



# KARUNA

from discrimination to  
dignity in India and Nepal

2019

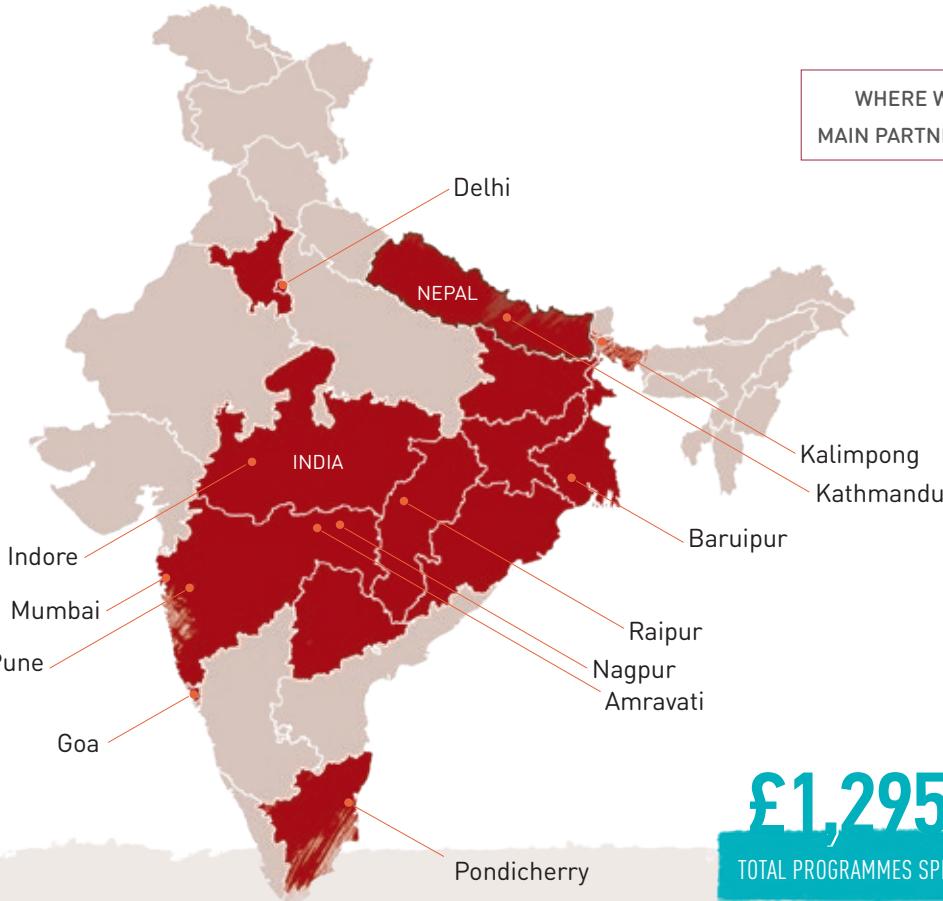
**67**  
67 PROJECTS

**10**

10 STATES IN INDIA

**3**

3 DISTRICTS  
IN NEPAL



**CEO** Ciaran Maguire  
**Patron** Dame Judi Dench DBE

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# Welcome to the Karuna 2018-19 Annual Review



Thank you so much for supporting Karuna's work over the past year. With your help we were able to fund 67 projects in India and Nepal, directly benefiting 99,000 people, either trapped in poverty or suffering extreme forms of discrimination.

Through our projects and partnerships with local organisations, we have been able to offer new opportunities in education, livelihood development and access to justice, giving people the chance to radically transform their lives for the better.

This year's Annual Review has a special focus on our livelihoods projects which are transforming the lives of people traditionally forced into degrading caste-based types of work. You will also read about our new work in rural Bihar, which is one of the poorest states in India where millions of people struggle to survive on less than £300 a year.

I'd like to thank you for giving so generously to our stand-alone appeals last year, helping us raise vital new funds for our work with displaced tribal communities, girl's education, a school for children of the Himalayan diaspora and disabled children.

The context for our work remains challenging. Political and economic uncertainties in the UK, combined with political pressures on our partners in India make it increasingly difficult to fund effective work that challenges discrimination. In addition our partners are increasingly having to deal with the effects of climate change and natural disasters;

and all-too-often it is the most marginalised Dalit and tribal communities who are most vulnerable to the impacts.

Yet in spite of these challenges Karuna, working closely with our sister charity Karuna Deutschland, continues to expand and to reach out to new communities in vital need of support. Last year we were able to put £1,295,604 into project funding: more than ever before. Over the coming years we want to build up our newly established livelihoods work in Bihar and Odisha and to develop new ways to respond to the needs of communities affected by climate change and natural disasters.

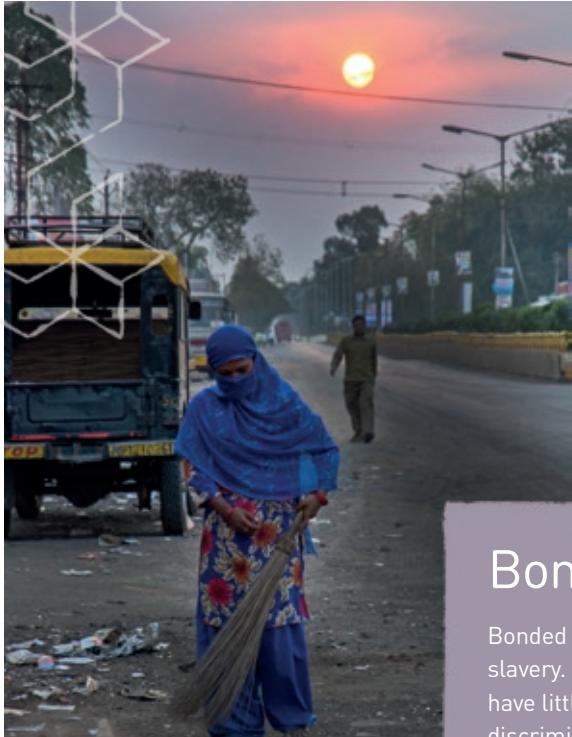
None of this work would be possible without the committed efforts of our partners and your generous support. I hope this Review will introduce you to some of the amazing people benefitting from our work and explain the part you are playing in giving people the opportunity for better, more dignified lives.

Ciaran Maguire  
CEO Karuna

**99,000**  
99,000 PEOPLE SUPPORTED  
THIS YEAR

# Caste and Livelihood

In India and Nepal, people's livelihoods are a major indicator of their caste status and one of the principal ways by which traditional inequalities are passed down from one generation to the next.



Dalits are under-represented in formal employment and over-represented in dangerous, insecure and exploitative work. In rural areas, 55% of Dalits have no work security compared with 22% from dominant castes.

Labour markets in India are still segregated along caste lines, severely limiting people's basic right to a dignified livelihood. Research has also shown that economic growth has further impacted Dalit and tribal communities, displacing them from land and resources, increasing their vulnerability to exploitation by wealthy landowners and often resulting in indebtedness and bonded labour.

## Bonded Labour

Bonded labour or debt bondage is a form of modern-day slavery. People are forced to work to pay off a debt that they have little or no control over. In South Asia, caste-based discrimination and poverty provide fertile conditions for bonded labour to flourish. The prevalence of bonded labour in India accounts for it having the highest number of people in modern-day slavery in the world. Often people are tricked into these debts because they have been trafficked on the promise of a better life or they are poor and illiterate and easily exploited with no other options to survive.

**18.4m**

INDIA HAS THE LARGEST NUMBER OF PEOPLE UNDER 'MODERN-DAY SLAVERY'

# Working for Dignified Livelihoods

Karuna's work supports Dalit and marginalised people to break out of the cycle of poverty and lack of opportunities that is perpetuated by caste discrimination.

Thanks to your support, our work enables people, especially women, to access dignified and caste-free livelihoods and an increased freedom to make choices in their lives.

We want people to be free of degrading caste-based occupations or unskilled daily wage labour and access more skilled, dignified and financially secure forms of work. Making this change requires people to form a new vision for themselves through vocational skills training and, by fostering an enabling environment and building networks, this vision can become a reality. Projects such as our new work in Bihar aim to help landless agricultural

labourers to develop new skills, access land and form farmer collectives so that they can grow their own produce, improve family nutrition and generate extra income. This may seem like quite a small change to us, but in the context of rural India, with its deeply ingrained systems of graded inequalities, it can mean a very significant change in the stigma people have faced for generations.



The result of our work ensures that the next generation becomes less affected by caste discrimination. In the longer term we want people to become role models and champions for a more equal society in which it becomes the norm for people of different castes to work together on equal terms.

**77%**

77% OF DALITS AND 90% OF TRIBAL COMMUNITIES ARE LANDLESS

## New States - Bihar, India

In September 2018, your donations allowed us to initiate a new project in the Northern state of Bihar, one of the areas in India where the problems of caste-based poverty and discrimination are especially acute.

For centuries, the fertile farming land has been owned and controlled by a small number of dominant caste families in a feudal rural economy that leaves millions of Dalit people without any form of independence, power or financial security. Attempts by successive Governments to redistribute land more equally have been met with bitter, often violent opposition from landowners, wanting to maintain their ancestral privileges and access to cheap labour.

Our project based in the remote rural district of West Champaran aims to help landless agricultural labourers from Dalit communities to develop new skills and confidence so they can start to grow their own produce to help feed their families and generate an independent income.



Growers collective in West Champaran

Local project workers known as Sabji Mitras are providing the villagers with seeds, tools and training to grow their own vegetables on small pieces of land close to their homes. These 'kitchen gardens' initially enable women to grow small crops of vegetables to supplement their families' diets. But the project also supports them to come together and organise themselves into Farmer Interest Groups, so that they can start to generate extra income through commercial cultivation.

By forming into collective enterprises the villagers are able to get access to loans and other government schemes and also to challenge the vested interests of

### Land Rights

Dalit and marginalised people often live and work on land that they don't own. This land is usually on the outskirts of communities in unproductive or undesirable areas. Completely unaware about their rights and entitlements, landless households are at constant risk of eviction resulting in temporary structures for shelter and little investment in the land. Many landless people work as agricultural labourers being paid a low and irregular daily wage to work on someone else's land. Caste-based violence is common in these situations with landlords exploiting the high levels of illiteracy within Dalit communities and so, without help and support, it is hard for them to understand and fill out the necessary paperwork to claim their rights.



I hope one day it will help our family have a better life.

— Srikanti Devi



Srikanti Devi with her children

local landowners who would otherwise try to block their development by refusing to sell them seeds and tools.

For women like Srikanti Devi, who has been a daily wage labourer all her life and has never even thought about producing her own crops or having her own business, starting a project like this represents a courageous step into the unknown; the first step in a long journey towards a life of dignity and freedom. "I feel I can do this" she says, "If I can cultivate vegetables on half an acre, I will be better off financially and my husband will no longer have to go away to find daily wage work. Instead we can work together to produce our own crops." In that moment, her eyes light up with a fresh sense of hope and optimism

# Livelihoods in Nepal

In Nepal, 80% of Dalit women live below the poverty line, living on less than \$2 per day. With almost two thirds also being illiterate, chances for a meaningful income are slim.

Lalita is typical of most Dalit women in her community. Traditional values place her in the role of full-time householder and child rearer, while poverty still forces her to work in the fields. Not owning her own land and with no education, daily wage labour, dependent on landlords, is her only choice. Caring for her 3-year-old,

Robesh, too often comes second as she struggles to get by.

"It was the same for my parents," Lalita remembers. "Parents pass on their problems to their children. They have no choice."

Though her friend, Gothimayar, struggles with the same kind of issues, she can at least

grow some crops on the land surrounding her home. However, the crops are seasonal, and yields are inefficient due to lack of knowledge and poor access to tools or equipment. When she does get to the marketplace, absence of business acumen and gender perceptions further minimize the possibility of a meaningful income.

"People see I am a woman and give me lesser prices," says Gothimayar. "If I do not have the knowledge, how can I argue?"

At Christmas in 2017, we asked for our supporter's help to give Nepalese women like Lalita and Gothimayar the chance to stand on their own and regain independence through our dignified livelihood projects. Thanks to the generosity of supporters like you, hundreds of women have been able to benefit from these new projects and finally gain the chance to become self-reliant.

Karuna has used these donations to equip people with the practical knowledge and skills to achieve sustainable increases in their income. By teaching chilli and ginger farming using modern, simple methods, these women are able to grow year-round, desirable crops using just the areas around their own homes. For those that have no arable land of any kind, we teach mushroom growing, which can be done indoors. Alongside these techniques, we teach basic business, finance and saving skills, allowing them to get the full benefit of their work and avoid being exploited. These methods allow them to increase their household income 4-5 times over.

Lalita has been growing mushrooms and selling them at market. The work has been so profitable she was able to stop working as a labourer. The simplicity of the techniques, once learned, means she has more time to spend raising her son.



Lalita has become a mushroom producer to better support her family

750

750 FAMILIES INCREASED  
THEIR INCOME BECAUSE OF  
THE ADWAN PROJECT

"I feel like I can do things, like I am worth something now," says Lalita. "Before, I could only write my name. Now I feel like a business woman. I make decisions for myself and my family instead of them being made for me."

Her friend, Gothimayar, agrees. She has also benefited from the same project. "I used to know nothing," says Gothimayar. "I just did the same things every day. Now, I have skills. I am excited to learn new things."

With the extra income she has gained, Gothimayar can pay for education for her children, which she could not afford before. "I want them to benefit from my new skills. Now I can pass on something good."

Your donations mean that these women can enjoy a self-determined life, instead of one defined by circumstances — and pass these benefits onto their children, too. Thank you to everyone who was able to get involved.



Ramaya (right) growing pineapples with her women's group

10

## Supporting Each Other to Grow

Ramaya is waiting for the rain. "It is late this year," she says. Of course, she has seen every kind of rain, early and late, in her forty some years of working in the fields outside her village, growing rice, wheat and maize.

In the lowlands of Nepal, the fields stretch on for miles. This time of year, they are eclipsed at the edges by a curtain of orange dust, the year's collection, waiting to be cleared by the coming monsoons.

“

I love being with the younger women. I feel young again!

— Ramaya

Ramaya is in her sixties. She spends most of her day bent over, planting, weeding or swinging a hand scythe. And while it's not wet yet, it is hot. She feels the heat much more than she used to and she tires more easily, too. Meanwhile, the work to be done only ever increases.

Her family has been doing this work for generations and, without an education of any kind, there were never many options for women like Ramaya. But that doesn't mean she is too old to learn.

Karuna's women's groups in Nepal emphasise accessibility. This means that new knowledge and skills can benefit everyone, whether young or old, because everyone deserves a chance at a dignified livelihood regardless of caste, age or gender.

Since joining the group 5 years ago, Ramaya has been taught how to grow crops, like ginger, that require less maintenance and manual labour but yield a more significant margin.

All this means that Ramaya has more time and energy for the things that matter, as well as the resources to take care of herself and secure a future. Not to mention the new friends and support she has received from the women in the group.

"I love being with the younger women. I feel young again!" she says. "I didn't have an opportunity to get an education. Now that I can learn, I want to learn everything. You're never too old to learn new skills, and I am proof!"

11

# Convincing Change – Gender Equality

It is no coincidence that, in the areas of highest poverty, gender discrimination is at its peak. For Dalits in particular, the menial, hard labour that men are forced into, combined with the daily abuse and discrimination they suffer socially, often causes that violence and frustration to be transferred into the home onto their wives, sisters and daughters.

Even in cases less extreme, while women take care of the household, men are still the decision makers. Once married, women are commonly denied the opportunity or permission to engage with other women or even leave the home for anything that does not pertain to the running of the household. The frustrations of poverty can often lead to domestic abuse for many women who, isolated, suffer in silence. Even widows are commonly held responsible for their husbands deaths and accused of witchcraft (known as "bokshi").

In order to engage women in our livelihood projects, we need to engage husbands to overcome these barriers. We know that the most powerful voice is the one that comes from within the community or the home; that's why, in Nepal, we are empowering women who benefit from our projects to engage the men in the community

Sita Sunar, 40, has been growing ginger as part of a Karuna-supported programme. Typical of most families in her community, she had struggled with the daily barriers of caste, poverty and gender. When the project first came to her village, many husbands needed persuading to allow their wives to join. Sita was lucky to have a supportive husband, but many of her friends faced tough resistance.

"Before training, most women are afraid," Sita recalls. "Men control the home."

Alongside growing techniques and business skills, they learn about women's rights. They are able to take this knowledge back into the home and educate their husbands, families, as well as other women whose husbands refused to let them join.

"We develop all of our skills, not just growing ginger, but so much more," Sita says. "We learn about our value and our potential to change things. Now, I can advise husbands who are holding back their wives."



"I tell them that men and women are two wheels of the same cart. You cannot have one bigger or smaller, or else the cart does not work. They must work together, equally. The family is like this."

Sita's new knowledge and income means that she is now the breadwinner of the family. Her husband is proud of her and also tells his friends to support their wives.

“

I tell them that men and women are two wheels of the same cart. You cannot have one bigger or smaller, or else the cart does not work.

— Sita

"When we hear of a man who is discouraging his wife, we explain that women need opportunity too," says Sita. "If you keep them at home, you will never find out what they're capable of. We show them how much these groups have helped us, and ask: do you not want this for your family too?"

# Strong Girls Project – Education

This year, your donations helped Karuna support 24 education projects in India and Nepal. From our own experience, coupled with independent research, we know that Dalit girls are the most in need. Early marriage, traditional views on gender and classroom bias mean that 75% of young women drop out of education before the age of 16.

With your support, Karuna's projects are making a difference we can measure. In comparison, 96% of girls that go through our education projects stay in school until 16, with over half continuing into higher education.

Last Christmas, we called you and asked for your help in getting these education projects to even more girls. Thank you for the tremendous response we received - with the help of supporters like you, we were able to raise over £70,000 to keep girls in school. In combination with your regular donations, this has allowed us to be able to trial the same methodologies we used in India in rural Nepal.

We know that girls need more than basic resources in order to stay in education. They also need the support of schools, their parents and the wider community. That's why we work with schools directly, training teachers and helping raise awareness about the hidden biases that may be present in their classrooms. We assist the parents too, creating parent groups and gaining government support they may be unaware of, encouraging them to think seriously about their daughter's education instead of putting them second.

Avni is 13 and a student at one of the Karuna-supported schools that are among the first in Nepal to benefit from this new initiative. Her parents are both agricultural labourers and live together with Avni and her little brother, Ramesh, in a small, single-roomed house. Keeping the family fed, clothed and safe, never mind educated, is a daily struggle for both parents.



For families like Avni's, poverty removes everything but the most basic needs. Education for children, particularly girls, is a luxury that parents simply can't afford. Her father, Dhankumar, remembers this himself, when he was a boy.

Avni proudly on her way to school

“

I want a different life for my children. I will do anything I can to give them that chance.

— Dhankumar

“With education, you can affect your life and the world. I didn't get that chance. My parents died when I was young — I needed to work to support myself. I can't change things now, but my

children can. I want a different life for my children. I will do anything I can to give them that chance.”

“The difficulties are not equal. My sons will help themselves if they get no education. They can work or get jobs. My daughter will not be allowed.”

Karuna and its supporters believe that education should be a right available to all regardless of financial or social situation. We provide the materials that Avni needs to continue her schooling, such as books, bags, paints, pens and more. We also help her family become aware of government subsidies and their rights, accessing funds and other support. Finally receiving tangible financial and social support, they can keep their children in school and help create a different life for them.



Avni is committed to making the best of this new opportunity. She wants to become a teacher.

“I want to make a better future with my education and use it to help my family. Everyday I learn new things. If I stay focused and disciplined, I can spread my learning to others. I want to fulfil my parents dream and make them proud. If the wish is strong enough it will come true.”

# Supporting Mothers in Nepal – Karuna Germany

Borders in developing countries are historically areas of great poverty and hardship. The conditions for some communities in Nepal on the border with India are no exception.

Among the Musahar community who live along the border with India, literacy rates are incredibly low, particularly among women. Traditional beliefs that are harmful to the mother and child continue to propagate. Many mothers believe that illnesses are caused by curses which can be treated if no-one looks at the afflicted baby. Instead, mothers will completely wrap them in a thick blanket despite sweltering heat. Usually, this worsens their condition and causes some to die of heat exhaustion.

**1,600**

EVERY YEAR, MORE THAN  
1,600 CHILDREN ARE BORN  
IN THE 10 CENTRES.

It is shocking that Nepal's infant mortality rate is 10 times that of the UK. Severe malnutrition, child marriage and poor standards of education among parents result in this unacceptably high figure, not magic spells. Health posts are often few and far between in these already isolated areas.

The problem is compounded even for those mothers turning to more modern responses to childcare. Poor communities in this part of Nepal have crossed the border into India seeking available medical care. Sadly, unlicensed doctors and phoney medical practices wait ready to exploit them. Continuing to suffer high stillbirths, infant deaths and infections in these poorly run medical establishments, it is

no wonder that mothers are once again turning to harmful superstitious practices.

Our sister organisation, Karuna Germany, is fighting to give them that choice by approaching the problem of maternal healthcare holistically.

Over the past year, they have provided 10 birthing centres, as well as equipment and staff, so that the women and their children can receive treatment and support in their own communities.

Highly trained health professionals who often come from the community perform regular home visits. By increasing accessibility and providing everything on-site, Karuna Germany is combating destructive practices both old and new, bringing the families everything they need to ensure the health of mothers and their children.

These facilities have been funded by Else Kröner-Fresenius-Stiftung, donations raised in Germany. Our close partnership with Karuna Germany means that projects like this can access government and EU funding. Post-Brexit, this represents a tremendous opportunity for Karuna and our projects in India and Nepal to continue striving for our shared purpose to transform discrimination into dignity in India and Nepal.



**21,000**

21,000 WOMEN AGE 15-49 WILL  
BENEFIT FROM THE PROJECT

# Educating Against Child Marriage

Amla is only 15, but she's far from childhood. Her father abandoned her when she was young and her mother, sick with tuberculosis and asthma, now looks to Amla to take care of her.

Amla's life is typical of many girls like her in rural India. At 11, she was pursued by a 28-year-old man for marriage. The man had a drinking problem and known for abusing women; regardless, when she resisted, people in her village mocked, threatened and bullied her in order to force her into marriage. Desperate, Amla and her mother managed to escape to her maternal uncle's village and set up a simple new home on his land.



Amla at home with her mother

Most of Amla's friends would not be so lucky; married before puberty to men twice their age in an environment where alcoholism and domestic violence are the norm.

It was in this new village that Amla was able to make contact with the Karuna-funded, Nishtha girl's group after a social worker, hearing her story from community members, reached out. The group raises awareness about women's rights and intervenes in community issues where women are being abused. Groups of young women meet, learn and discuss their rights, involving parents and the wider community, too. Working together, these girls can change the minds of the world around them, preventing child marriage and domestic violence. Over the past year the project has intervened in 186 cases to prevent underage marriages.

"When a fellow girl has problems," Amla explains, "we support her and educate her on how to solve it."

The girls are also supported in their pursuit of education, with resources and grants made available along with educating parents about the importance

Amla is a leader of a girls group



## Women in West Bengal

In West Bengal marriage is normal for 47% of girls under the age of 18, making it the worst of all states in India, and rises to over 60% in some remote districts. Early marriage takes girls out of school, severely limiting their opportunities in life. West Bengal is ranked as the most unsafe state for women with 44% of all child trafficking cases occurring there.



When a fellow girl has problems we support her and educate her on how to solve it.

— Amla

of girls education with the help of Nishtha's team. In memory of her late mother, Karuna supporter Dr Rachel Robinson gifted a significant donation which allowed us to expand this support to girls beyond the age of 16, helping girls gain access to vocational skills and enrol in college and university. We are deeply grateful to Rachel for this generous gesture.

"As a retired teacher," says Rachel, "I am delighted to be in a position to support girls staying on into higher education. I am doing this in my mother Betty's memory.

"In 1938, Betty was the only one of her family to go to Grammar school. In her family, staying on at school meant completing the school certificate at age 16, even though my mother would have loved to carry on in education, perhaps to train as a nurse.

"After Betty's death in 2018, I decided to use a bit of her legacy to support girls in the Nishtha project. 200 girls will continue into further education, helping them to become leaders in the future. I am so proud to be able to make this contribution!"

By finally having access to the resources and education they deserve, young women like Amla can become successful changemakers in their community. Even more, their success will advocate the end of gender violence and child marriage for future generations of young women, too.



Thank you to all of our supporters who helped raise over £7,500 in aid of a school in the foothills of the Himalayas. We are halfway to our target of £15,000 to support hundreds of children with a quality education in a caring and supportive atmosphere.

### Radiate Love

Shubhu, 5, a student at the Indo-Tibetan Buddhist Cultural Institute (ITBCI), is just like any other child that age; curious, energetic and wanting to play. You would never know the horrors she has experienced in her young life but, thankfully, is too young to remember. Her mother, Sanjaya, however, does remember.

Barely a month into Sanjaya's arranged marriage, the beatings began. They were two strangers in their early twenties, knotted together under the pressure of family and social obligation. Conflict was seemingly inevitable and, in the poverty-stricken community they were a part of, that tension turned into domestic abuse.

"Many women suffer this way," Sanjaya says. "They get married, taken away, and suffer all their lives."

Sanjaya's husband's path was predictable for men like him; illiterate, he was forced to work in horrendous conditions in a quarry for inhumane hours, only to still be seen as second-class by his society. Struggling to cope, he turned to alcohol, like his father before him. Shockingly, he would argue with Sanjaya for not agreeing to sell Shubhu; a last resort to free them from their poverty. Sanjaya would refuse and he would beat her.

“

I always know  
she can be safe  
and happy.

— Sanjaya

The final attack came after Sanjaya found then-newborn Shubhu alone, soaking wet. When she questioned her husband, he savagely attacked her and stormed out. Sanjaya was breastfeeding Shubhu when he returned: with a can of kerosene. With Shubhu in her arms, he poured it over them and lit a match.

Sanjaya was able to protect Shubhu but not herself. Both arms, her entire back and most of her face and neck will be covered in the scars of third degree burns for the rest of her life.

The scene attracted witnesses and Sanjaya's husband was finally imprisoned. When ITBCI heard of her story, they offered a tuition to Shubhu once she was old enough for kindergarten, as well as a place to live for her mother and her. Sanjaya was able to find a job as a cleaner in the school and to begin life anew. Now a single mother, things are still hard. But, with tuition and all the necessary stationery paid for, as well as several free nutritious meals a day for Shubhu, Sanjaya has even begun saving for the future.

"It is hard to do all of this myself," she says, "but now I always know she can be safe and happy."

Seeing Shubhu play and learn, her past seems very far away. Now, thanks to your support, her future is something to look forward to.



### Disability in India

At the beginning of the summer in 2019, our volunteers phoned you to tell you about Bhalabosa, a project working with disabled children and their parents in West Bengal. Children with disabilities are 5 times more likely to be out of school than Dalit children and with 80 million disabled people in India, projects like Bhalabosa are in vital need of support. So many of you felt moved to increase your regular giving, resulting in a £20,000 per year on top of what you already so generously give. Thanks to all of you who took the time to speak with us.

### No More Barriers

In Spring of 2019, we wrote to you to tell you about our 'No more Barriers' campaign to support children of denotified tribal communities to get an education. You donated more than £6,000 to support these children to break free of the stigma of criminality. Thank you.

# Our Financial Summary

We have had a very effective year since we reported to you last, thanks to your support.

Over the last few years we have been supporting the growth of our sister Trust, Karuna Germany. This collaboration has led to the development of a number of successful new projects such as the Maitri Women's network, Strong Girls Nepal, Safe Delivery Nepal, and the Voice of Women project; these projects have benefited thousands of people from Dalit and other marginalised communities.

This year the combined income of Karuna UK and Germany was £2,063,353 enabling us to commit expenditure of £1,295,604 on charitable projects – a tremendous result.

Our total UK income in 2018-19 was £1,821,665 an increase of £30,889. Of these funds £1,485,422 came from regular giving. This represented an increase year-on-year of £54,171.

UK income from Grant-Giving Trusts was £248,513. We are deeply grateful to our Trust partners, with whom we work closely, for their ongoing support of our work in India and Nepal.

## THE YEAR IN FIGURES

**2,400**

2,400 families increased their household income.

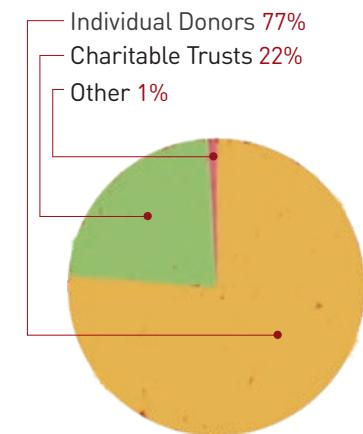
**10,905**

10,905 people helped to access services for health and education for the first time.

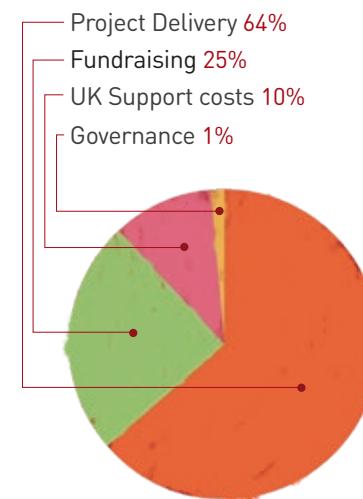
**23,340**

23,340 children supported through our education projects.

## KARUNA INCOME 2018-19



## KARUNA EXPENDITURE 2018-19



# Karuna Income & Expenditure\*

Karuna UK	Karuna DE	Total Funds	Total Funds
2018-19	2018-19	2018-19	2017-18

INCOME	£	£	£	£
Individual Donors	1,560,688	40,234	1,600,922	1,503,276
Legacies	149	–	149	13,845
Charitable Trusts	248,513	201,454	449,967	370,398
Other	12,315	–	12,315	12,453
<b>TOTAL</b>	<b>1,821,665</b>	<b>241,688</b>	<b>2,063,353</b>	<b>1,899,972</b>

EXPENDITURE	£	£	£	£
Project Delivery	1,135,117	160,487	1,295,604	1,314,743
Fundraising	486,803	15,280	502,083	486,525
UK Support Costs	211,695	–	211,695	199,303
Governance	27,146	–	27,146	27,363
<b>TOTAL</b>	<b>1,860,761</b>	<b>175,767</b>	<b>2,036,528</b>	<b>2,027,934</b>

SURPLUS/-DEFICIT	-39,096	65,921	26,825	-127,962
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\*These figures are extracted from the Karuna statutory accounts which are available on our website.

**33,676**

33,676 women report feeling safer as a result of Karuna projects.

**7,211**

7,211 men and boys involved in gender sensitisation activities.

**1,654**

1,654 women became leaders in their community or gained a position in local government.



# COMMUNITY ACTION



**Taking action makes a difference!**

**Whether it's a cake sale, a race or a birthday:  
if you're thinking about fundraising for us,  
we'd love to hear from you.**

Just get in touch and we can send you one of our fundraising packs,  
filled with everything you need to get you started.

**karuna.org**

T 0207 700 3434 E [info@karuna.org](mailto:info@karuna.org)

f [facebook.com/karuna.org](https://facebook.com/karuna.org) t [@karuna\\_trust\\_uk](https://twitter.com/karuna_trust_uk)

Here's a few examples from the year  
that we hope will inspire you as much  
as they inspired us...

Thank you to Janine du Plessis, who raised £400 hosting a fashion show and donating the ticket price to Karuna!

Hilary Armstrong and the Wlye Meditation Center raised £1,000 to support children's education at ITBCI. Thank you!

Professional massage therapist Sylvia gave massages in exchange for donations to Karuna, raising £315. Thank you!



Kristiane Wentzel decided to run a half marathon and raised £1,126 to support children's education in memory of her late friend.

**"**I decided to run in memory of our friend Rajen and to raise money for Karuna as the chosen charity by his family. Rajen was generous, kind and full of adventure and inspired me to challenge myself. The cause that Karuna is working for is so worthwhile, and to see the beneficial impact they're having for children in India and Nepal means so much."

Thank you to Kristiane and the family.

And thank you to the many more that fundraised this year in support of Karuna.

