



JKYOG.in

JKYT CHARITABLE PROJECTS

Empowering lives, one step at a time

2023-2024



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About JKYT & it's Mission

The **Jagadguru Kripalu Yog Trust (JKYT)** is a public charitable trust established on March 14, 2008, registered under the Indian Trust Act, 1882. It aims to transform lives through quality healthcare and education and create a more equitable and compassionate world. Guided by the values of compassion, integrity, and excellence, JKYT has significantly impacted society by running charitable hospitals, implementing outreach programs, and currently constructing a university for underprivileged students. We are committed to transparent and accountable charity practices, ensuring that our resources are used effectively to benefit those in need.

JKYT PROJECTS



HEALTHCARE

*Healing hearts,
one life at a time*



OUTREACH PROGRAMS

Compassion in action



EDUCATION PROJECTS

*Paving the way to
brighter futures*

HEALTHCARE PROJECTS



1. Free Eye Camp

In the heart of Village Banara, District Cuttack, lies Jagadguru Kripalu Chikitsalaya (JKC), a primary healthcare centre serving over 5,000 villagers from Damapada Tahasil and its neighbouring communities. JKC has been providing primary medical facilities and conducting regular free medical camps for those in need.

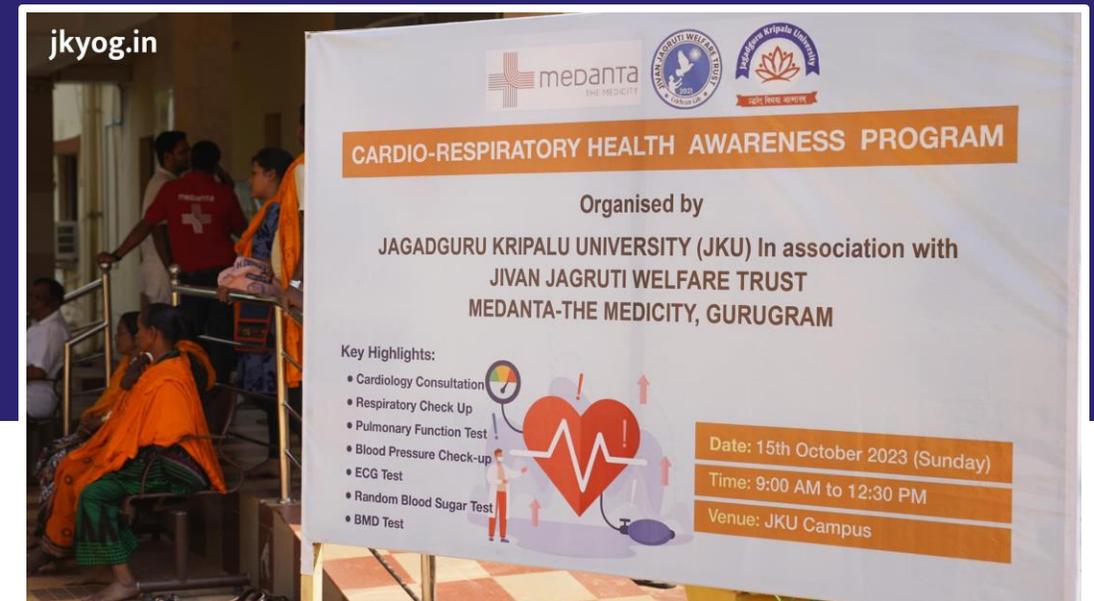
One of the standout initiatives of JKC is its commitment to combat preventable blindness and create awareness about the importance of regular eye checkups. Recognizing this dire need, JKC has an ophthalmology wing established last year in collaboration with JPM Cuttack Eye Hospital and Research Institute, a state-of-the-art eye institute based in Cuttack, which provides comprehensive eye care services.

2. Free Cardio-Respiratory Health Awareness Programs

In association with Medanta - The Medicity Hospital, Gurugram, and Jivan Jagruti Welfare Trust, Bhubaneswar, on October 15, 2023. Expert cardiologists from Medanta Hospital provided invaluable consultations to the attendees, offering insights and guidance to empower individuals with knowledge about their heart health and overall well-being. The program included:

- Comprehensive respiratory check-ups
 - Pulmonary function tests,
 - Blood pressure checks
 - ECG tests,
 - Random blood sugar tests, and
 - Bone mineral density (BMD) tests
- to assess the participants' lung capacity, overall respiratory health, cardiovascular health, and bone health.

Approximately 200 individuals participated in the event, enhancing awareness about the importance of cardiovascular and respiratory health.





3. Free Geriatric Health Awareness Programs

In the spirit of promoting well-being among older adults, a heartwarming initiative took place at JKYT Campus on the 3rd of September 2023. The **Free Geriatric Health Awareness Programs** organized by Jivan Jagruti Welfare Trust in collaboration with Jagadguru Kripalu University and supported by Jagadguru Kripalu Yoga and Naturopathy Hospital. As a part of the program, valuable services like Bone Mineral Density (BMD) tests to assess the density and strength of bones and muscle strength checks to assess the strength and functionality of muscles, which play a crucial role in maintaining mobility were provided.

Our 60+ age group attendees had a fantastic time learning about common geriatric health issues, engaging in geriatric physiotherapy exercises, and receiving free investigations including BMD, BP, Pulse, Height, and Weight checks.



4. Free Health Camps in Schools (Eye Check Up)

One of the essential services offered is vision screening, including primary vision tests and refraction tests. These tests help identify early vision problems in children, such as nearsightedness or farsightedness, which may otherwise go unnoticed. Additionally, such health camps raise awareness among parents and teachers about the importance of regular eye check-ups.

5. Free Health Education on Oral Care and Counselling in Schools

Through educational programs, students were taught the basics of oral hygiene, such as proper brushing and flossing techniques, the importance of regular dental check-ups, and the impact of diet on oral health. In addition, these programs highlight the importance of preventing common dental issues like cavities, gum diseases, and bad breath, which can affect not only their health but also their self-confidence.

Counselling sessions often accompany these educational programs, addressing common misconceptions and answering children's queries related to oral care. These initiatives also provide personalized advice and support to children who may already be facing oral health issues, guiding them towards proper care and professional assistance when needed.





Free Health Camp in Schools Statistics

The following data represents the number of students screened in different schools during free health camps.

The conditions assessed include caries, fluorosis, periodontal (PD) issues such as calculus, staining, and crowding, as well as other conditions.



S. no.	Name of the School	No. of Students	Normal	CARIES	FLUROSIS	PD Calculus	PD- Stain	PD-Crowding	Others
1	Jawahar Navodaya Vidyalaya, Cuttack	480	92	100	101	169	156	93	79
2	Subudheswar Milita Bidyapitha, <u>Banara</u>	85	16	5	2	33	43	1	0
3	Nodal High School	78	3	16	6	17	29	7	2
	Godi Sahi, Cuttack								
4	Mundali Nodal High School, Barang , Cuttack	254	26	106	13	79	74	0	13
5	Sri Aurobindo Integrated Education & Research Centre	109	30	47	27	47	50	0	0
	TOTAL	1006	187	274	149	345	352	101	94

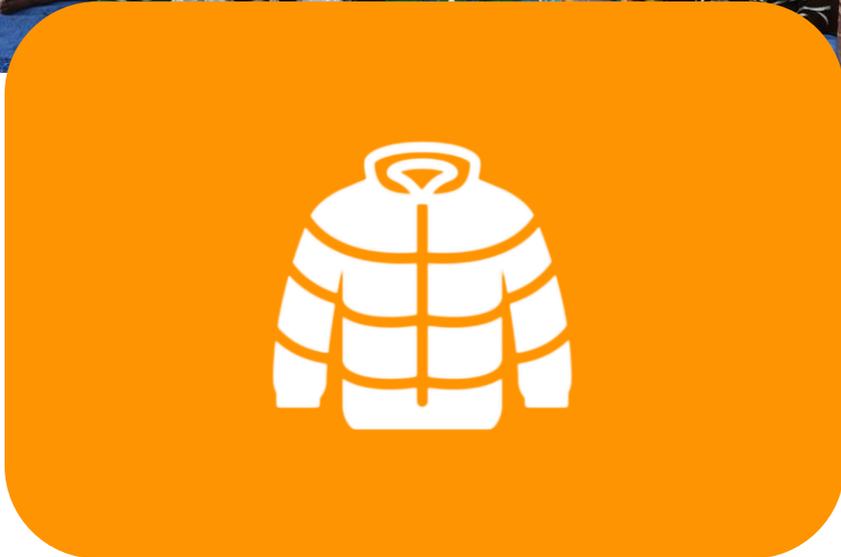


6. Free Yoga Camps and Seminars on stress management and related diseases.

Jagadguru Kripalu Yoga Naturopathy Hospital conducted free yoga camps and seminar with the aim of promoting holistic health and wellness in the community. These camps were designed to introduce participants to the physical and mental benefits of yoga, offering guided sessions suitable for individuals of all ages and fitness levels. The sessions focused on teaching various asanas (yoga postures), pranayama (breathing techniques), and meditation practices that help improve flexibility, strength, and mental clarity.

Participants were encouraged to practice mindfulness and relaxation techniques to reduce stress and improve overall well-being. By offering these free yoga camps, we aimed to make the practice of yoga accessible to everyone, encouraging a healthier and more mindful approach to life.

OUTREACH PROGRAMS



1. JKYog's Winter Warmth Initiative

On 2nd December 2023, the organization distributed over 100 woolen sweaters to kids of the primary school of mundali, ensuring they were adequately protected from the biting cold. The initiative was met with immense gratitude from the local community, as many families struggled to afford essential winter clothing. JKYog's commitment to the well-being of children is evident in its consistent efforts to address their needs.



2. Blanket Distribution Drive at JKYT Campus

On 6th February 2024, a heartwarming initiative was undertaken at the JKYT Campus to provide relief to the needy during the harsh winter season. A blanket distribution drive was organized, where 500 blankets were distributed among the underprivileged community.

The beneficiaries expressed their gratitude for the timely assistance, which helped them stay warm and comfortable during the winter months. The blanket distribution drive was a collaborative effort involving volunteers and staff members of the JKYT Campus.

3. JKYog's Commitment to Food Security



On 13th March 2023, over 500 villagers were given free food grains and grocery items at the JKYT campus. By distributing essential supplies, JKYog played a vital role in alleviating hunger and hardship among the local population.



This act of generosity aligned perfectly with the organization's core values of compassion and empathy, highlighting its dedication to ensuring food security for those in need.



This initiative not only met immediate needs but also reinforced the organization's reputation as a reliable and compassionate partner in community development.



4. Free School Bag, Stationary & Food distribution

- a) On 25th Feb 2024, JKYog distributed free school bags and essential supplies for around 300 underprivileged school children hailing from places in Odisha like Tikia, Rairangpur, and Nagbhan. Education is the key to unlocking endless possibilities, and we're proud to support these budding scholars on their journey to empower their education!
- b) After the bag distribution, nutritious meals were arranged for the kids.
- c) On 13th March 2024, over 350 young children, hailing from local schools in the vicinity of JKYT, received school bags and essential classroom supplies.

EDUCATION INITIATIVES

4. Construction of Jagadguru Kripalu University- Administrative building -1

Jagadguru Kripalu University will strive to empower students with a clear vision of their life-goals, an intense aspiration and will to strive for them. Jagadguru Kripalu University will give students a holistic education enshrined in universal human values, and the qualities of head and heart to attain them.



The Grand project of building Administrative Block consists of 4 grand buildings each covering a total surface area of 20,000 Sq. Ft per floor (Approx. 1900 Sq. Mt.). This is the 1st building. The Academic Area building will have classrooms/tutorial rooms, Lecture halls, computer centres, Seminar halls, drawing halls, dean offices, and cabin for head of department, faculty rooms, centres, laboratories, department offices, workshops, law related rooms etc. Currently, it is at finishing stage.

Number of floors: G+3

Type of construction: RCC (Reinforced cement concrete)

4. Construction of Jagadguru Kripalu University- Administrative building 2



The Grand project of building Administrative Block consists of 4 grand buildings each covering a **total surface area** of 20,000 Sq. Ft per floor (Approx. 1900 Sq. Mt.). This is the 2nd building. The Administrative Complex will have offices of President, Provost, Deans, Chief Finance Officer, Registrar, Sr. Support Staff, Reception, Placement office, Central Stores and Board Room etc. The construction of this building began in Oct 2023 and is progressing rapidly.

Number of floors: G+3

Type of construction: RCC (Reinforced cement concrete)

4. Construction of Jagadguru Kripalu University- Girls Hostel & Boys Hostel



A residential block where dual sharing and single occupancy hostel and other infrastructural facilities will be provided for the students of JKU who stay away from home. The construction of this building began in Oct 2023 and is progressing rapidly.

Carpet Area: 251,553 Sq Ft. Each floor will be around 2000 Sq. Mt. in Carpet Area with internal electrification, water supply and sanitation. Each room will be well furnished, well-ventilated with varied Carpet area of 17.95-26.59 Sq. Mt, depending on dual or single sharing room.

Number of floors: G+9

Type of construction: RCC (Reinforced cement concrete)



4. Construction of Jagadguru Kripalu University- Faculty Quarters

A residential block where dual sharing and single occupancy hostel and other infrastructural facilities will be provided for the students of JKU who stay away from home. The construction of this building began in Oct 2023 and is progressing rapidly.

Carpet Area: 251,553 Sq Ft. Each floor will be around 2000 Sq. Mt. in Carpet Area with internal electrification, water supply and sanitation. Each room will be well furnished, well-ventilated with varied Carpet area of 17.95-26.59 Sq. Mt, depending on dual or single sharing room.

Number of floors: G+6

Type of construction: RCC (Reinforced cement concrete)



The journey of JKYog's projects has been truly remarkable, as we've worked together to make a tangible impact on individuals and communities worldwide. **Our organisation owes its success to the unwavering assistance of our donors, volunteers, and supporters, who have contributed greatly to our cause. While kindness and empathy are the bedrock of our influential initiatives, our community's collaborative effort brings significant change.** At JKYT, we are dedicated to spreading positivity and making a meaningful difference. Our ability to achieve this goal stems from the collective efforts of our community.

We want to express our gratitude to **Ms Pookar Inc.** for their support and cooperation toward the charitable objectives of Jagadguru Kripalu Yog Trust . We've not only met but exceeded our goals, bringing hope, empowerment, and positive change to those in need.

The contribution received from M/s Pookar Inc in FY 2023-2024:

Date of receipt	Amount in \$	Amount in ₹
24/08/23	49,970	41,07,784
19/12/23	79,850	66,21,162
08/03/24	51,960	42,73,190
Total	1,81,780	1,50,02,136



As we reflect on the impact of our collective efforts, let us remember that our work is far from finished. Whether through monetary donations, volunteering, or spreading awareness, every contribution plays a vital role in our mission. As we move forward, let us remain steadfast in our commitment to serving humanity and spreading joy to all corners of the world. Together, we can make a lasting difference and create a brighter future for generations to come.

Thank you for being a part of this incredible journey with JKYog.