomed by the workers families. The otherwise unattended children are provided a safe place to stay and learn with prime focus on the children's health and nutrition.

There are 3 groups of children in the creche. Children above 6 months, Balwadi - 3-6 yrs, Non-formal education - 6-14 yrs. This year 4 new creches were opened and 2 creches were closed due to completion of construction in those sites. 1046 children of migrant construction workers were enrolled in all the creches during the current year of which 53% are boys and 47% are girls.. Health camps are conducted for children to identify their illness. Malnourished children growth is monitored and special diet is provided. 387 children that is 189 boys and 198 girls have been identified as undernourished and were put on a special diet. Over one-third of all children admitted to the creches are undernourished, highlighting the critical need for supplementary nutrition and monitoring of children's health. The children enjoy the midday meals, fun and interactive space provided to them by the teachers through various learning activities. Teachers interact regularly with the govt school teachers and help children to get admitted in the nearby govt. schools. 111 children got admitted into govt school this year.

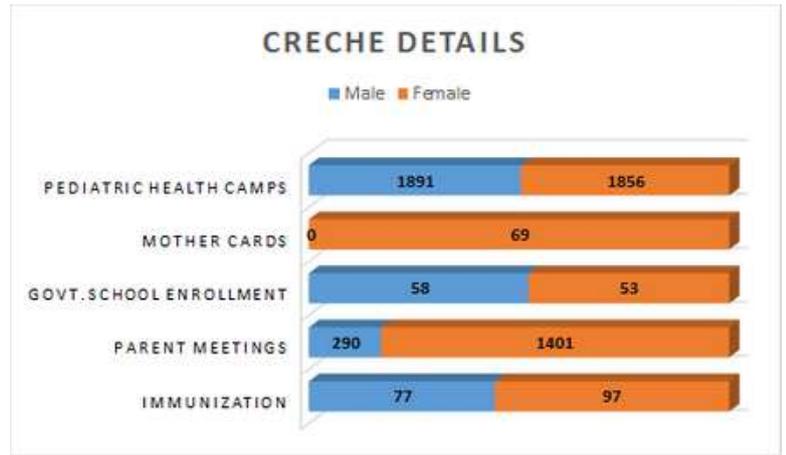


chart 2

Chart 2 above shows us the number of boys and girls who attended the health camps, got immunized and children who got enrolled in govt school.

Regular parent teachers meetings are conducted to re-iterate the importance of sending children to creche and also to discuss issues of both teachers and parents.. Chart 2 shows the no. of parents who attended the meetings.



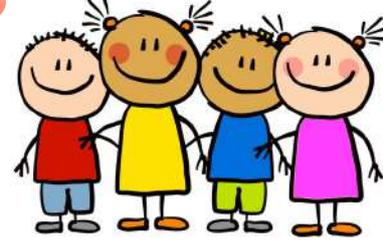
4 NEW CRECHE THIS YEAR

- Total Environment - Whitefield
- K2K- Rampura
- Rohan Akriti - Subramanyapura
- Mahaveer Turquoise- electronic city

Yamnura and Prasanthi from our Ibbalur creche have completed their 10th std from Agara government school. They joined our creches as 2 yr old toddlers. It is our pleasure to see them grow and come out in flying colors !!



MORE NEWS FROM CRECHES



CRECHES ARE WORKERS RESOURCE CENTRES

Creches are located in the labor colony itself. This provides the prime and first point of contact with migrant workers community and acts as a small WRC. The teachers have a good rapport with the parents of the children and this gives the migrant workers a sense of comfort and ease to ask for help from teachers. Sampark through creches has received 765 queries regarding various schemes and benefits that the government provides to migrant workers.

NATIONAL CONSORTIUM FOR CHILDREN AT CONSTRUCTION SITES (NC3S)

Mobile Creche who support us in the running of creches, initiated the formation of consortium of NGO's working with children of migrant workers. NC3S was formed with Sparsha and Sampark from Bangalore and Mobile creche, Sakshi, Rasta and Child Survival India (CSI) from Delhi. Sampark was appointed as the convener. The consortium would help in the advocacy with stakeholders to address issues related to children through consultation, meetings and awareness sessions with builders and developers, government departments, CREDAI and others.

TEACHERS CAPACITY BUILDING

Discussions with teachers of creches through monthly meetings brought out several capacity training needs like language skills in English and Hindi, strategies to convince parents to send children to creche and ways to manage two groups of children. To help the teachers get an idea about the different ways in which issues could be handled Mrs. Neena Paul, the Vice-President of Sampark conducted a role play session wherein different scenarios were given to teachers to enact. This helped all the teachers to brainstorm for possible solutions to help each other and to provide support. Diana and Nick visited the creches, identified training needs and offered to provide support through government school teachers from Scotland.



4yrs old Ullesh migrated to Bangalore from Raichur in 2008 with his parents. They used to live in the labor colony in Iblur and his mother would stay at home to take care of him. Though his parents knew about the creche, they would not trust the teachers and did not send Ullesh. With the teachers multiple visits to the parents explaining the creche and its activities and constant persuasion Ullesh enrolled in the creche on 14th October 2008. In 2010, Ullesh was enrolled in 1st standard in the Ibbulur government school with the help of the creche. In 2017, Ullesh completed his primary education in the Ibbulur school and enrolled to Agara high school. As on February 2019 he is in 9th grade and won the best student award of Rs 8,000/- from the Anjeneya Trust, Ibbulur for his good performance in studies and extra curricular activities. Karriappa his father said, "Today my child is in the 9th standard due to Sampark's creche. If not, he would have been dropped out of the school or not even enrolled in a school as I do not know how to approach a government school in a big city like Bangalore." He is looking forward to giving him a good education so that Ullesh can get a good job instead of working as a labour in construction sites. The cash award amount is deposited to Ullesh's bank account.



Congratulations to our staff Manjula and Prema who were selected by Agara PHC & honored with 'Seva Dhurina Award' for effectively linking patients to the government hospital !!

WORKSHOPS ATTENDED BY STAFF

- Embracing Diversity
- Annual Conclave on CSR
- Monitoring & Evaluation of Creches
- State Conference "Shaligagi Navu Neevu"



OUR WORK IN KOPPAL



In Koppal Taluk, Sampark worked on women's empowerment for over 20 years. During the process of group formation, Sampark identifies poor and disadvantaged people through various participatory exercises involving the community such as grama sabhas, social mapping, resource mapping, wealth ranking etc. Women were encouraged to participate in the SHGs and group members were trained about the concept of SHG, leadership, book keeping, financial management etc. They were also trained on topics such as saving and credit linkages which help them to get bank loans for initiating income generating activities. Over time, Sampark has helped establishment of savings and credit cooperatives. There are 4 cooperatives namely Eshwara, Sadhana, Bhumika and Gavisidheshwara working under strategic direction of Sampark. A cooperative is a community based microfinance institution owned by its women members and represents a cluster of SHGs formed in that area by Sampark. The co-operatives regularly take loans, repay them well, and have been self-reliant for over 6 years.

The co-operatives have been facing some challenges with SHGs not paying loans on time to the co-operatives. To improve the discipline of loan operations, Sampark team continues to maintain a light supervision of the co-operatives. Further co-operative staff need training on operations of the co-operative, bye laws, rate of interest on loan and loan documentation, sanctions and recovery.

Strengths of the co-operatives

- Conducted monthly meetings with the Board directors.
- Prepared General body meeting reports, annual report. Annual audit reports are prepared with the support of auditor.
- Updating yearly ledgers, cash books and daily reconciliation of accounts are done in a professional way
- Approached the local police station in need of help for collecting the overdue loans.
- The co-operative office celebrated Republic day, International women`s day, and Independence day
- New buildings are being made in Kolor village- Gavisiddeshwar co op
Kinnal village- Sadhana co op
Koppal - Eshwara co op

Financial details of co-operatives

.No	Name of the co ops	No of block	No of village	No of SHGs	No of Members	Share amt in Rs.	Loan out-standing amt in Rs.	Over due loan amt in Rs.
1	Eshwara	2	23	175	2433	1,849,973	6,432,283	1,200,000
2	Gavisiddeshwara	2	21	114	1608	1,598,050	2,051,100	150,000
3	Sadhana	2	19	168	2000	2,832,800	7,841,273	1,800,000
4	Bhumika	2	31	161	2063	750,300	3,545,000	3,545,000
	Total	8	94	618	8104	7,031,123	19,869,656	6,695,000

table 2



OUR WORK IN VARANASI



Sampark is implementing the Women Empowerment Project in Varanasi by building women's capacities through Self-Help Groups.

POVERTY FOCUS

A baseline survey was conducted in May 2018 in all the villages to cover at least 60% of the women in our SHGs, in order to understand their social and economic situation. The survey was designed on Survey CTO, a platform for social research surveys, and was deployed in the field by three interns from Indian Institute of Management, Ahmedabad.

Some key findings are :

- 90% of total respondents belong to SC. The major castes in the SHGs are Rajbhar, Harijan and Mallah., which are scheduled castes.
- The average family size is 6.92 members per family
- In 60% of the households, average income/ household member is less than 50Rs. per day
- Around 67% of Self Help Group members are illiterate.
- The average land holding size is 11.92 bissa per family Around 40% of the families have their own or leased lands
- 87% of the total families have either cows, buffaloes, goats or hens
- Around 40% of respondents work in agriculture labor, flower sewing, vegetable selling, sewing, shops, Bindi sticking etc. 60% respondents do not earn income, due to poor health, childcare and lack of access to income earning opportunities.

Figures point to the fact that the project has accurately targeted extremely poor and vulnerable women, who are disadvantaged due to social and economic reasons

Our Outreach
 925 women
 75 self help groups
 12 villages



table 3

FINANCIAL DETAILS

Liabilities	Amt in Rs.	Assets	Amt in Rs.
Total SHG savings	1,211,100	Internal Loan outstanding	922,843
Interest earned on internal loan	106,320	Cash in Bank	50,200
		Cash in hand	344,377
Total	1,317,420	Total	1,317,420

CRP Training

Community Resource Person are identified among the community members and are trained to become the community leaders. CRPs are the backbone of the project and are motivated by the project team. 15 CRPs were selected and they conduct meetings regularly with SHG members and help in implementing the activities. They meet at Sampark office every fortnight to share and learn ideas from the project team. Mr.Manjunath from our Koppal project assisted in training the CRPs and were taught on

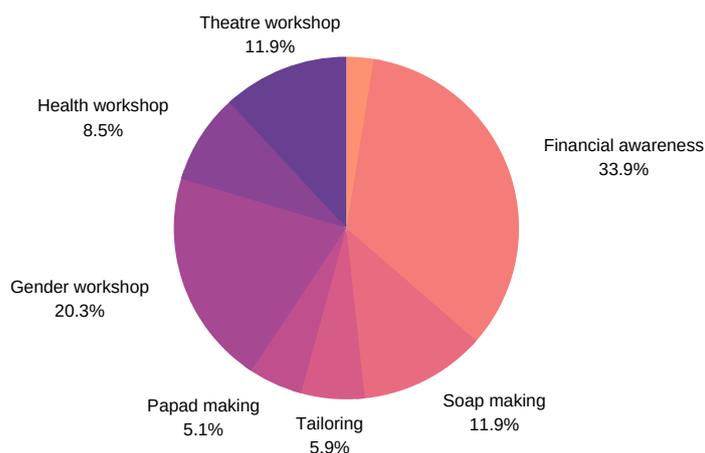
- Roles and Responsibilities of CRPs
- Book keeping and maintenance of registers
- The schemes of the Women&child ministry in UP, in a session taken by a government representative.



Theater workshop- A 8 day workshop, different indoor and outdoor activities were conducted to understand the behavior of women towards certain situation and observations were made on themes of power, hierarchy, motivational factors and habits.



chart 3
% showing the no. of women who attended the sessions



Financial awareness camp- Bank Manager of Kashi Gomti Gramin bank and Dr. Smita conducted a session on necessity of financial inclusion and opening bank accounts and about the insurance schemes. Women were given an opportunity to voice their views and concerns.

Gender workshop - A 3 day workshop on gender concepts was conducted by Nirantar, a professional organisation from Delhi. Issues and challenges around women's leadership and equality were discussed through songs, dance and stories. The idea of an SHG not merely being a savings platform but also a space for sisterhood and awareness were discussed.

Health workshop- The project team was alerted to the issue of Tuberculosis when a SHG member's daughter contracted the disease. The team worked with Public health centre to train SHG women to conduct a TB survey and collect sputum in the disease-prone villages. 6 cases were identified and were linked to the PHC.

A 2 day workshop and medical camp was conducted by students of Vasanta college for women. Topics related to general and menstrual hygiene, early marriages, literacy and importance of psychological well-being were discussed.

Skills training- KVIC center run by the Village Industries Commission taught Papad making. USHA tailoring school conducts certification programs for women. Soap making training was provided by a women entrepreneur from Kudumbashree Self help group in Kerala.

OUR SENIOR TEAM MEMBERS

We are extremely proud to present you the staff who have been with Sampark for more than 10 yrs and why they love Sampark.

LATHA

I was one of the first teachers to join Sampark, for the creche in Bellandur. The work which we did in the creche got enormous appreciation from the parents, PHCs and government schools. This motivated me greatly. Its interesting to see that kids who joined the creche when I joined Sampark, have got married now and bring their children to the same creche saying they want their kids to come to the same creche.



MANJUNATH



I was always drawn towards working with the community. I like my job when its challenging and enjoy it more. I have been involved with micro finance, agriculture, group formation, vermi composting model villages and now involved in Varanasi project.

MEENAKSHI

I get to do so many different kind of jobs in Sampark in a single day. I love the job as I get to interact with so many different kinds of people from India and from abroad. The work atmosphere and colleagues are so nice..



PRAMEELA



The two significant things in my life are my son and Sampark. I came from a totally different bakground and learnt everything on the job with guidance from Smita and others. Whether it is fund raising or project implementation, it has been stressful. But I feel when you give your heart and soul to something its bound to be stressful and I enjoyed doing it as there is a lot of job satisfaction.

PREMA

I always liked to work with children. Before joining Sampark, I was a housewife. After joining Sampark learnt so much on the job. I love the monthly meetings among the teachers as I get to know updates from all the creches and we are given an opportunity to learn from one another.



SHAMEEM BANU



Sampark has been my second home. Very homely workplace, there is always a concern for fellow staffs and most of all the freedom given at work made me take my work as my responsibility. I feel Sampark is ours and we take it on us to keep Sampark going.

INTERNS AND RESEARCH



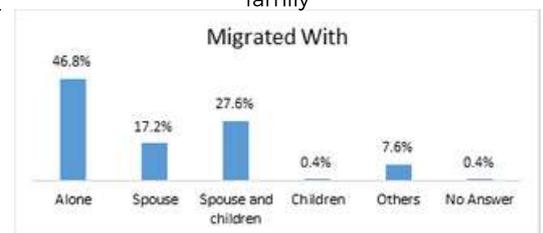
INTERNS

This year we had 20 interns from Christ University and 5 interns from St. Joseph's college of commerce. They assisted in collecting the profile of migrant construction workers from labor colonies. 3 interns helped us to do a market survey to understand the market demands for handmade soaps, powders and bags. 1 intern from Azim Premji University who helped us in the preparation of Annual reports and in writing case studies.

RESEARCH

Sampark did a research on "Understanding Behavioral Changes of Food Habits of Migrant Workers: At Destination and Source". As part of the process, Sampark completed the desk research, designed methodology, and developed quantitative and qualitative tools. An intern named Ms. Golda Lenzin, supported the team in developing research tools.

chart 4
showing % of workers migrated with or without family



The results of the research are as below

Workers time for cooking

The questions concerning the effect of time on the dietary habits on the workers show that they spend more time preparing food in the villages compared to Bangalore. An important reason is that workers have more time in the village and also the number of family members are more. Furthermore, the different cooking style influences the time spent preparing food. The migrants tend to have more meals in Bangalore than in their village.

Dietary Acculturation

Many migrant workers say that the food in Bangalore differs from what they eat in their village. They show that it shifted from the farm and Public Distribution System in the village to markets and shops in the city. This leads to a rising consumption of non-vegetarian meals, chapatis, and alcohol. However, the greater availability and accessibility of food items does not lead to more diversity in their consumption pattern.

Income of migrant workers

The daily income is significantly higher after the migration than before. However, the food is more costly in Bangalore. Especially for complementary food items as meat, fish, dairy products, and egg. The migrant workers forego those products due to higher prices. Bachelors, tend to restrict their diet because of the unsatisfactory common kitchen on the construction sites. They stick to the common kitchen although they do not like it in order to save money.

Social Safety Net

The number of people in a household changed significantly. Before migration only 3% of respondents were alone, whereas after migration 40% of individuals live alone. Many people ate more in the village as they had the family to cook and feed them and now as they are alone they eat as much as they want or can afford and also have pressure to save money and send to the family.

THANK YOU

