



इकलकेवो

UNITY
SELF-ESTEEM
INDEPENDENCE



SAMBHALI TRUST

ANNUAL REPORT 2009/10

Bungalow No. 1, Old Public Park, Near K.N. Hall Girls College, Raikabagh, Jodhpur 342001, Rajasthan. India

website: - www.sambhali-trust.org

LETTER FROM THE FOUNDER, DIRECTOR SAMBHALI TRUST



Khamaghani,

The last year, 2009/10 has been a big year for us. We have started four new projects and are now entrusted with empowering the lives of 321 women and girls.....a far cry from the 17 girls who started at Sambhali Trust 3½ years ago! The Payal Sewing Centre is proving very successful and they get together with the girls from the Jodhpur project to play sports every couple of weeks, so there is real integration between the two groups. We now take women and girls from all underprivileged sections of the community in Jodhpur, some of whom are illiterate and so benefit greatly from the Hindi, English and Maths classes that are now provided.

We have started a micro-finance scheme called the Sheerni project where three self-help groups are running already and a project in collaboration with the government, where the women have a real chance of changing their lives through the savings schemes, access to loans and learning the skills to create their own businesses.

Now the Trust has really grown, I would like to consolidate on what we have done and during the coming year, do "quality work and not quantity work". I believe that to strengthen the Trust we need to develop partnerships with other NGOs and government organisations and by visiting other schemes and projects I feel that we

can only benefit from learning new ideas and the support gained from each other. I've had the pleasure of welcoming 10 new staff over the last year and we have a good healthy team who are all working for the benefit of others and I would also like to say a huge "thank you" to all of the volunteers who have given up their time and enhanced the lives of the women and girls through their individual talents, creative inspiration and hard work. We are still working on developing a good infra-structure here at the Trust, but I feel confident that we can build on the goodwill and commitment of all those involved.

We held a Women's Empowerment rally a few days ago and all the Projects combined together in Jodhpur, so they became a real force to be reckoned with.... they understood what it meant to be a woman in their own right and took spirit and empowerment from a group united together..... and I took spirit and hope also, that we are moving forward in the right direction.

I would like to say a huge "thank you" to Mr Ralph Lewin, Mr Max Lehmann, Ms Margrit Nobs, Basel Commission, Nigama, Natalie, Rahel and well-wishers at Planet Wheeler Foundation, Global Development Group for encouraging me to make this dream come true and helping to improve our administrative processes and organisation's presentation.

With this Annual Report 2009/10, I would like to present our work, projects, statements, pictures and share with our dear readers some of our achievements and success stories.

Warmest regards

A handwritten signature in black ink that reads "Govind".

Govind Singh Rathore

Mission of Sambhali Trust



Sambhali Trust is a non-profit grassroots organisation based in Rajasthan. The main objective of the Trust is to provide support and education to all underprivileged people of urban and rural areas.

Currently, the Trust is working on several projects to empower women and children based in the Jodhpur district and Setrawa village, who endure oppressive social and economic situations, in order to promote a sense of independence and self-worth.

We achieve our mission by offering classes in Hindi, English and Maths and give Arts & Crafts workshops, teaching the students skills which will help to enable them to achieve economic independence in the future. We encourage personality and social development, creating strong women's networks within their own communities, as well as providing community outreach programmes.

SAMBHALI TRUST LEADERSHIP

BOARD OF DIRECTORS

Govind Singh Rathore
Chairman and Founder, Sambhali Trust
Jodhpur, Rajasthan INDIA

Mukta Kanwar
Director, Durag Niwas Guest House
Jodhpur, Rajasthan INDIA

Badan Kanwar
House Mother
Jodhpur, Rajasthan INDIA

Rashmi Rathore
Professional Nutritionist,
Manager, The Veerni Project
Jodhpur, Rajasthan INDIA

Virendra Singh Chouhan
Senior Front Officer, Hotel Ajit Bhawan
Managing Director, Rajput Cultural Adventures
Jodhpur, Rajasthan INDIA



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London, UK

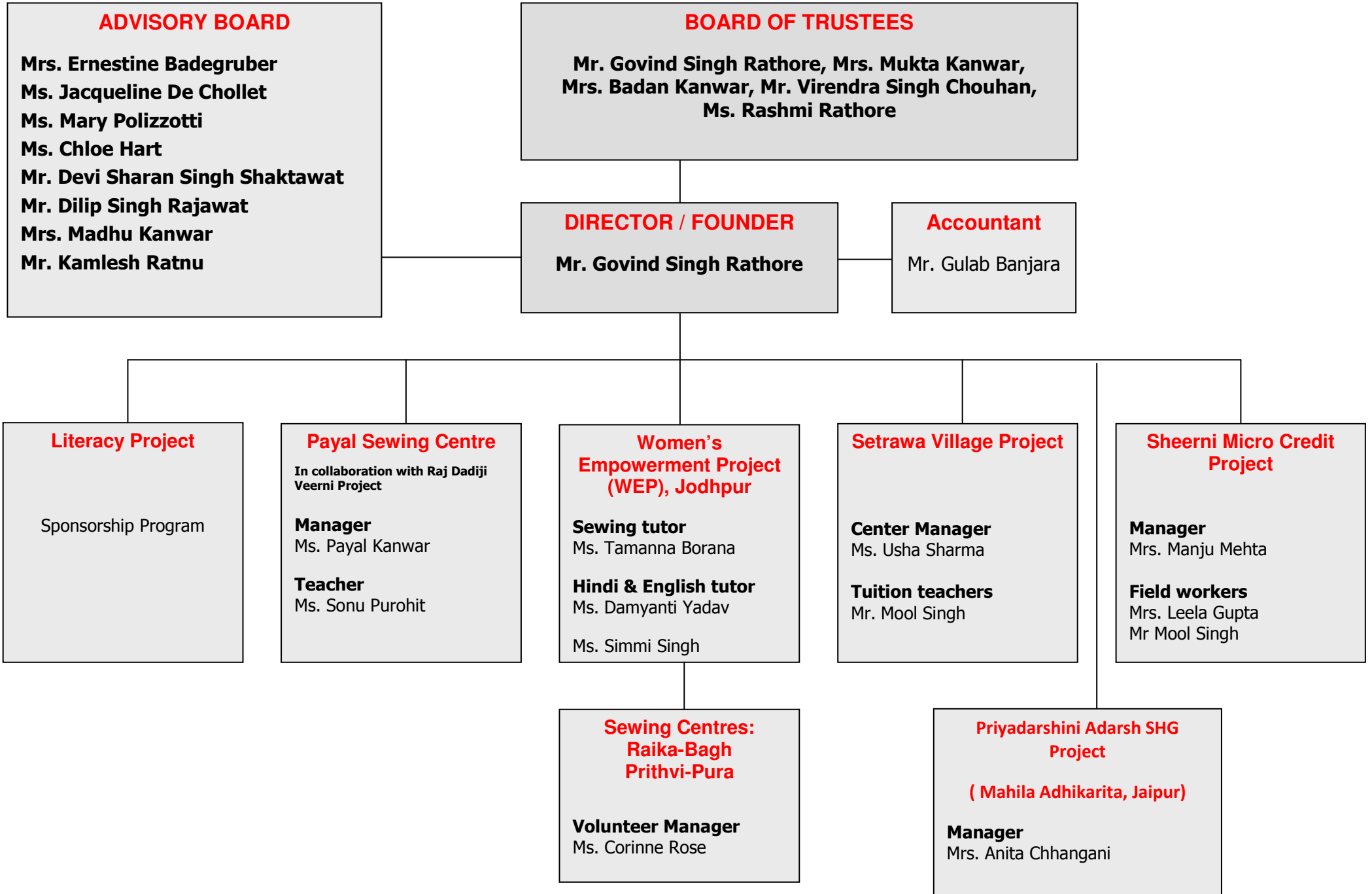
Devi Sharan Singh Shaktawat
Attorney, Professor of Law
Neemuch Law University
Jamuniya, Rajasthan INDIA

Madhu Kanwar
Owner, Haveli Guesthouse
Jodhpur, Rajasthan INDIA

Dilip Singh Rajawat
CEO and Founder
Shree Narayan Bagh Aloe Vera Products
Jaisalmer, Rajasthan INDIA

Kamlesh Ratnu
Fashion Designer and Co-Founder
Marichika Studio, Teacher, INIFD
Jodhpur, Rajasthan INDIA

SAMBHALI TRUST



CURRENT SAMBHALI TRUST PROJECTS



Women's Empowerment Project
Jodhpur
Created January 2007
20 participants



Literacy Programme
Jodhpur
Created January 2007
22 participants



Setrawa Village Project
Setrawa
Created October 2007
60 participants



Payal Sewing Centre
Jodhpur
Created December 2009
39 participants



Sheerni Project
Setrawa
Created October 2009
40 participants



Priyadarshini Adarsh
Self-Help Programme
Jodhpur
Created March 2010
125 participants



Graduates' Sewing Centres
Jodhpur
Created August 2009
11 participants

JODHPUR PROJECT 1: WOMEN'S EMPOWERMENT

Since August 2009 the Jodhpur Project has a new class of 20 students and the project has evolved in the last 12 months, so that we now have a permanent Hindi teacher, Ms Damyanti Yadav and an English teacher, Ms Simmi Singh.



11.00-11.30	Cleaning and prayer
11.30-11.45	Team circle
11.45-12.00	Art & Craft (toy-making, embroidery, appliqué, aari-tari, sewing)
12.00-12.45	Group 1 English Advanced Group 2 Arts & Crafts
12.45-1.15	Lunch
1.15-2.00	Group 1 Arts & Crafts Group Group 2 English Beginners
2.00-3.00	Hindi or Maths

Volunteers

This year we welcomed 22 volunteers from the US, Canada, Germany, Switzerland, UK, Holland, France and Australia. The volunteers have taught English and given workshops in women's rights, health education, AIDS awareness, personality development, team-building, self-realisation, photography, painting and knitting.

"Empowering another means helping the person develop and realise the means and skills necessary to make the important decisions in life."

.Hajin Jun, volunteer



Tamanna and volunteer Eliane Luthi Poirier

"...holidays are boring, I can't wait for the time when I come back to Sambhali. Now our time-table is fixed, I don't even want to have lunch because I enjoy doing all the activities. I like embroidery very much, learning English and Hindi and I want to learn everything quickly. I want to become independent and in the future I want to be able to teach. I want to be a junior Tamanna!" **Rukhsana, Jodhpur participant**



The girls are really motivated and produce files of all the embroidery and stitching samples they have learnt and even have homework!

"Payal even stayed up until 1am in the morning one night because she wanted to get her embroidery finished for the next day."

Tamanna Borana Arts and Crafts teacher

Tamanna and Simmi Singh, English teacher

PAYAL SEWING CENTRE



On December 1st 2009, a new project was started for 39 women from the local community in the area close to Jodhpur airport. It is a joint venture between Sambhali Trust and the Rajdadiji Veerni Project and the programme aims to run for 24 months.

It is run by Ms Payal Kanwar who is the Administrator and a sewing teacher, Ms Sonu Purohit; English is also taught by Ms Simmi Singh and by volunteers.

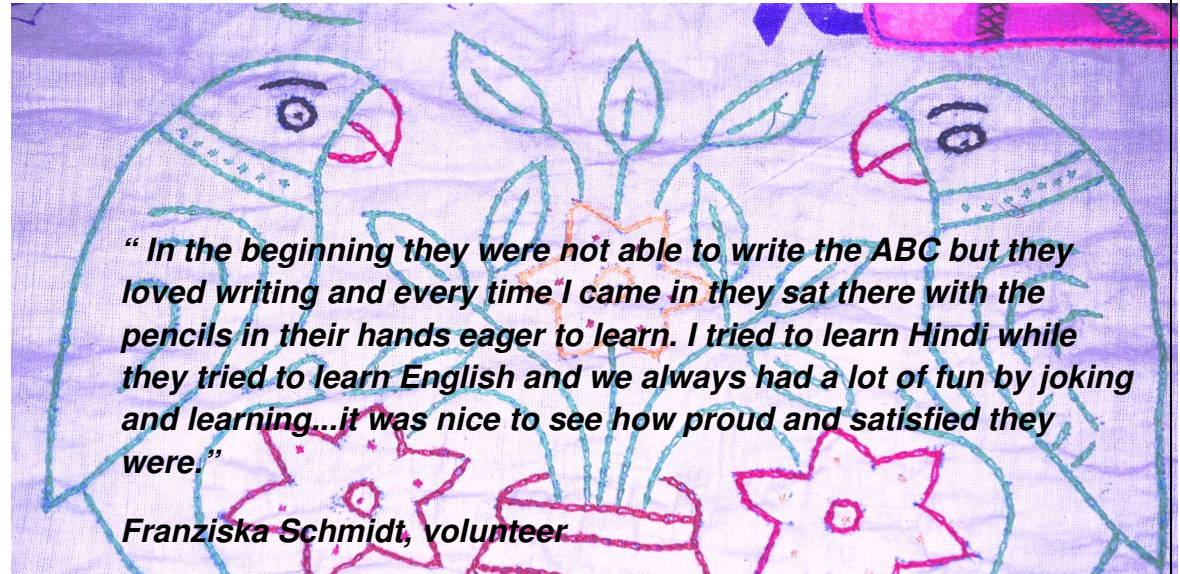
“Maya is 14 years old. Her father died when she was small. Her mother tries to earn enough money, but after Maya finished 5th standard, she had to leave school because her mother couldn’t afford to pay for the school books and clothes. Now, she loves to come to the Sewing Centre because she gets the chance to learn English, Hindi and Art and Craft. She dreams of becoming a teacher and earn some money for her family.”



Ms Simmi Singh and Ms Payal Kanwar



*“.....the girls want to come and learn embroidery and new things...they are happy....so I am happy.” **Payal Kanwar***



“ In the beginning they were not able to write the ABC but they loved writing and every time I came in they sat there with the pencils in their hands eager to learn. I tried to learn Hindi while they tried to learn English and we always had a lot of fun by joking and learning...it was nice to see how proud and satisfied they were.”

Franziska Schmidt, volunteer

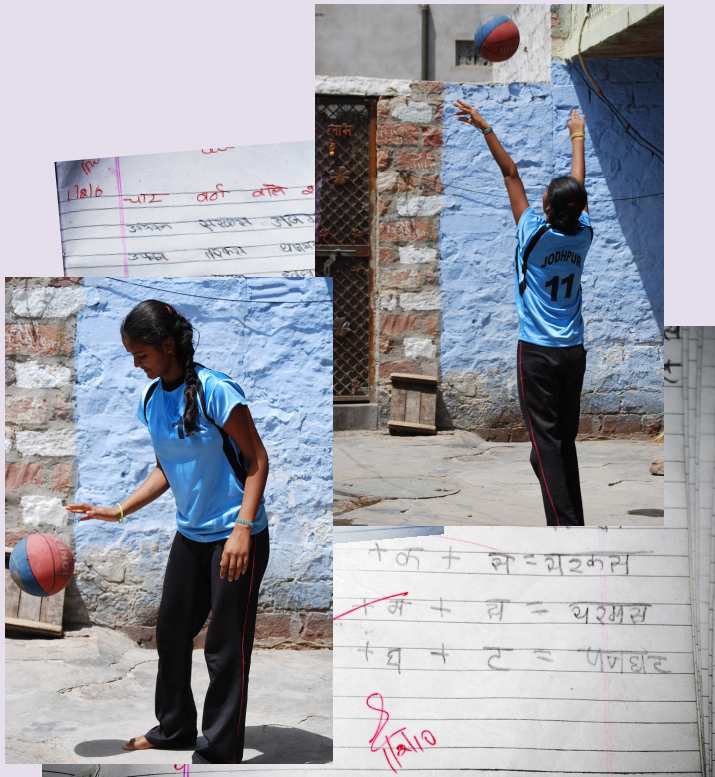


2.00-3.00pm Arts & Crafts
 3.00-4.00pm English (A & B)
 4.00-5.00pm Arts & Crafts
 Hindi

*My name is Pankaj
 My father is a teacher
 I have two sons and two daughters
 My husband's name is Mohan Singh
 My favorite thing is a pencil*

LITERACY PROJECT

this year we have 22 students who are being sponsored in schools in Jodhpur



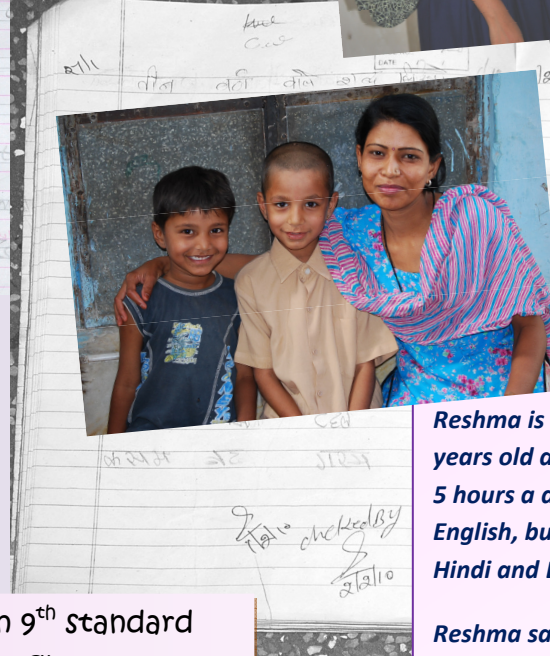
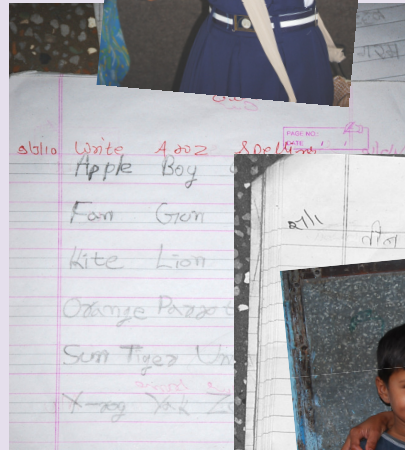
Monica Jod, who has been sponsored for the last 3 years is now in 9th standard and is doing very well in her school work and also she loves sports! She went to Alwar for 7 days to participate at a state basketball competition where her team was 8th out of 32 district teams. Monica's dream is now to go into the Airforce.



Sonu, Bindiya and Bharti

.....are 3 sisters who have been attending school for the last 6 months and love it... they are doing 6 subjects and English is their favourite. " Our exams are coming, so we feel tense but when I think about the support of Sambhali all my fears go away."

Bharti



Reshma is a single mother with 2 sons, Sandeep who is 8 years old and Ajay who is 7 years old. They attend school 5 hours a day. Sandeep loves reading, drawing and English, but doesn't like sports! Ajay also likes drawing, Hindi and English and loves to play sports and running.

Reshma says that by enabling her children to go to school it has changed their lives very much. Before they were wasting time and not disciplined but now they do their work on time and have many friends.

SETRAWA VILLAGE PROJECT



This project now moves into its 4th year. In the last twelve months, we have moved into a new building which is now running on solar power with the hard work achieved by one of the volunteers, Surabhi Agarwal. We are very pleased to still have Usha running the school and now we also have Mr Mool Singh who is himself a student, running a “homework club” for teaching English and Maths.



Ms Usha



Group from Stanford University

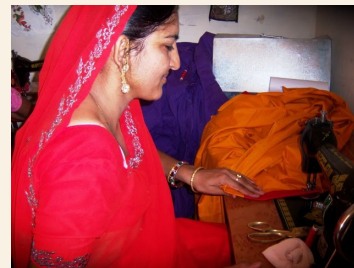
“Working with these women has been a privilege, their talent is mind blowing. They work together as a team to discuss different strategies and techniques for the best outcome and they are so practical. I think they could sew a house out of leaves if they put their minds to it”. Katy



Together with FSD we arranged for 14 students from Stanford University, USA, to spend 1 month in Setrawa village. They achieved many things for the people of Setrawa, including:

1. Continuation of work on the micro-finance & banking project
2. Created a community forum & trash disposal scheme
3. Held a two- day health workshop and eye camps
4. General health & women’s clinic
5. Government accountability project – providing a voice for the village people

“.....to notice how skilful they were at embroidery, a Rajasthan craft that is passed down from generation to generation. The importance of keeping it alive is immense. I asked the women what it was they wanted to be doing in this time and they all decided that it was embroidery and crochet they loved.” Katy, volunteer



“We chose to teach a different topic each week: our first week was spent getting to know the girls and doing introduction games and activities, our second week focused around team work and unity, our third week focused on health and the body and our fourth week dealt with dreams....” Marika, volunteer

(right) students with Ms Surabhi Agarwal, volunteer



SHEERNI MICRO-FINANCE PROJECT



On 30 October 2009, the first Self-Help Group of 15 women was established. This micro-finance project was initiated by Jacqueline de Chollet from the Global Foundation for Humanity and it is funded by Antenna Micro-Credit Support System, Antenna Trust, Madurai (a well-established and successful project working with 18,000 women). Over the course of the previous 6 months with the help of many volunteers and an initial research document by Karen Fan and Ahsan Dharani, the Sheerni project with its aim to establish self-help groups for the women in Setrawa village was realised.



Aims

To establish 3 SHGs every 6 months for women aged between 20-55yrs, making a total of 12 SHGs and 140 women in 2 years

To establish weekly meetings, initiate a savings scheme

Members will be able to access credit (internal loans) after belonging to the group for 3 months and loans from a bank after 6 months.

To provide vocational workshops related to potential businesses

To hold periodic workshops on hygiene, health and nutrition, child-care, women's rights and business management.

In February, two students from the Jodhpur Institute of Fashion Design gave a sewing workshop.

In March, a trainer has been teaching the group in tie and dye skills for 2 hours a day for 15 days. He says if they practise 4-5 hours a day for two months they will become experts. "There is a big demand for tie and dye saris and scarves in the local markets."



The women want to make dry snacks, papads, learn to sew, do embroidery, make cloth bags out of recycled material and raise cows.



The women come mainly from Brahmin, Jain and OBCs and from families where the husbands earn less than 150 rupees a day. The village sarpanch and the local bank manager have been invited to the meetings and are fully supportive of the scheme.



Ms Manju Mehta is the Administrator for the project and together with the two fieldworkers, they motivate the women and co-ordinate the meetings and workshops.

PRIYADARSHINI ADARSH SHEERNI PROJECT SAMBHALI TRUST



Following a presentation to the government of Rajasthan in Jaipur on 18 February, we have started a new self-help group programme.

Sambhali Trust has been given the 10 best self-help groups in the outlying Jodhpur Districts, which have already been running for 12 years but where there are still many problems. We have been

given the task of training these women in better practices of record maintenance, teaching them knowledge of business methods, creating a forum in which to understand their social problems and working on solutions. We welcome Anita Chhangani as manager, (photo bottom right).

A survey of individual members highlighted some of the difficulties arising and the following points are now being implemented.

- 1. Aim of group***
- 2. Procedure of group activity***
- 3. Monthly meetings***
- 4. Rules and regulations written***
- 5. Self-expression and discussion of other matters.***
- 6. Difficulties of group members and their solutions***
- 7. Transparency in maintaining records and loan transactions***
- 8. Loan transactions as per rules***
- 9. Priority should be decided in distribution of the loans***
- 10. Decisions by the majority***
- 11. Every member should be responsible for the repayment of loan***
- 12. Supervision of the right use of loan***



Giving a presentation in Jaipur



Kishankanwar

is 40 years old and married with 2 boys. One is 25 years old and is a carpenter and earns 100 rupees a day and the other is 20 years and is studying. Her husband is a seasonal farmer and gets part-time work quarrying, but spends any money he earns on addictive substances.

She has belonged to this self-help group for the last 12 years, saving 100 rupees a month and in that time has taken out 4 loans amounting to 82000 rupees, which she spends on things such as food, educating her sons and farming tools.

The problem for her is that she needs to ask friends to pay back the loans she has taken out. Now she would like to be able to learn sewing to earn a living for herself.



SOCIAL EMPOWERMENT: INDEPENDENCE



Monica at Women's Day Conference

Women's Rights' Workshops

"These focused on the specific types of violence that the girls had pinpointed, namely:

Sexual Harassment & Rape, Domestic Violence & Dowry Death, Female Feticide & Infanticide, Child Marriage, Discrimination against Dalit women"

Eliane Luthi Poirier, volunteer



Jodhpur participants attending workshop

"Learning photography has been a great boost to their self esteem and confidence and during these workshops I have taken the opportunity to teach the boys some basic English and also to discuss with them some very important issues in their community such as Dalit rights, basic health and hygiene, AIDS and STD awareness and I talked to them not only about how such subjects affect them but also how the women in their society are affected by these things." Becky Moyce, volunteer



Working with Dalit boys

*"It makes my stomach churn to listen to them talk about the way that they have been treated like animals at times because of the caste system and tradition. When we asked the boys what are Dalits, MahiPal responded 'Dalits are a backward caste. We were put into one class and given bad tasks to do and that is what became Dalits' "*Becky Moyce

Alka Kumar, 35 yrs old Payal Sewing Centre



Alka was only 15 years old when she got married and now has two sons, 16 and 17 years old. She is a friendly and motherly woman but when she talks about her life at home her eyes become sad.

Her husband use to beat her and her children, even when she is five minutes too late or if the food is not finished. Though he works as a constructor and earns a little money he doesn't give anything of his earnings to his wife. Instead he buys alcohol with every single rupee he earns and drinks every day.

So Alka has to ask her parents for money to buy food and clothes. Because in the Indian society it's not normal to get divorced and because the divorced women are out of their communities Alka has to stay with her brutal husband.

She is very happy to get the chance to learn art and craft, Hindi and English at the Payal Sewing Centre, because now she feels like she is more independent and when she learns enough she can earn money for her family and is no longer dependent on the help of her parents.

"Something I have learned from Sabina, here is how important independent learning is to women's empowerment. If a woman feels confident in her own learning abilities, using skills she is taught to further her own independent thinking, she can feel confident about her own mind. She is no longer her body or her dowry, but an independent, creative thinker." Dani Noble, volunteer



SOCIAL EMPOWERMENT: SELF-ESTEEM



What are my skills?

“Building self-confidence, learning about our abilities and skills, group building; helping us to understand that every girl has a lot of great skills and is extraordinary and has something valuable to offer – it can be a good friend, a good listener, taking care of our brothers and sisters; sharing this with the whole group and understanding how important we are to our families and our communities as a whole.” (Adapted from workshop by Franzi, Jodhpur volunteer)



Becky Moyce, volunteer, gave a Photography workshop for one month

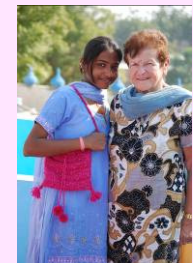
“I asked them to look at their own images ... keep their best four, deleting the others accordingly. At first they lacked the confidence to distinguish between the stronger and the poorer images however the more they practised the quicker and easier their judgement.”



“...the girls showed great initiative, one group managed to obtain free access to the local museum to photograph some animals ...whilst another group used saris and brightly coloured materials they found at home to create dramatic backgrounds for portraits.”



Margrit Nobs, volunteer, spent four months with the Jodhpur project girls teaching knitting. *“It’s the first time I’ve learnt knitting and I like my bag very much.”* Geeta



Jodhpur girls showing their artwork

“If I can just communicate to the girls that they are beautiful, wonderful people, and they can create beautiful, wonderful things, I will have achieved what I aspired for at the beginning of these (art) classes.” Hajin Jun, volunteer

SOCIAL EMPOWERMENT: UNITY



Unity has taken many forms, from the volunteers taking empowerment workshops in Jodhpur and Setrawa, the girls joining together to play sports, having professional tutors giving sessions to the self-help groups on motivation to holding rallies. Through interaction, discussion and play, the girls are encouraged to be themselves and to flourish.



Norah, Setrawa volunteer (above), took several workshops where they learnt about Rajasthan, foods and vitamins and where the children were encouraged to ask about each other and what future they wished for. *“Games or little workshops are really important, maybe more important than speaking English; to speak about feelings and to give feedback (to each other).”* Here the girls in the group are asked to shout “yes” and “no” in different volumes and describe how they felt about it afterwards.



“The ‘Sambhali space’ is amazing evidence of the natural bond that exists between women. Wherever she is from, whatever her story, in an all-female group a woman can find a safe space to learn, share, and play. “

“I danced all day: Rajasthani folk dance , kathak, bharat natyam, salsa, hip hop...we did it all. I think that simply letting our hair down together was a great way of building immediate trust.” Danni, Jodhpur volunteer



Feelings, Dreams and Lifeline workshop

Franzi (Jodhpur volunteer) created this workshop to allow the girls to become aware of their different feelings and to talk about their own lives and their problems. Using music and relaxation techniques, the girls drew a “lifeline” and shared it with the group; when they felt happy and when they felt sad. The girls were able to express their feelings about different situations at different times in their lives.



GRADUATES' SEWING CENTRES



Graduates with their certificates outside Prithvipura sewing centre

On August 15th 2009, two sewing centres were established for the first 11 graduates of Sambhali Trust, in the areas where they live. The girls who have undertaken a two-year programme which has included tuition in tailoring, block-printing, screen-printing and embroidery, are now able to make clothes for their local community as well as selling clothes and accessories through the Sambhali Trust shop as well as the opportunity for international orders.



Excited, happy graduates!

The elephants got more elaborate as time went on. Now we have "Maharajah" and "Maharani" elephants!



The girls are very happy earning a living for themselves and are very proud to be of support to their families.



Sandhya, Deepika and Sonyia, working hard!



Saraswati embroidering a dress



In October, the girls produced a collection of children's clothes for Christelle a French designer, who spent 3 weeks working with the girls. There were 3 designs in 3 sizes and altogether they produced 65 dresses and trousers. It was hard work, but the girls persevered and learnt a variety of skills at the same time.



Items produced include: salwaars, kurtas, cushion-covers, placemats, napkins, block-printed curtains and scarves, elephants, make-up bags, embroidered silk wash-bags and purses.



CONFERENCES, MEDICAL CAMPS, RALLIES



Meera, graduate, talking on RDTV television

Together with the Foundation of Sustainable Development, a Women's Leadership Conference was organised which included workshops on health, personal banking, micro-finance and women's rights. It is hoped that the women would return to their villages and communities and share the information they have learnt. Also by networking and sharing, women will have taken a valuable lesson in women's unity.

A rally to support the Women's Reservation Bill in Rajasthan



In January we held a medical camp in Setrawa. And found 95 % of the women suffering from anaemia and so made a follow-up camp in collaboration with Raj Dadiji Veerni project. About 100 women and girls got their check-up and received free medicine..



In September representatives from UNICEF, came to visit Sambhali Trust. They were very interested in the work we are doing and they discussed how they would like to take the message of women's empowerment and independence out into the villages and hope that we are able to work with them in the future

Sonyia, graduate, speaking at Sambhali Trust in July



sambhali's first press conference

SAMBHALI HEADLINES.....a few articles that have been in the news



The Times of India, Jaipur
28 June 2009 "Emancipating Women through Sambhali"



22 January 2010
Health Camp Setrawa



20 May 2009
"Creativity in Photography"
 Becky Moyce, volunteer gave a photography workshop

19 February 2010
 Introduction meeting by officers of the Women and Child Development Department to the Priyadarshini Adarsh Self-Help Group Programme



13 September 2009
 "Just reach for the sky – all girls should become independent and make their own choices".



25 November 2009
 Women learn some Tips in Beauty Workshops



13 September 2009 New
 Jodhpur participant Monica says, "Papa I want to become a doctor".



2 January 2009
 Women will be given free training for self-employment work

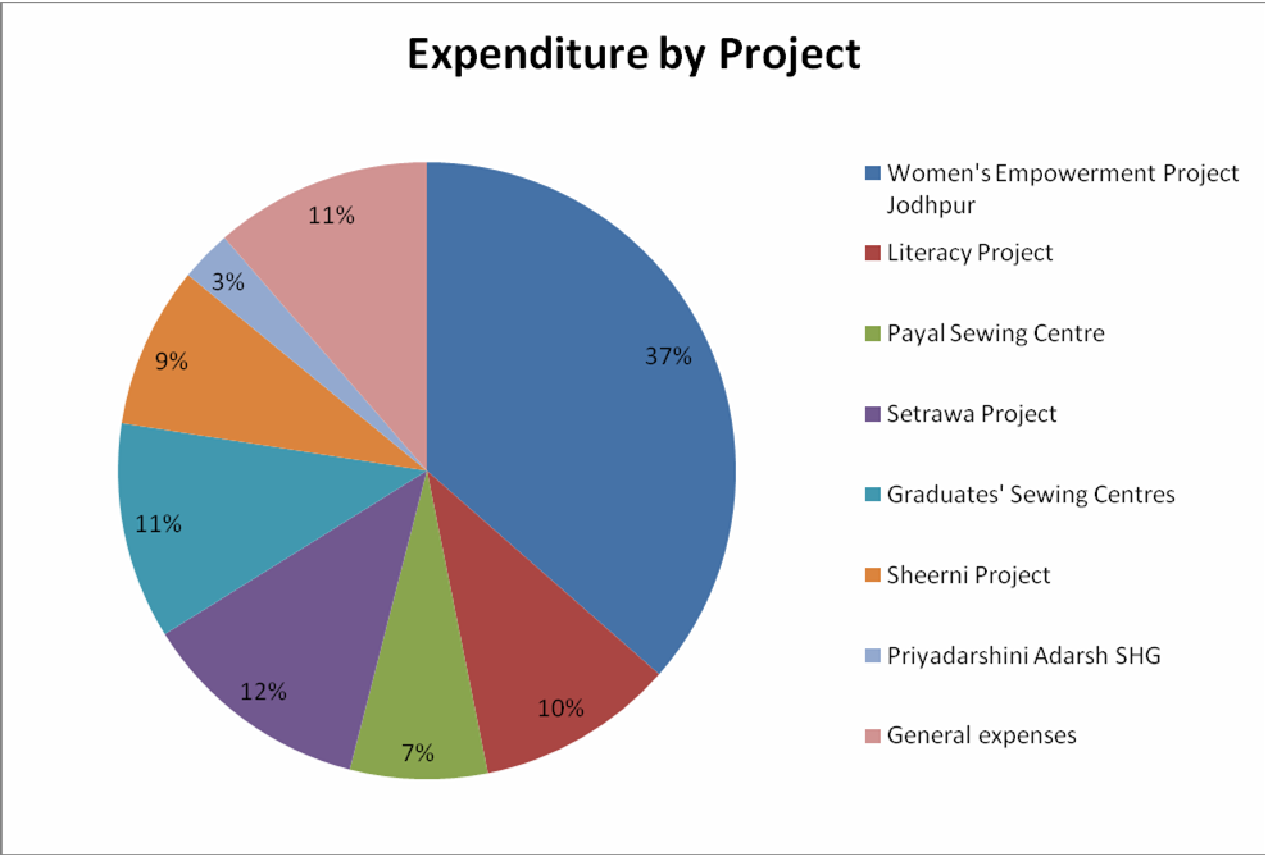


17 August 2009
 The students of Stanford University will know about a village environment - an American group of students spend one month in Setrawa



18 August 2009
 Two sewing centres opened in Prithvipura and Raika Bagh

SAMBHALI TRUST EXPENDITURE 2009/2010



SAMBHALI TRUST ONE-YEAR GOALS

Vision Exercise

This provides a useful framework for the team to consider and develop a coherent shared set of goals, concepts and values for the projects within Sambhali Trust. By providing an opportunity for each team member to articulate and shape hopes and expectations for a project, a shared vision helps to create a culture that values the full and effective participation of all its members regardless of personal identity, experience or background.

Women's Empowerment Project, Jodhpur

An mid-term evaluation of ongoing activities for the current participants with the help of volunteers and partner organisations; outings to the post-office, police station, bus-stand, railway station, bank etc to understand the procedures. Awareness workshops on socio-economic issues and how to access help in a variety of scenarios.

Sheerni Project and Priyadarshini Adarsh Self-Help Group Project

*Creation of self-help groups with government collaboration
Designing of programme to help self-help groups develop their own businesses*

Sambhali Trust Shop

Establishment of shop to sell handicrafts done by the Sambhali Trust and partner organisation beneficiaries

Establishment of local network of NGOs

To establish a local network of NGOs working on the same issues including local government administration

Publicity

To increase publicity through the media and travel and tour operators





SUPPORT

I would like to thank all our dear friends who have done so much to help us over the last 12 months and infact over the last 3 years. Without all their continued support, advice, hard work and their contribution to assisting with the goals of Sambhali Trust, we wouldn't have been able to achieve what we have done so far and helped so many women and children in Rajasthan to improve their lives.


Volunteers 2009 – 2010

Johanna Werz
Eliane Luthi Poirier
Adriana Contreras
Rebecca Moyce
Hajin Jun
Ibtissam Arbib
Surabhi Agrawal
Ahsan Dharani
Karen Fan
Dani Noble
Joanne Edwards
Jessica Robinson
Katy Glentworth
Melanie Schuster
Margrit Nobs
Ruth Engler
Catriona Keown
Marika Hall
Franziska Schmidt

Natalie Merringer
Nora Dilling

Specifically we wish to thank the following:

Mrs. Ernestine Badegruber, Soziale Initiative, Austria
Ms Jacqueline de Chollet, Global Foundation for Humanity UK/USA
Ms. Cornelia Uebscher, Germany
Administrative Officials and media persons of Jodhpur Division, India
Mahila Adhikarita (Women development department) Jaipur, India
Mahila avam Bal Vikas Vibhag (Women & Child Development Department), Jodhpur, India
Antenna Trust, Madurai, India
Foundation for Sustainable Development (FSD), Jodhpur, India
Durag Niwas Guest House Jodhpur, India
Worldwide Helpers
Independent Volunteers
Nothelfergemeinschaft der Freunde e.V. Germany
Dragoman Overland
Women Travels, Switzerland
Ms. Corinne Rose, UK



*“Where the mind is without fear and the head is held high
Where knowledge is free, where the words come
Out from the depth of Truth
Where the mind goes forward into ever widening
thought and action
Into that heaven, let me awake”*

A dapted from a poem by Rabindranath Tagore, 1861-1941
Mary Quagliata, volunteer, was inspired by this poem to
develop a mural on the wall of the classroom with the
Jodhpur participants.

“The poem is about change. Sometimes we are able to
change for the betterment of ourselves and the world.
For you, the participants of Sambhali Trust, you have been
given an opportunity to help yourselves and make beneficial
changes to your lives.
.....like the butterfly, you will be able to transform yourself
into a gorgeous creature. The butterflies on the wall are the
symbol of yourselves; with commitment you will all burst
through your cocoons and dazzle the world with your
brilliance.”