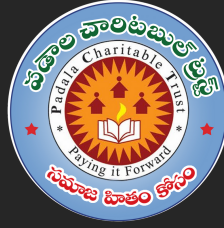


Q2: JULY 2022 - SEPTEMBER 2022

# PADALA CHARITABLE TRUST

80G Certified | FCRA - 010170337 | NITI Aayog ID - AP/2018/0189057 | CSR - CSR00025749



Quarterly newsletter of the activities done in the Q2 of FY 2022-23



## A NOTE FROM THE TEAM

Hello everyone!

Greetings from Padala Charitable Trust,

For us, this quarter is all about new challenges. We have gone deep into the forests to educate adolescent girls of tribal communities about menstruation. One of the rarest things to happen in India is, giving sex education to adolescents. Even if it happens, it happens separately for boys and girls. We took this as a challenge and took classes on Sex Education for high school students, for boys and girls combined. This is particularly challenging because it happened in a conservative village.

The true virtue of a leader is to create more leaders rather than followers. This quarter, we tied up with the Women's degree college of Kakinada to provide internships to 18 students. These students are studying 2nd year Home Science degree. Since September 15th, we have engaged those 18 girl students in various developmental activities and field visits. Hence, these interns are named VIPs - Volunteers In Public Service. With the exposure and skills they are getting here, these VIPs can indeed become the leaders of tomorrow.

Without the help of our donor group, supporters, and well-wishers, this would not have been possible. PCT is fortunate to be affiliated with such a group of people. Thank You all.

- Vamsi Krishna, Executive Director, PCT.

# In the news

IN THE Q2 2022-23



Received recognition through local newspapers of Paderu mandal, Alluri Seetarama Raju District, for creating awareness on Menstrual hygiene, health, and safe practices for the adolescent girls of remotest tribal areas. Please read on to know more about this initiative of us in page number 9.

**ABN ఆంధ్రజ్యోతి**

## విద్యార్థులకు సోలార్ లైట్ల పంపిణీ

రాజవొమ్మంగి, సెప్టెంబరు 19: మండలంలోని లాగరాయి, జడ్డంగి ప్రభుత్వ పాఠశాలలో 9,10వ తరగతి చదువుతున్న విద్యార్థులకు పడాల చారిటబుల్ ట్రస్ట్ (కాకినాడ), వన్ చైల్డ్ వన్ లైట్(హైదరాబాద్) సంస్థలు కలిసి సోలార్ లైట్లు పంపిణీ చేశారు. పడాల చారిటబుల్ ట్రస్ట్ అడ్మినిస్ట్రేటివ్ అధికారి శ్రీనివాసు మాట్లాడుతూ గిరిజన ప్రాంతంలో విద్యార్థులకు చదవాలనే ఆసక్తి ఉన్న సరిగ్గా విద్యుత్ లేకపోవడంవల్ల విద్యార్థులు విద్యకు దూరం కాకూడదనే ఉద్దేశంతో రాజవొమ్మంగి మండలంలో 70 సోలార్ లైట్లు పంపిణీ చేసినట్లు తెలిపారు. కార్యక్రమంలో పడాల చారిటబుల్ ట్రస్ట్ ప్రోగ్రాం మేనేజర్ వెంకట ప్రసాద్, ఫీల్డ్ కో ఆర్డినేటర్ వీరబాబు, తదితరులు ఉన్నారు.

## ఏజెన్సీ ప్రాంత విద్యార్థులకు సోలార్ స్టడీ లైట్స్ పంపిణీ

రాజవొమ్మంగి రాజధాని న్యూస్: అల్లూరి జిల్లా రంపచోడవరం డివిజన్ రాజవొమ్మంగి మండలం లాగరాయి, జడ్డంగి గ్రామాల ప్రభుత్వ పాఠశాలలో చదువుతున్న 9, 10వ తరగతి విద్యార్థులకు సోలార్ లైట్స్ను పంపిణీ చేయడం జరిగింది. ఈ సందర్భంగా పడాల పడాల చారిటబుల్ ట్రస్ట్ అడ్మినిస్ట్రేటివ్ ఆఫీసర్ కె.శ్రీనివాస్ మాట్లాడుతూ ఈ ఏజెన్సీ ప్రాంతాల్లో తరచుగా విద్యుత్తు అంతరాయం తో చాలా మంది పాఠశాల పిల్లలు చీకటి వదిన తర్వాత చదువుకోవడానికి తీవ్ర ఇబ్బందికి గురవుతున్నారని, అటువంటి సమయంలో విద్యార్థులు చదువుకోవడానికి ఇబ్బందులు పడకుండా లైటింగ్ అందుబాటులో ఉండే విధానాన్ని సమర్థవంతంగా పరిష్కరించడానికి ఒన్ చైల్డ్ ఒన్ లైట్ (హెచ్ వై డి) సంస్థ వారు పడాల చారిటబుల్ ట్రస్ట్ (కాకినాడ) వారు కలిసి ఏజెన్సీ ప్రాంతమైన రాజవొమ్మంగి మండలంలో విద్యార్థులకు సోలార్ లైట్స్ను పంపిణీ చేయడం జరిగిందని తెలియజేశారు. ఈ కార్యక్రమంలో పడాల చారిటబుల్ ట్రస్ట్ సభ్యులు వెంకట ప్రసాద్, వీరబాబు, పాటశాల ప్రధానోపాధ్యాయులు, పాఠశాల సిబ్బంది తదితరులు పాల్గొన్నారు.

**Partnership with One Child - One Light and CAPCO Technologies**  
Media representation for distributing 100 solar lamps to the government schools students from the tribal mandals of Rajavommangi and Addateegala.



## KEY EVENTS OF THIS QUARTER

1

### School of Excellence

*A new initiative to take care of the all round development of a school*



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2

### Menstrual education in Tribal areas

*Breaking the geographical barriers*

3

### Swechha for Little Birds

*Fighting Child Sexual Abuse as EARLY as possible*



**PAGE**  
10

**PAGE**  
11



4

### Project VIP

*Connecting students to society*



## KEY EVENTS OF THIS QUARTER

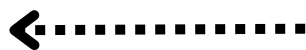
5

**Collaboration with Reliance Industries**  
*Educating 200 girls at a time*



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6

**Spreading the Light**  
*Distributing solar lamps in the tribal areas*

7

**Project SSS**  
*On Demand*



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**PCT Partners**

## School of Excellence

*A new initiative of PCT to take care of the all round development of a school*



Excellence is an attribute that humanity constantly strives for. It is a trait that implies all-around perfection. School of excellence is a general concept, where a School is said to have achieved its highest performance in every aspect viz., Infrastructure, Academics, Sports, Arts, Overall success rate etc., As mentioned above, with regard to schools, excellence is almost always measured from the angle of easily tangible things such as infrastructure, marks, achievements etc., Let us call this Category A of things, for our convenience. But excellence in terms of certain intangible elements is never taken into consideration. Mental health, awareness levels, life skills, soft skills and overall development of the students are some of the things, that are frequently ignored. Let us call this Category B. This is where organisations like PCT come into play. While the things mentioned in category A are generally looked after by the school management and the government, the intangibles of Category B can be well taken care of, by the agencies like us. This is exactly the reason why we have initiated the concept of PCT's SOE.

So, for the next three years, PCT will work with the three schools i.e APRS Bupathipalem (Boys) & APRS Tuni (Girls) & ZPHS Vaadapalem During our three-year collaboration, we will design a specific programme to improve things mentioned in category B. After three years, the programme will be self-sustainable without anyone's aid. Various initiatives that will be done under PCT's SOE can be understood in the following page



**Dr. D S Raju APR School, Bhupathipalem (Boys)**  
**PCT's School of Excellence (SOE) Programme**



**Project Swechha  
(Boys)**

**Project SET**

**Project Sethu**

**Book Club**

**Speakers  
Club**

**ToT (Training of  
the Trainer)**

**Games &  
Sports**

**Scholarship  
Support**

Executed by **PADALA CHARITABLE TRUST** and Sponsored by **Sriram Nallam**,  
 Founder & Chairman of **Seanergy Digital Inc.**



In every SOE project, there will be 8 aspects where PCT intervenes and works to bring a change. There will be also additional help regarding infrastructure development as per the school requirement.

## School of Excellence

*At AP Residential School Bhupathipalem*

**Sponsored by Sri Ram Nallam, Founder of Seanergy Digital.**

**Student Empowerment  
Training**



**Adolescent Education  
and Gender Sensitization**



**Speaker's club**



**Book club**



# School of Excellence

At AP Residential School Tuni

Sponsored by Nartal systems, Synergy Digital & Techgene

In addition to the modules implemented in every SOE program, exceptional attention to Hygiene improvement and Menstrual Education Awareness for girls in SOE Tuni



Menstrual Education Awareness to girls



Career Guidance Sessions

Inner wear distribution



Establishment of Pad disposal systems



# School of Excellence

At AP Residential School Tuni

ZPHS Vaadapalem

## Sponsored by Krutha Foundation

The above two SOE projects are conducted in residential schools. As ZPHS Vaadapalem is a regular school, we need to do some things differently. Involving local communities and parents in the program is one such thing. As this is a CO-Ed school, we have also conducted a combined session for boys and girls on Sex education.



Student Empowerment Training

Girls explaining menstrual process to the boys of their class



Sex education and Gender sensitization to boys and girls combined.



Awareness on Child Marriages and Child Sexual Abuse





## Menstrual education in Tribal areas

### *Breaking the geographical barriers*

Over the past 7 years, PCT has been providing key awareness in adolescent health through a flagship programme called Swechha – Break the Silence. We have been able to reach thousands of Participants, especially girls and women till now. We constantly search for like-minded organisations and individuals to work with. In the past, we have worked in collaboration with Sri. Sumith Kumar, IAS in various districts. When he was in the capacity of the Municipal Commissioner, Rajamahendravaram, PCT conducted a mega Swechha session for 1000 school girls at once. We have also conducted school-wise Swechha sessions for more than 1000 girls in the Srikakulam district when Sri. Sumith Kumar was the collector of the community. He has seen the impact we were able to make through our Swechha programme.

When he assumed the position of the District Collector of the newly formed, ASR district, Andhra Pradesh, he invited PCT to be a part of his vision to educate the tribal youth and women about MHM and related issues. PCT readily agreed to be a part of it and train various levels of stakeholders in MHM. Care India foundation has been working in the same area for the past several years on different development issues. At the request of the Hon'ble collector, Care India agreed to collaborate on this one as a financial supporter and mentor. We began the journey by training the GMSKs across all the 11 Mandals of the ASR District in the month of May. In the month of September 2022, we expanded our reach to 1000+ school children and conducted awareness sessions about adolescent health.





**Padala Charitable Trust**



**Project Swechha**  
Adolescent Health Education







Awareness Sessions in GTW Ashram Schools, ITDA Paderu  
Supported by Care India  
2022-23

Sustainable Development Goals (SDG)  
Project Swechha addresses and works on SDGs 3, 4 and 5

3  
GOOD HEALTH AND WELL-BEING

4  
QUALITY EDUCATION

5  
GENDER EQUALITY





## Swechha for Little Birds

### *Fighting Child Sexual Abuse as EARLY as possible*

PCT has been working along with schools, governments & organisations to break the silence around Child Sexual Abuse (CSA) for many years. This awareness used to pertain to adolescents (13 to 18 Yrs) only. However, awareness about CSA needs to be imparted to children, as early as possible in order to save them from the perpetrators. **Swechha For Little Birds** is one such initiative. The consequences faced by CSA survivors will be devastating. Hence, it is absolutely necessary to make children learn about sensitive things such as safe touch v/s unsafe touch, exploitation, and the POCSO act at the right age. We will work with government schools (Primary, Upper Primary) to conduct classroom awareness sessions, for students of ages 8 to 12 Yrs (Grade 3 to Grade 7). The District Collector of Kakinada, **Dr. Kritika Shukhla, IAS** inaugurated the program poster and congratulated the team for the initiative.



**Padala Charitable Trust (PCT)**

# Swechha For Little Birds

**Awareness to the children  
of age 8-12 Yrs, on  
Child Sexual Abuse** 

Safe Touch v/s Un-Safe Touch  
Exploitation  
Support System  
POCSO Act





76800 83399 | 73311 23064

[pctonlineinfo@gmail.com](mailto:pctonlineinfo@gmail.com)  
<https://pct-india.org>



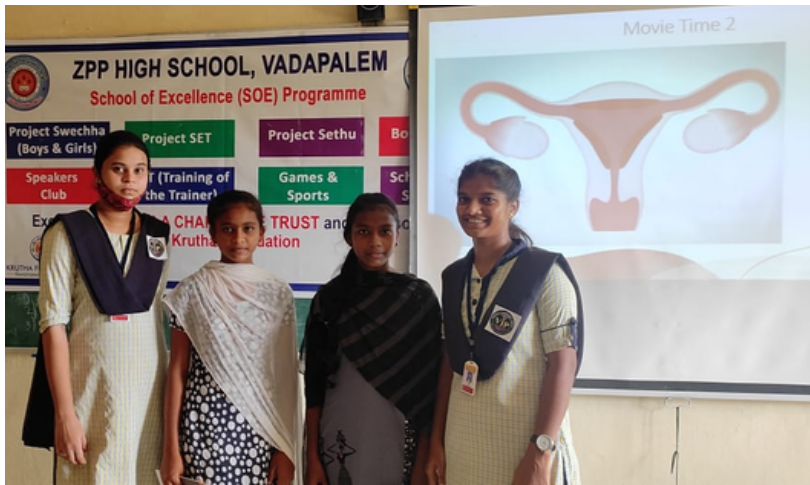
## Project VIP

### Connecting students to society

VIP - Volunteer In Public service

On 12th September 2022, An MoU has been signed between Padala Charitable Trust (PCT) & the Department of Home Science, ASD Women's Degree College Kakinada. According to this MoU, the students of the Home Science department will be a part of the student internship program @ PCT called 'Project VIP'.

In the next two months, these girl students will be trained according to their interests and will be sent to schools, colleges & communities where they will act as the next generation Change Makers. The VIPs are already being trained and are accompanying us in the sessions. They are learning from us and applying their knowledge for educating younger generations.



## Collaboration with Reliance Industries

### *Educating 200 girls at a time*

Padala Charitable Trust has a good association with Reliance Industries Limited. As our CSR partner, Reliance has conducted a number of awareness sessions on Adolescent health and Women's health for hundreds of beneficiaries. On 21st September, 2022, we have conducted Adolescent Health Education awareness to 200+ girl students through our Swechha project.



# Spreading Light

## Distributing solar study lamps to the students of tribal areas

This year, PCT collaborated with the organisations **One Child - One Light** and **CAPCO** to distribute solar lamps in areas of need. A total of 250 lamps were sponsored by CAPCO & One Child - One Light. PCT distributed 100 lamps to the students of government schools in the tribal mandals of Rajavommangi and Addategala. The remaining 150 lamps will be distributed to the single-parent or no-parent children studying in the rural government schools.

### పదాల చారిటబుల్ ట్రస్ట్ ఆధ్వర్యంలో విద్యార్థులకు సోలార్ లైట్లు పంపిణీ

రాజవొమ్మంగి, సెప్టెంబర్ 19, ప్రభాతవార్త : రాజవొమ్మంగి మండలం లాగరాయి, ఇద్దంగి జిల్లా ప్రజాపరిషత్ ఉన్నత పాఠశాలలో సోమవారం కాకినాడ పదాల చారిటబుల్ ట్రస్ట్ ఆధ్వర్యంలో పబ్లికరగతి చదువుకున్న 70 మంది విద్యార్థులకు, విద్యార్థులకు సోలార్ లైట్లను ట్రస్ట్ ఏ.ఓ. కల్లె శ్రీనివాస్ పంపిణీ చేసారు. ఇద్దంగి బిల్డప్రపర్ట్ ఉన్నత పాఠశాలలో హెచ్.ఎం. కుంగారి శ్రీమూర్తులు అధ్యక్షతన జరిగిన కార్యక్రమంలో ట్రస్ట్ సభ్యులు కె.వెంకటప్రసాద్ మాట్లాడుతూ విద్యార్థివృద్ధికి ట్రస్ట్ నిరంతరం పని చేస్తున్నదని అన్నారు. "చారిటీ" అనే కార్యక్రమంలో తల్లిదండ్రులు లేని 300 మంది విద్యార్థులకు విద్య, బిడ్డ సేవలను అందించడం జరుగుతోందని వెంకటప్రసాద్ అన్నారు. ట్రస్ట్



సభ్యులకు హెచ్.ఎం.శ్రీమూర్తులు కృతజ్ఞతలు తెలిపారు. ఈ కార్యక్రమంలో హెచ్.ఎం.లు సురారెడ్డి, శ్రీమూర్తులు, ట్రస్ట్ సభ్యులు కె.శ్రీనివాస్,కె.వెంకటప్రసాద్, యూ.వీరబాబు పాల్గొన్నారు..

### సోలార్ దీపాల పంపిణీ

రాజవొమ్మంగి, న్యూనెటుడే: లాగరాయి, ఇద్దంగిలోని జడ్పీ ఉన్నత పాఠశాల విద్యార్థులకు సోమవారం వన్ చైల్డ్ వన్ లైట్ (వైదరాబాద్) సంస్థ, పదాల చారిటబుల్ ట్రస్ట్ (కాకినాడ) ఆధ్వర్యంలో సోలార్ దీపాల పంపిణీ చేశారు. విద్యార్థు సరఫరాకు అంతరాయం ఏర్పడినప్పుడు చదువుకు ఆటంకం కలగకూడదని, అందుకే దీపాలు పంపిణీ చేశామని ట్రస్ట్ అడ్మినిస్ట్రేటివ్ అధికారి కె.శ్రీనివాస్ తెలిపారు. 9,10 తరగతులు చదువుతున్న 70 మందికి వీటిని అందజేశారు. ట్రస్టు ప్రోగ్రాం మేనేజర్ వెంకట ప్రసాద్,



దీపాలతో విద్యార్థులు సభ్యుడు వీరబాబు, ప్రధానోపాధ్యాయులు సూరయ్యరెడ్డి, శ్రీమూర్తులు తదితరులు పాల్గొన్నారు.



## Project SSS On Demand

In association with Padma **Pujitha Foundation** and **Spoorthi Foundation** PCT has conducted awareness sessions for 500+ students in 3 remote government schools of Anandapuram Mandal, Visakha district. The students were made aware of the importance of Life Skills and Employability skills, ways to acquire them, and Menstrual Health and Hygiene. There are more follow-up sessions in the future where the students will be given complete guidance regarding their careers, life and personal health through our SSS modules.



# PCT PARTNER ORGANISATIONS

Collaboration is a Process not an Event

## Government Organisations



## Local NGOs



## Corporate Organisations



## NRI Based NGOs



## International Organisations



## Padala Charitable Trust (PCT)



Regd. No: 0413/4/26/2003 PAN: AABTP0258Q  
80G Certified | FCRA - 010170337 | NITI Aayog ID - AP/2018/0189057 | CSR - CSR00025749

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Web - <https://pct-india.org/>

Fb - <https://www.facebook.com/pct2050>

Youtube link: <https://bit.ly/36H9p9i>

thank you