



SRI SHAKTHI ASSOCIATION (R)

Working Towards Creating Healthy Huma'ne And Value Based Society



Smt. Laxmi Bai Meharwade
Founder

ANNUAL REPORT FOR THE YEAR 2023-24

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SRI SHAKTHI ASSOCIATION

ANNUAL REPORT FOR THE YEAR 2024-25



INTRODUCTION: Sri Shakthi Association is non-political, non-profit welfare and development organization founded by Smt. Lakshmibai, Freedom fighter and Anti Alcoholic activist from Harihar, with a concern in the upliftment and development of poor and needy women. It is registered under the Karnataka State Societies Registration Act 1960 and is involved in welfare and development activities in Harihar, Haveri, Chitradurga, Belgaum, Kodagu and Chikmagalur Districts for the past 33years.

We have conducted following activities in the year 2024-25

SECRETARY MESSAGE



Dr. Shashikumar V M

"Every change on the planet starts with a new state of consciousness, a new awareness, and a new vision. The main thrust of SRI SHAKTHI ASSOCIATION programs is to create a new development paradigm, which is the result of a new awareness to set the motion for women's empowerment programs and worldwide culture for empowering women by mobilizing NGOs, governments and the media to spread the women welfare awareness and educate the public at large on effective measures like human right to equality, peace, health care & improved opportunities, protective skills and their right to dignity."

OUR ACTIVITIES

- **Integrated Programme For Aged Person**
- **Integrated Rehabilitation Centers For Addicts (IRCAs)**
- **Communication Skills**
- **Computer Education**
- **Health Education**
- **Management Education**
- **Personality Development**
- **Skills Training**
- **Social Welfare**
- **Vocational Training & Placement Service**
- **Women & Child Development**
- **Education Institutions**
 - **Tapovana Ayurvedic Medical College and Hospital**
 - **Tapovana Medical College and Hospital for Naturopathy and Yogic Sciences**
 - **Tapovana Institute of Nursing**

Integrated Programme For aged Person

Organization is running this programme with the main purpose of helping the neglected senior citizens in the communities. Shelter, food and medical care are provided to the senior citizens. Organization has senior citizen home located in Harihara and Kodagu. Senior citizens also take part in-group prayer meetings and bazans, which gives them, comfort. Senior citizens also help in the Garment units and in the Notebook units. These activities lead them occupied and gain

confidence in their lives. Doctors visit the home regularly and provide medical care to the senior citizens. The Ministry of Social Justice and Empowerment support this programme.



In the year 2024-25 about **233** senior citizens accommodated in these Senior Citizens Homes.

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Central Government and State Government support this Programme

Our Branches

- 1. Sri Shakthi Senior Citizen Home, Guttur Colony, Harihar, Davanagere Dist.**
- 2. Thyagaraj Colony, Madikeri, Kodagu District**
- 3. Sri Shakthi Senior Citizen Home, Nagendranamatti, Behind Railway Station, Haveri**
- 4. Sri Shakthi Senior Citizen Home, Koodige, Kushal Nagar, Somavarpete Taluk, Kodagu District.**
- 5. Sri Shakthi Senior Citizen Home, Koodige, Kushal Nagar, Somavarpete Taluk, Kodagu District**

Integrated Rehabilitation Centers For Addicts (IRCAs)

Organization has established three Integrated Rehabilitation Centers for Addicts (IRCAs), one is at Hrihara and chikmagalur another one is at Kodagu.

This programme is introduced with the main purpose of helping Alcoholics and Drug Addicts to come out of addiction and to become constructive and productive citizens.

Goal of Sri Shakthi Integrated Rehabilitation Centre for Addicts (IRCA) is to help the addict's complete abstinence from alcohol and drugs in any form and under any conditions for the rest of the patient's life.

Sri Shakthi IRCAs have adopted a holistic approach with the help of a multi disciplinary team. The Ministry of Social Justice and Empowerment support this programme We have conducted all National Festivals.





In the year 2024-25 about 1844 patients have taken treatment in these centers.

OUR BRANCHES

- ❖ Spandana IRCA, Amaravathi, Harihar – Davanagere Road, Harihar, Davanagere District
- ❖ Shakthidhama IRCA, Race Course Road, Madikeri, Kodagu District
- ❖ Sri Shakthi IRCA, Chikkamagaluru District

WOMEN WELFARE ACTIVITIES:



HELP-LINE TO WOMEN:(1091) With the assistance of **Women & Child Development Department Government of Karnataka**, We are running help line at Haveri 1091 Organization has established a Help-line for women who are in moral danger and in distress. The women can call 1091 for Santwana free call from any telephone and after that necessary assistance will be given to that woman. In the year 2024-25 about **1556 Santwana** women have taken assistance from this help-line.

GARMENT MFG. UNIT: In the year 2024-25 this unit has supported **45** women to earn for their livelihood.

FORMATION OF SELF HELP GROUPS:



We have organized 675 groups in 6 Districts for savings and credit activities. During 2024-25, Rs. 1.5 Crore savings were mobilized and Rs. 1.2 Crore loan has been given to the members in this loan women are self employed with petty shops, goat rearing, sheep rearing small agricultural activities.

AWARENESS GENERATION PROGRAMMES:We are conducting awareness meetings in tribal community to enable them to maintain their health, family, children's education and community activities.

CHILD WELFARE PROGRAMMES:

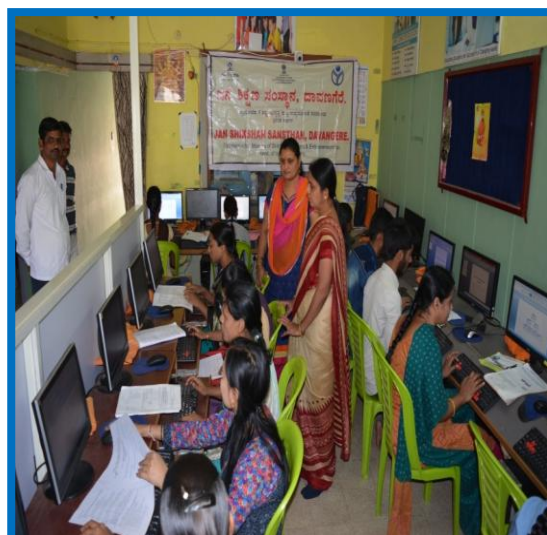


OPEN SHELTER:-Organization is running this Programme at Haveri with the main purpose to cater all children in need of care and protection particularly beggars, street & working children, rag pickers, small vendors, street performer, orphaned, destitute, trafficked and run-away children, children of migrate population and any other vulnerable of group of children. In our center we are provided with Shelter, education, food, clothing and medical cares and then rehabilitated the children. These children are also trained in small trades such as tailoring and handicrafts.

In the year 2024-25 about **38** children are taken benefits of this centre. The Ministry of women and child development support this programme. Organization has conducted awareness programmes on child labour and child right.

CRÈCHE CENTERS FOR WORKING WOMEN CHILDREN: - We are running 10 Crèche Centers for working women children. In the year 2024-25 about **250** children are taken benefit of these centers. The WCD Dept., GoK is supporting for these 10 crèches

JAN SHIKSAN SANSTHAN (JSS)



The literacy linked vocational training programmes conducted through the JSS. During this year we have organized **90** batches, covered **1800** beneficiaries. Under PMKVY 4.0 Skill Hub programme During this year we have organized **1** batch, covered **28** beneficiaries. and Under PM Vishwakarma programme During this year we have organized **1** batch, covered **16** beneficiaries. This programme was sponsored by Ministry of Skill Development & Entrepreneurship, Government of India,

We have organized **Four** programmes of Capacity building training programmes to Resource persons & Field staff of Davangere District.

We have conducted Ex-trainees meeting to Resource persons and Beneficiaries in **Two** batches with collaboration with CEDOK, Davangere,

EDUCATIONAL INSTITUTIONS:

TAPOVANA AYURVEDIC MEDICAL COLLEGE & HOSPITAL , DODDABATHI , DAVANAGERE



We are running Ayurvedic Medical College. With an intake of 60 seats The Sanskrit meaning of Ayurveda is knowledge of longevity (live long). Ayurvedic tradition is an alternative medicine discipline; find its earliest reference in the Atharvaveda. Ayurvedic practices include the use of herbal medicines, mineral or metal supplementation, surgical techniques, opium, and application of oil by massages. Ayurveda is a system which gives importance to prevention subscribing to the theory "Prevention is better than Cure." The main focus of Ayurveda is on healing illness, prevention of disease, longevity or age reversal. Illness or disease is caused by poor digestion and weak immune systems. Keeping in mind, the usefulness and importance of Ayurveda, Tapovana Ayurvedic Medical College was established. Promoting the Ayurvedic

discipline to create a holistic & healthy world is our primary objective. The College is functioning at its permanent building in a sprawling campus of 2 acres. The college buildings are architecturally designed and built as per the CCIM norm. Backed by an in-house research hospital and medicinal garden, College attracts students from all over India.



Our Hospital & Medical College located amidst of Harihar & Davangere city, situated exactly at 6 km from Davangere. The hospital shows you the path of good health, but lasting benefits will

accrue only to those who are willing to follow the path even after they leave the hospital on completion of treatment. TAPOVANA MULTI SPECIALITY HOSPITAL is NOT a health resort or spa for the rich to relax or lose their flab while remote-controlling their business. It is a hospital. Those who can afford are charged to enable it to bring the treatment within the reach of the poor. Affordable facilities are provided for the others as well.

The hospital is situated in a pleasant environment. The Hospital is 60 bed capacity hospital is well equipped with best infrastructure and highly qualified and experienced doctors. Round the clock transportation facility along with the sophisticated Panchakarma, Surgical (Minor and Major O.T) and parasurgical units, Ksharasutra unit, Maternity wing, Laboratory, X- Ray, USG, and ECG etc attracts a lot of OPD and IPD patients. Separate rehabilitation centre is being run for the benefit of alcohol and drug addicted patients. In the year 2024-25,

about OPD **39,012** Patients and IPD **1,772** patients have taken treatment in this center.

MEDICAL CAMPS: Extend our services towards rural folk we are conducting camps in the rural areas. In this camps we consult for various ailments like; High BP, Diabetes, Joint pains, Asthma, Obesity, Headache, constipation, backache, addiction etc. through Yoga, Ayurveda, Physiotherapy. About **2838+** patients have treated and guided in this camps



OTHER ACTIVITIES :-

1. Ayurveda Day Celebration @ Tapovana Ayurvedic Hospital



2. Celebration of Kisan Samman Diwas



3. Republic Day Celebration @ Tapovana



4. Tapovana Freshers Day-2023 Celebration



5. 2023-24 Ayurveda Batch Shishyopanaya Programme



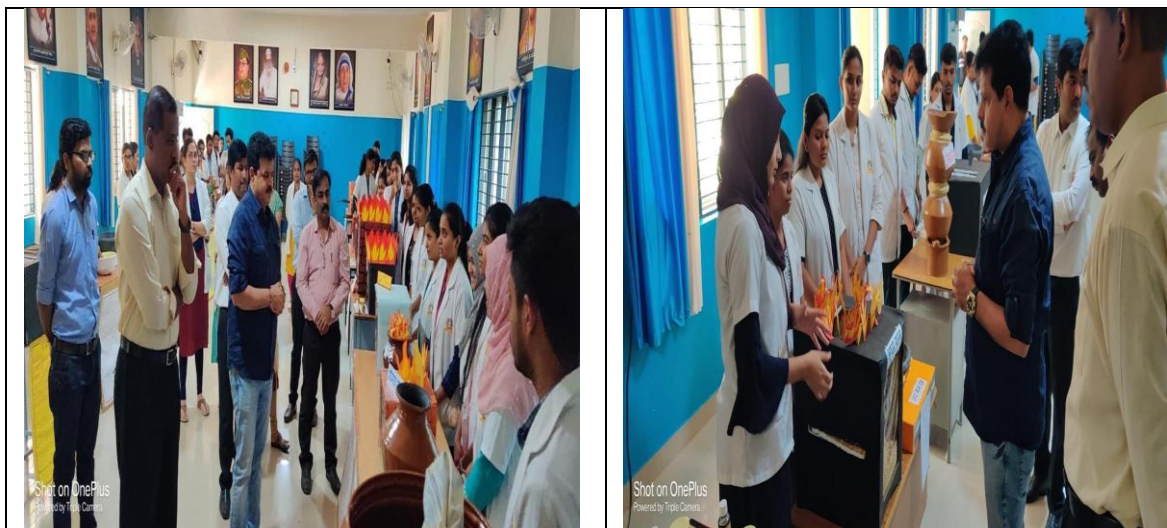
6. Dr.Shashikumar V.M Received "SADANA SIRI " Award from Sri Rambapuri jagadgurugalu @Davanager



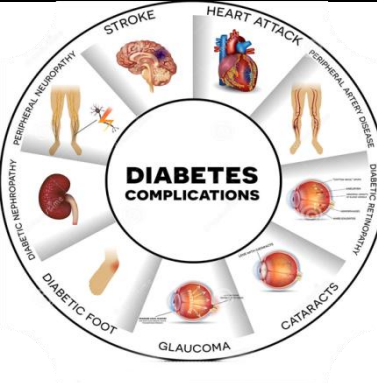
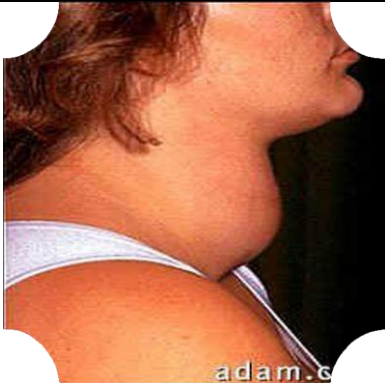
7. Dr. Shashikumar.V.M Received Honor Doctorate from Governor of Karnataka @ Davanagere University 9th convocation programme

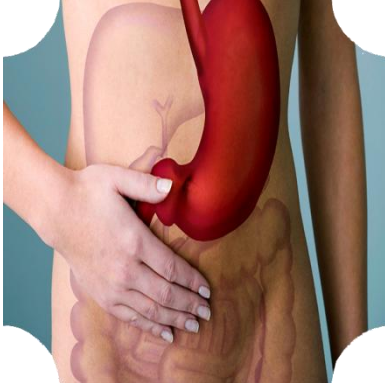


7. RSBK Exhibition conducted @ Tapovana Ayurvedic Medical college and Hospital



AYURVEDA TREATMENT DETAILS

		
Paralysis & problems related to nerve disorders.	Mental exhaustion, depression, memory loss.	Diabetes & its complications.
		
Cough, asthma, allergy.	Problems related to infertility.	Obesity & its complication.
		
Piles, fistula-in-ano, fissure.	Ear, nose, throat, problems.	Cancer & other carcinogenic conditions.
		
Thyroid related problems- hyperthyroidism, hypothyroidism.	Eye disorders, vision problem.	Cosmetic/beauty enhancement treatment.

		
Joint pain, osteoarthritis, rheumatoid arthritis, spondylosis.		Swarna bindu prashana (every month on the day of pushya nakshtra it is administered).
		
Dysentery, gastric problems, liver disorders & problems related to urinary system.	Prenatal & antenatal care as per ayurveda, special regimens & care from 1st month to 9th month of pregnancy.	Gynecological disorders, menorrhagia (excessive bleeding), white discharge, irregular menstrual cycle, PCOD.
		
Developmental deformities, fever, cold & other children problems.	Psoriasis & different skin disorders.	

TAPOVANA MEDICAL COLLEGE AND HOSPITAL FOR NATUROPATHY AND YOGIC SCIENCES

DODDABATHI ,DAVANAGERE



We are running nature cure hospital at Doddabathi Davanagere. In this hospital we treat for various ailments like; High BP, Diabetes, Joint pains, Asthma, Obesity, Headache, constipation, backache, etc. through yoga, naturopathy, physiotherapy. In the year 2024-25, about OPD 26,370 Patients and IPD 2,094, patients have taken treatment in this center.

Naturopathy is a scientific and holistic system of man building in harmony with constructive principle of nature, stimulating the body's inherent power to regain health and treating disease with the help of five great elements of nature.

Naturopathy aims at 3 levels of intervention i.e., PREVENTIVE, PROMOTIVE and CURATIVE aspects of health with a view to prevent and cure diseases by removing their root cause and to promote and preserve the ideal of positive health.

Treatment in Naturopathy is based on the concept of Panchamahabhutas - Earth, Water, Fire, Air and Ether which form the basic constituents of the body. These elements are used to revitalize and rejuvenate the body and strengthen the immune system against disease causing agents in and around us.

NATUROPATHY TREATMENT DETAILS

SRI SHAKTHI ASSOCIATION is secular, nonprofit and Non-Government Organization dedicated for the welfare of the rural people in the areas of education, training, medical rehabilitation motivation and referral service. Our Chairman is the visionary in establishing yoga and nature cure hospital in the year 1999 with the view to spreading the message to the common man that drugless therapies provide an opportunity for the body to heal itself.

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DIET THERAPY: The right food leads to the positive promotion of health and the wrong food leads to the disease condition. India is best known in the world for its (right) food habits. It's a necessity to bring back or adopt the old principles of healthy food habits of our ancestors to live a happy long healthy life.



Hydro Deluxe massage: This is a type of treatment in hydro therapy which produces the temperature as well as pressure effect on the body. The temperature used for the treatment is mainly cold and hot.

YOGA THERAPY: The system of Yoga is more than 5000 years old. Yoga is the process of self-culture, self-evolution, self-discipline and self-realization. The yogic kriyas are the important practices to cleanse the body internally. Pranayama means the control of the vital force through

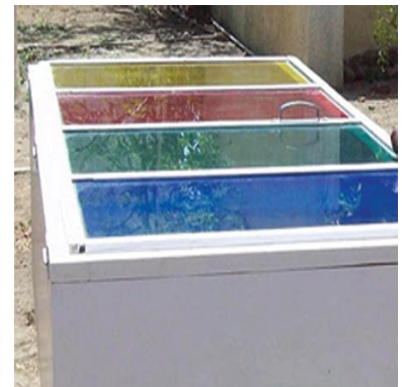


concentration and regulated breathing. The controlled breathing that is, inhaling and exhaling for a fixed time and changing the rhythm is possible to influence the life-force in the body. **Sound mind in a sound body.** Therapeutic yoga practice is taken into consideration because it is one of the best tool to uproot the problems which originate in mind and manifest in the body. It also takes one towards developing the positive frame of mind and achieves the complete state of health.

Yogic health is balance of physical, mental, social, spiritual and intellectual well being. Yogic counseling helps in maintaining good moral conduct and mental health of the individual.

COLOUR THERAPY/ CHROMO THERAPY :

Chromo therapy is a system of building health by means of sun and also a method of treatment of diseases by colour. It is also known as colour therapy or Helio therapy. The colors have a great impact on human health and healing human survival and to cure diseases; these colors are very effective. Naturopaths take these seven colors {Red, Orange, Violet, Yellow, Purple, Green, and Blue} of sunlight and through specific process, utilize it to regain human health.



ATHAPA SNANA: This is a kind of sun bath where banana leaf covered all over the body for stimulating sweat glands, by this it helps to cleans the skin toxins.



MASSAGE THERAPY:

The word massage is derived from the Greek word 'massier' which means to knead. It involves the scientific manipulation of the soft tissues of the body. In the ancient India this treatment is called as angha mardhana or mardhana Chikitsa. Massage is both science and art. The effect of massage is on different parts of body and its physiological changes makes it a science and the

manner in which the various manipulations are employed with respect to type and conditions of the part and amount of pressure required becomes an act.

ACUPUNCTURE: Acupuncture is the procedure of inserting and manipulating fine needles into specific points on the body to relieve Disorders or for



therapeutic purposes. When there is a block or excess in flowing of energy 'chi' results in imbalance in all vital functions of the body results in diseases. In disease condition, the acupuncture needle is inserted in a specific point the block or excessive flow of energy is corrected and the normal flow of energy is accomplished therefore the health is restored.

Mud Therapy: Mud is an important element of nature. It represents Prithvi tatva and is one of the important Pancha Mahabhuta and also an element of nature. Mud can absorb toxins from human body therefore it is very useful in preventing many diseases. It is also known for its healing properties. It also helps in cooling and relaxing body. The mud is an important treatment modality in Naturopathy which plays an effective role in the treatment and management of various disease conditions without any side effects to the human body.

It is equally important and useful in modern times having traditional references.



HYDRO THERAPY: The system of Naturopathy firmly practices the hydro therapy for all disease conditions. The hydro therapy is the most important treatment modality adapted in Nature cure.

The Vedas and Upanishads have mentioned long ago about the healing properties of water and usage in treating various disease conditions. The hydro therapy is used mainly in two ways; that include the internal usage and external usage. The water treatments are used for prevention of diseases, promotion of positive health and for treating various ailments.

Colon Hydro Therapy : It Cleanses Large intestine with water without any adverse effects.

Treating Disorders :

Bone Disorders : Osteo Arthritis, Spondylosis, Lumbago, Frozen Shoulder, Rheumatoid Arthritis, Joint Pains. **Nerve Disorders :** Sciatica, Migraine, Paralysis, Bel's Palsy, Hemiplegia. **Respiratory Disorders:** Asthma, Allergic Rhinitis, Bronchitis, Sinusitis. **Chronic Disorders :** Hypertension, Diabetes, Obesity, Menstrual Disorders, Constipation, Gout, Thyroid Disorders, Myalgia, Psychological Problems. **Digestive Disorders :** Gastritis, Hyper Acidity, Ulcers, Gallstone. **Other Disorders :** Psoriasis, Dermatitis, Insomnia, Anaemia, Neuralgia, Liver Disorders, Kidney Stones.



Acupressure



Arm & Foot Bath



Hip Bath



Colon Hydro Therapy



Beuty Pack



Jet Bath



Physio Therapy



Powder Massage



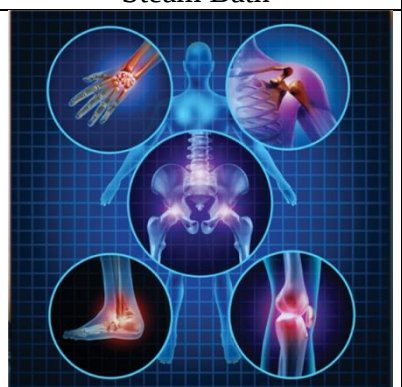
Steam Bath



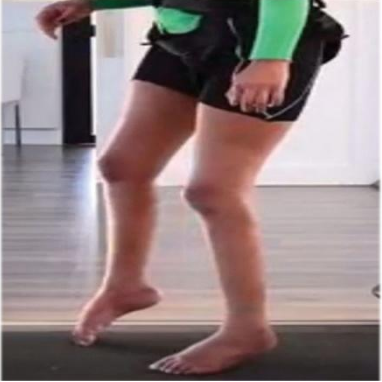
Turmeric Bath



Treating Disorders



Treating Disorders

		
Treating Disorders	Ward	Hot Stone Therapy

TAPOVANA INSTITUTE OF NURSING



We are running Nursing Diploma course and giving nursing training to 50 girls every year.