



annapoorna

ANNAATH PURUSHAHA

BREAKFAST SEVA BY

SRI SATHYA SAI ANNAPOORNA TRUST



“When there is righteousness in the heart,  
there will be beauty in the character.

When there is beauty in the character,  
there will be harmony in the home.

When there is harmony in the home,  
there will be order in the nation.

When there is order in the nation,  
there will be peace in the world.”

– Sri Sathya Sai Baba

## ● Vision

No child shall ever go to school on a hungry stomach.

## ● Mission

To nurture school-going children in rural India and disadvantaged sections of the society with nutritious breakfast while also catering to their emotional and spiritual needs.

To expand our reach to all Government and Government-aided schools in the country.

To enable rural uplift and transformation, and make Indian villages ideal in terms of sustainable growth and development.





## ● Sri Sathya Sai Annapoorna Trust

The Sri Sathya Sai Annapoorna Trust is a charitable trust headquartered in Muddenahalli, Chikkaballapur District of Karnataka, India. The Trust, set up in November 2015, primarily strives to feed nutritious, well-balanced breakfast to all school-going children in rural India and disadvantaged sections of the society. It also seeks to enable holistic development of children by actively engaging with the school authorities and helping them integrate an ethos of academic as well as human excellence.

The Trust also endeavours to enable rural uplift and transformation by aligning its activities along the four pillars of Vidya (Educare), Vaidya (Healthcare), Vaari (Water) and Vidyuth (Clean Energy), leading to the development of India's villages as ideal and sustainable.

## ● Chairman and Trustees

The Trust currently comprises seven trustees and is headed by Chairman, Sri Narasimhachari Sampath. Sri Sampath is a retired Indian Government official from the Indira Gandhi Centre for Atomic Research (IGCAR) and is fully involved in running the everyday affairs of the Annapoorna Trust.

The trustees are a disparate mix of corporate professionals, doctors and entrepreneurs and bring to the table a vast body of knowledge and experience. They are involved in planning, strategy and execution of the breakfast programme and also coordinate volunteer engagement and allocation.

## ● Our Guiding Principles

There is only one religion, the religion of Love;  
There is only one language, the language of the Heart;  
There is only one caste, the caste of Humanity;  
There is only one God, He is Omnipresent.

– Sri Sathya Sai Baba

Drawing inspiration from this, we have modelled our goals and actions to serve the cause of nation-building.





## ● India's children - a story in need of a happy ending

India is home to the largest number of children in the world. But unfortunately, not all our children have access to well-balanced and nutritious food. According to the Global Nutrition Report 2016, nearly 70 per cent of our school-going children are undernourished. While it is telling of the overarching nutrition challenge we face as a country, let us not forget that behind this appalling number are the many heart-rending stories of parents struggling to make ends meet, children forced to sacrifice school to double up as breadwinners for the family and the stubbornly persisting gap between the haves and the have-nots.

How do we solve such a deep-rooted problem that draws sustenance from the many social, economic and demographical challenges that face our country? One step at a time.

While the Government's Mid Day Meal scheme and other initiatives have helped address hunger in school-going children, a lot remains to be done. Breakfast, which scientific studies reveal has a lasting effect on the health of children, offers a good first step.

## ● Why breakfast is important?

Breakfast is a great way to give the body the refuelling it needs after a long overnight fasting period, especially for children as it aids in their physical and mental well-being, academic achievement and cognitive development. But many students in India from rural settings skip this nutritional intake simply because they cannot afford it.



## ● Did you know?

Here are some of the obvious advantages when children eat a healthful breakfast regularly:

- Higher presence of essential amino acids and minerals in bodies
- Better cardiorespiratory fitness level
- Higher oxygen utilisation and average cerebral blood flow
- Overall better health, fewer absenteeism from school
- Improved concentration and performance in the classroom
- More strength and endurance to engage in physical activity
- Better problem-solving skills and hand-eye coordination
- Balance of blood sugars through the day

## ● Our startup story

Inspired by the life and message of Sri Sathya Sai Baba, in July 2012, a small group of IT professionals in Bangalore set out to improve the plight of underprivileged children in the outskirts of the city. They did so by providing them with nutritious breakfast, free of cost, in their school premises. And the result was pleasantly surprising! Attendance improved, attention span went up, there were fewer dropouts, and the overall happiness quotient of the children went up.

Motivated by the results, more schools were soon adopted. And what started as a service initiative benefitting about 50 children has now grown to embrace many more.

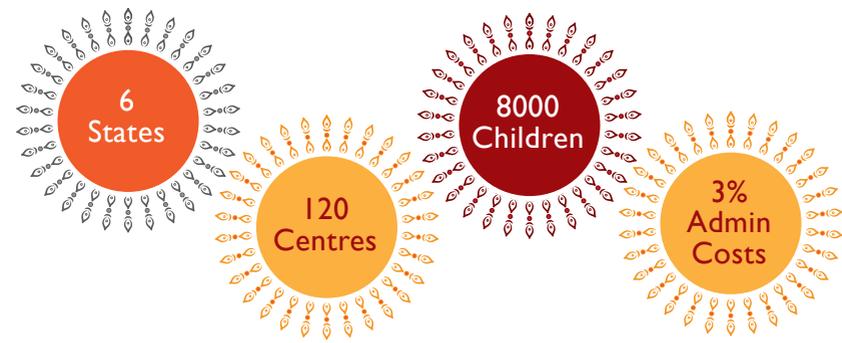


## ● What we do?

The Sri Sathya Sai Annapoorna Trust primarily oversees the entire array of activities from planning to execution of the breakfast programme across the many schools in the country. Some of our responsibilities include maintaining a quality check on the food served, selecting local vendors and cooks, interacting with the volunteers, teachers, students and school authorities, conducting regular health screening, working with the village elders, gram panchayats and local authorities.

We currently run the breakfast programme across 120 centres in six Indian states, benefitting over 8,000 children.

- Breakfast Programmes
- Human values-based activities for children
- Teacher Training
- Working with the villagers in improving infrastructure by focussing on the 4Vs – Vidya (Educare), Vaidya (Healthcare), Vaari (Water) and Vidyuth (Clean Energy)



## ● Our Expanding Footprint

State	Region	No. of Schools	No. of Children
KA	Chikkaballapur Taluk	68	3400
KA	Bagepalli Taluk	12	905
KA	Bangalore Rural	9	520
KA	Bangalore	13	1445
KA	Bijapur / Mudhol	4	615
KA	Tumkur / Hubli / Chitradurga	3	235
AP	Visakhapatnam	2	175
TL	Hyderabad	1	250
TN	Chennai	2	80
TN	Dharmapuri / Krishnagiri / Salem	3	705
WB	Kolkata	1	30
KL	Trivandrum	2	75

## ● What's unique about us?

Our greatest strength is our volunteers. From identifying needy schools and centres, to negotiating the best compensation for vendors and working tirelessly to reach nourishing breakfast to children on time, they lead the way. Comprising men and women across professions and age groups, our volunteers are united in their passion to participate in the cause of nation-building.

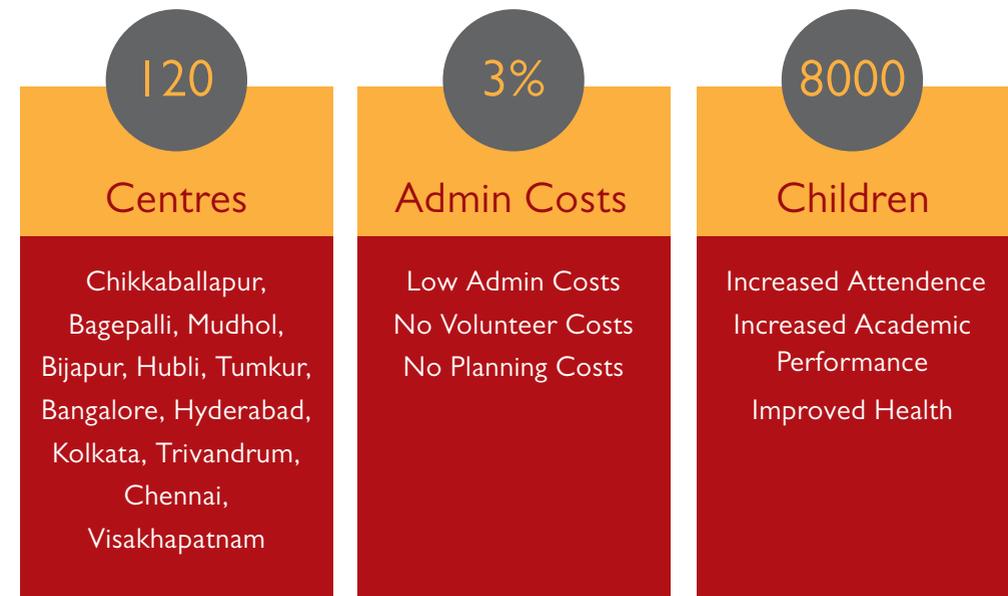
We have a decentralised model of operations, as local vendors and suppliers are leveraged for the raw materials. This empowers the villagers economically, while making them willing partners of growth in their children's lives.

We operate at very low administrative costs (~three per cent). This helps direct the majority of our financial resources to our core operation of providing breakfast to children.

## ● Growing from Strength to Strength

Year	Number of Centres	Volunteer Strength	Children Benefitted	States
2012	1	10	80	KA
2013	2	20	130	KA
2014	5	40	300	KA, AP
2015	90	100	7000	KA, AP, TL, WB
2016	120	150	8000	KA, AP, TL, WB, TN, KL

\*KA- Karnataka, AP- Andhra Pradesh, TL- Telangana, WB- West Bengal, TN- Tamil Nadu, KL- Kerala





## ● Pillars of our Strength



### People

- Inspired and self-motivated
- Access to diverse talents and skills
- Very low admin costs and overheads

### Process

- Select schools, vendors and cooks; allocate resources
- Run pilot to streamline operations
- Engage everyone as a community to participate

### Planning

- Custom-designed menu
- Decentralised day-to-day operations
- Training of human resources

### Passion

The innate desire to make a difference and contribute to the society and nation is what drives us.

## ● Custom-Designed Breakfast Menus

What is a healthy breakfast? Nutrition experts say that a healthy breakfast should consist of a variety of foods, for example, milk, whole grains, proteins, fruits and vegetables.

Our breakfast menus therefore have been specifically designed to provide a variety of nutrients that will help keep students energetic and ready to learn until lunchtime. The menu is meticulously planned, making sure that the breakfast is wholesome in its nutrition quotient and meets the quality standards.

The entire week's breakfast makes up roughly about 20-30 percent of the weekly nutrition requirement of a school-going child.

We keep a check on quality of ingredients by working closely with the local vendors, who provide milk, vegetables and fruits. Decentralised sourcing has helped us economically empower the villagers as well as actively engage them in participating in their children's growth and development. We expect the villagers to spearhead the Annapoorna programme in their schools on their own after a few years.

Cooks, who are the backbone of the entire programme, are carefully selected so that the breakfast is rich in both nutrients and taste. To ensure sustained quality of the food served, our volunteers regularly taste the food and encourage feedback from the children and school authorities.



## ● Milk & Banana

**Milk:** It is the top food source of bone-building Calcium, Vitamin D and Potassium. While Vitamin D helps in the absorption of Calcium, Phosphorus and bone formation, Potassium regulates blood pressure and is needed for muscle contraction. Overall, milk is an excellent source of protein, containing all nine essential amino acids which are required to meet physiological needs.

**Banana:** An energy powerhouse and disease fighter, it rejuvenates the body with natural glucose, and promotes brain functions and nervous systems.



Milk

Banana

Nutrition Facts	
Milk, with Sugar	
Serving Size: 1 glass (200ml) with 1 tsp sugar	
Amount Per Serving	
Calories	157
% Daily Value*	
Total Fat 8.4 g	28%
Sodium 150.3 mg	
Total Carbohydrates 14.1 g	
Total Dietary Fibre 0.0 g	
Protein 6.6 g	22%
Calcium 247.0 mg	41%
Iron 0.4 mg	3%
Potassium 288.2 mg	
Vitamin A (Retinol) 109.1 mcg	18%
B-Carotene 0.0 mcg	
Vitamin C 4.1 mg	10%
Thiamine 0.10 mg	13%
Riboflavin 0.39 mg	39%
Niacin 0.21 mg	2%
Folic Acid (free) 11.5 mcg	
Phosphorus 185.2 mg	
Magnesium 0.0 mg	0%
Zinc 0.0 mg	0%
Choline 0.0 mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,700 calories a day is used for general nutrition advice for children of age around 9 years.

Nutrition Facts	
Banana, ripe	
Serving Size: 1 piece (100 g)	
Amount Per Serving	
Calories	116
% Daily Value*	
Total Fat 0.3 g	1%
Sodium 36.6 mg	
Total Carbohydrates 27.2 g	
Total Dietary Fibre 1.8 g	
Protein 1.2 g	4%
Calcium 17.0 mg	3%
Iron 0.4 mg	2%
Potassium 88.0 mg	
Vitamin A (Retinol) 0.0 mcg	0%
B-Carotene 0.0 mcg	
Vitamin C 7.0 mg	18%
Thiamine 0.05 mg	6%
Riboflavin 0.08 mg	8%
Niacin 0.50 mg	4%
Folic Acid (free) 0.0 mcg	
Phosphorus 36.0 mg	
Magnesium 41.0 mg	59%
Zinc 0.2 mg	2%
Choline 0.0 mg	

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Milk and Bananas are given to the children as supplements to the standard solid breakfast in all our centres.



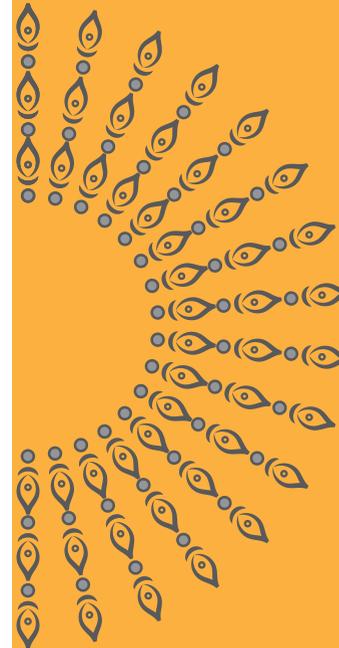
## ● Upma

### Ingredients (for 50 children)

- Bansi Rava 3.0 Kgs
- Refined Oil - 500ml
- Salt 50gms
- Bengal Gram 50gms
- Red Chilli Powder, Green Chilli 50gms
- Black Gram (udina bele) 15gms
- Mustard (sasave) 20gms
- Turmeric Powder 5gms
- Lemon, Salt 2.5gms
- Vegetables (1 Kg of mixed, seasonal vegetables) and Curry Leaves
- Asafoetida 10gms

### Preparation Method

- Prepare Tadka - Heat Oil and add Mustard Seeds, Cumin Seeds, Lentils and Peanuts
- Mix the Vegetables (Onion, Tomato)
- Heat the mix till the Vegetables lose their volume
- Add 2 cups of water and mix Salt. Bring it to boil
- Add Semolina slowly to the mix, continuously stirring it
- Upma is ready when all water evaporates



## Nutrition Facts

### Upma

Serving Size: 1 Large Scoop (101 g)

Amount Per Serving

<b>Calories</b>		<b>329</b>
		<b>% Daily Value*</b>
Total Fat	9.4 g	31%
Sodium	791.4 mg	
Total Carbohydrates	51.5 g	
Total Dietary Fibre	2.0 g	
Protein	9.6 g	33%
Calcium	36.4 mg	6%
Iron	1.7 mg	10%
Potassium	104.2 mg	
Vitamin A (Retinol)	0.0 mcg	0%
B-Carotene	49.4 mcg	
Vitamin C	4.8 mg	12%
Thiamine	0.20 mg	25%
Riboflavin	0.05 mg	5%
Niacin	3.17 mg	24%
Folic Acid (free)	3.4 mcg	
Phosphorus	116.6 mg	
Magnesium	10.9 mg	16%
Zinc	0.6 mg	7%
Choline	37.9 mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,700 calories a day is used for general nutrition advice for children of age around 9 years.



## ● Vegetable Rice Bath

### Ingredients (for 50 children)

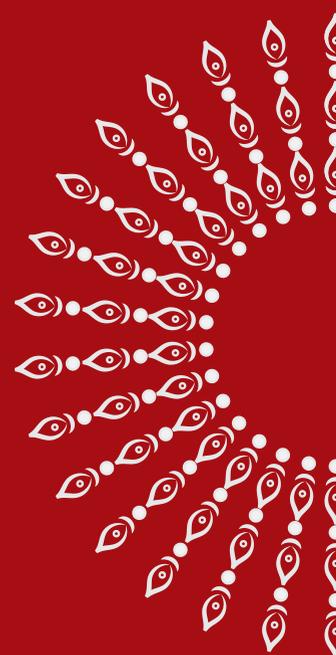
- Rice 3.25 Kgs
- Refined Oil 250ml
- Bengal Gram 50gms
- Red Chilli Powder, Green Chilli 50gms
- Salt 50 gms
- Ginger Garlic paste 50 gms
- Jeera 50 gms
- Black Gram (Udina Bele) 20 gms
- Mustard (Sasave) 10gms
- Turmeric Powder 15gms
- Lemon, Salt 2.5 gms
- Vegetables - 1 kg (mix of Carrot, Beans, Potato, Onions, Cabbage or any other seasonal vegetables) and Curry Leaves

### Preparation Method

- Prepare Tadka: Heat Oil and add Mustard Seeds, Cumin Seeds, Lentils and Peanuts
- Mix the Vegetables (Onion, Potato, Turmeric Powder, Chillies and Curry Leaves)
- Heat the mix till the Vegetables lose their volume. Add 7 litres of Water and mix Salt. Bring it to a boil
- Add Rice slowly to the mix, continuously stirring it. Cook the items for 30 to 40 minutes. Vegetable Rice Bath is ready when all water evaporates

<b>Nutrition Facts</b>	
<b>Vegetable Rice Bath</b>	
<b>Serving Size: 1 Large Scoop (101 g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>333</b>
	<b>% Daily Value*</b>
Total Fat 9.8 g	33%
Sodium 778.8 mg	
Total Carbohydrates 55.9 g	
Total Dietary Fibre 1.1 g	
Protein 5.3 g	18%
Calcium 26.1 mg	4%
Iron 1.0 mg	6%
Potassium 57.8 mg	
Vitamin A (Retinol) 0.0 mcg	0%
B-Carotene 10.1 mcg	
Vitamin C 4.0 mg	10%
Thiamine 0.03 mg	4%
Riboflavin 0.01 mg	1%
Niacin 0.25 mg	2%
Folic Acid (free) 1.0 mcg	
Phosphorus 127.9 mg	
Magnesium 58.7 mg	84%
Zinc 1.0 mg	13%
Choline 21.9 mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,700 calories a day is used for general nutrition advice for children of age around 9 years.





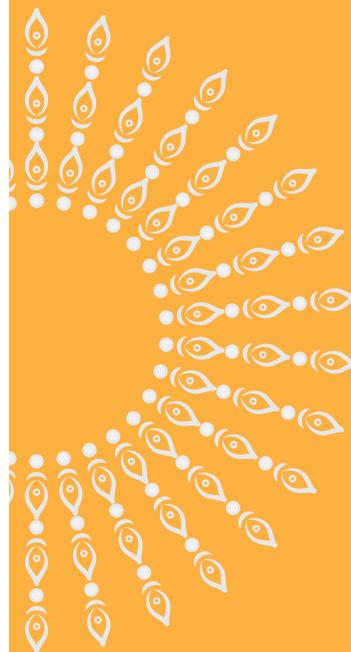
## ● Pongal

### Ingredients (for 50 children)

- Rice 2 Kgs
- Moong Dal (Hesuru Bele) 1kg
- Refined Oil 250ml
- Black Pepper Powder 30gms
- Red Chilli Powder, Green Chilli 40gms
- Black Gram (Uddina Bele) 50gms
- Salt 50gms
- Jeera 50gms
- Turmeric Powder 15gms
- Mustard (Sasave) 15gms
- Ginger 30gms

### Preparation Method

- Soak half a cup of Rice in water. Take half a cup of split Moong Dal and dry roast it on a very low flame until you can smell the roasted Dal
- Coarsely grind Pepper and Cumin with the help of a mortar and pestle. Set aside
- Heat some Ghee and Oil in a pan
- Add in the cooked rice-dal mixture and Salt



## Nutrition Facts

### Pongal

Serving Size: 1 Large Scoop (71 g)

Amount Per Serving

**Calories** **261**

	% Daily Value*
Total Fat 5.3 g	18%
Sodium 782.3 mg	
Total Carbohydrates 44.9 g	
Total Dietary Fibre 2.4 g	
Protein 8.2 g	28%
Calcium 36.4 mg	6%
Iron 1.6 mg	10%
Potassium 248.0 mg	
Vitamin A (Retinol) 0.0 mcg	0%
B-Carotene 8.1 mcg	
Vitamin C 1.0 mg	2%
Thiamine 0.11 mg	14%
Riboflavin 0.05 mg	5%
Niacin 0.56 mg	4%
Folic Acid (free) 5.2 mcg	

Phosphorus 159.1 mg	
Magnesium 62.5 mg	89%
Zinc 1.2 mg	15%
Choline 13.3 mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,700 calories a day is used for general nutrition advice for children of age around 9 years.



## ● Avalakki Bath

### Ingredients (for 50 children)

- Avalakki 3 Kgs
- Refined Oil - 500ml
- Jeera 20gms
- Mustard (Sasave) 15gms
- Black Gram (Udina Bele) 30gms
- Bengal Gram (Kadale Bele) 50gms
- Turmeric Powder 10gms
- Red Chilli Powder, Green Chilli 50gms
- Vegetables - 1 kg (mix of Carrot, Beans, Potato, Onions, Cabbage or any other seasonal vegetables) and Curry Leaves
- Salt 50gms
- Turmeric 5gms
- Tamarind 10gms
- Lemon, Salt 10gms
- Asafoetida 10gms
- Groundnuts 250gms

### Preparation Method

- Wash the Rice flakes, drain and set aside
- Heat Oil and add Mustard, Cumin Seeds at medium heat
- Saute Bell Pepper and Green Chillies for 5 minutes
- Add Turmeric Powder and the Vegetables
- Once cooked add Rice flakes, Salt and mix well
- Garnish with Coriander Leaves

<b>Nutrition Facts</b>	
<b>Avalakki Bath</b>	
<b>Serving Size: 1 Large Scoop (100 g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>344</b>
<b>% Daily Value*</b>	
Total Fat 12.1 g	40%
Sodium 784.7 mg	
Total Carbohydrates 52.7 g	
Total Dietary Fibre 1.4 g	
Protein 6.0 g	21%
Calcium 31.8 mg	5%
Iron 12.7 mg	79%
Potassium 145.9 mg	
Vitamin A (Retinol) 0.0 mcg	0%
B-Carotene 10.1 mcg	
Vitamin C 3.9 mg	10%
Thiamine 0.20 mg	25%
Riboflavin 0.05 mg	5%
Niacin 3.63 mg	28%
Folic Acid (free) 1.8 mcg	
Phosphorus 180.7 mg	
Magnesium 72.7 mg	104%
Zinc 0.4 mg	5%
Choline 27.3 mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,700 calories a day is used for general nutrition advice for children of age around 9 years.





## ● Sai Protein

### Ingredients (for 2.5kg of Powder)

- Ragi 500 gms
- Wheat 500gms
- Green Gram 600gms
- Groundnuts 200gms
- Black Til 200gms
- Milk 100ml
- Jaggery 10gms

### Preparation Method

- Fry the Grams
- Crunch the Grams and make it as powder
- Boil Water and mix the Jaggery till it gets dissolved
- Add the powder
- Add Milk
- Boil the mixture
- Serve hot

A very unique blend of nutrients and a satiating beverage that can be consumed by children of all ages

## Nutrition Facts

### Sai Protein, with Milk

Serving Size: 12g of mixture added to 150ml milk

Amount Per Serving

**Calories** **149**

% Daily Value\*

Total Fat	7.5 g	25%
Sodium	114.5 mg	
Total Carbohydrates	13.7 g	
Total Dietary Fibre	1.7 g	
Protein	6.9 g	23%
Calcium	219.7 mg	37%
Iron	0.9 mg	6%
Potassium	267.2 mg	
Vitamin A (Retinol)	81.8 mcg	14%
B-Carotene	0.0 mcg	
Vitamin C	3.1 mg	8%
Thiamine	0.14 mg	18%
Riboflavin	0.32 mg	32%
Niacin	0.72 mg	6%
Folic Acid (free)	13.9 mcg	
Phosphorus	179.4 mg	
Magnesium	12.8 mg	18%
Zinc	0.5 mg	6%
Choline	8.7 mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,700 calories a day is used for general nutrition advice for children of age around 9 years.



## ● Ragi Ganji with Banana Ingredients (for 2.5kg of Powder)

- Ragi 15gms
- Milk (Cow) 150ml
- Jaggery 10gms
- Salt
- Banana - green skinned 120gms

### Preparation Method

- Boil Milk with Ragi and Jaggery
- Add Salt when it comes to a boil
- Mix well and serve hot

This porridge is a good blend of healthy nutrients and is an ideal drink especially for those with low Calcium levels



### Nutrition Facts

#### Ragi Ganji, with Banana

Serving Size: Ragi Mix 25g + 150ml Milk + 1 Banana

Amount Per Serving

**Calories** **307**

% Daily Value\*

Total Fat 6.8 g 23%

Sodium 267.2 mg

Total Carbohydrates 54.3 g

Total Dietary Fibre 3.5 g

Protein 7.3 g 25%

Calcium 261.8 mg 44%

Iron 1.5 mg 9%

Potassium 365.3 mg

Vitamin A (Retinol) 81.8 mcg 14%

B-Carotene 0.0 mcg

Vitamin C 10.1 mg 25%

Thiamine 0.19 mg 24%

Riboflavin 0.40 mg 40%

Niacin 0.82 mg 6%

Folic Acid (free) 9.4 mcg

Phosphorus 221.4 mg

Magnesium 61.6 mg 88%

Zinc 0.5 mg 6%

Choline 0.0 mg

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,700 calories a day is used for general nutrition advice for children of age around 9 years.



## ● Our Nutrition Experts

The breakfast menus have been prepared based on the inputs and guidance from our expert panel.



**Ms Meenakshi Hejmadi**  
Dietician, RxDx, Bangalore  
(Whitefield)



**Ms Sai Tulsi**  
Nutrition Consultant



**Ms Vidhya R**  
Chief Nutritionist  
Cloudnine Hospitals  
Bangalore (Jayanagar)

## ● Nutritive Values

The nutritive values for all the food items have been derived under the professional guidance of Annapoorna's expert panel of nutritionists, using the data based on the dietary recommendations from the National Institute of Nutrition (NIN), Hyderabad, India's premier nutrition research institute, which works under the aegis of the Indian Council of Medical Research (ICMR), Ministry of Health and Family Welfare, Government of India.



## ● Our Holistic Approach to Child Welfare and Nutrition

It is said it takes a village to raise a child. To ensure that children continue to reap the benefits of healthful breakfast and values-based sessions, we aim to reach out to their village as a community. Towards this, we have adopted a four-pronged inclusive approach, modelled on the 4Vs of Vidya, Vaidya, Vaari and Vidyuth.

- Reach out and partner with children, their parents, teachers and village elders through breakfast programme and allied offerings.
- Conduct regular health screening and ensure good health and well-being.
- Involve villagers and work with them to improve infrastructure.
- Achieve rural uplift and transformation to make the villages ideal, as models worthy of emulation.

## ● Vidya (Educare)

In addition to helping the children with academics (spoken English, particularly), our volunteers strive to complement the academic curriculum of schools with social and spiritual education, based on the basic human values of truth, righteousness, peace, love and nonviolence.

Through story-telling, group singing and other such interactive activities, our volunteers teach the children the importance of following human values.

Our focus is on holistic education of children, thus helping them grow into healthy, well-rounded individuals that are an asset to the nation.

Throughout the process, we actively engage with the students, parents, teachers and school authorities to ensure that the programme is sustainable.





RBSK

## ● Vaidya (Healthcare)

Our volunteers conduct regular medical check-ups and dental camps, free of cost, and impress upon children the importance of personal health and hygiene.

These child health screening programmes are designed in line with the guidelines issued by the World Health Organisation and aligned with the specifications spelt out in **Rashtriya Bal Swasthya Karyakram - the National Children's Health Programme, formulated by the Ministry of Health and Family Welfare, Government of India.**

### SAIWHEELS - Societal Advancement & Improvement by Water, Healthcare, Educare, Energy, Love & Service

A special bus, **SAIWHEELS**, has been developed to provide free healthcare, education, energy and clean drinking water to poor rural and remote village communities in India.

Powered by solar energy with a battery backup option and equipped with the latest medical devices and applications, the bus also hosts a functional classroom, mobile library, hands-on science lab, few computer stations, and a high definition TV monitor that provides access to online educational media.



By focussing on the 4Ds in children - Defects, Deficiencies, Diseases and Developmental Delays - we aim to contribute to the health of children through timely **Detection, Prevention, Education and Medical Management.**



## ● Vaari (Water)

Water sustains life and unfortunately, in India, not all of us have access to clean drinking water. To reduce the incidence of water-borne diseases, we ascertain the quality of drinking water at various schools with the help of our in-house team of doctors. Based on their feedback, we provide the schools with water filters. In a village at Chikkaballapur district, a reverse osmosis plant was set up, benefitting over 400 villagers.

The Trust has also undertaken activities to further the Indian Government's initiative of **Swachh Bharat Abhiyan** by ensuring provision of dust bins and construction of toilets in schools and centres, and a safe waste disposal thereafter.

## ● Vidyuth (Clean Energy)

Clean and green energy is the solution to the growing energy needs across the country. The Trust as a first step has helped install solar power panels in select villages.

## ● Volunteer Testimonials

- Maheima Kapur, Founder, (Talkingstreet.in)



*“The Annapoorna Breakfast programme has given me a fantastic opportunity to make a meaningful difference to the lives of these children. The shy but friendly smiles, tiny voices praying and singing together, and little hands delicately eating the meal, help to make the entire experience completely joyful and one that I look forward to every week.*”

*Add to that the love and warmth with which new volunteers are welcomed to the group! That would explain why there are often more volunteers than the minimum required number every morning. Also worth mentioning is the flexibility that is extended to aspiring volunteers, making it very easy to become a part of this beautiful activity.”*

- Ashish Bhardwaj, IT Professional



*“It’s now almost a year since I started working with the Annapoorna team, and I can proudly say my life’s been never better! Serving hot and healthy breakfast to these less-fortunate school children may seem like an act of giving, but in reality I have received much more from them. The satisfaction I have derived from their love and laughter is simply unparalleled.*”

*This work has even helped my family bond better. My children now look forward to participate in the breakfast programme on weekends, and are happier and full of gratitude. They have become more responsible and mindful of how they spend money, as they want to use some of it to serve the children in the schools!”*



## ● Student Testimonials



Ganesh NH, 5th Standard

Government Lower Primary School, Nallakadirenahalli

*“Earlier I used to drink water whenever I felt hungry in the morning and eagerly wait for lunch. But now I don’t. I love the milk and bananas they give!”*

(Parents’ Occupation – Farmers)



BR Navya, 5th Standard

Government Lower Primary School, Bodhaganahalli

*“Before I used to feel tired since even though I used to eat something at home, it was not enough. Now, I feel stronger.”*

(Parents’ Occupation – Laborers)



V Shashikumar, 4th Standard

Government Lower Primary School, Thippenahalli

*“I feel happy because my stomach is full. Before the breakfast service started, I used to feel hungry at 12 pm itself! But now due to the breakfast I can sustain until 1.00 pm when the lunch is actually served. In fact, my mother says that nowadays Government*

*school is better than private school because free breakfast is being provided here.”*

(Parent’s Occupation – Single Mother who works as a laborer)

## ● Parent Testimonial



Munikrishnappa, (Owner of a small shop)

His three daughters study in Government Lower Primary School, Nallakadirenahalli

*“I am very happy, as my daughters are happy now. They are healthier and have a spring in their step when it comes to going to the school. They don’t want to miss school now. We are happy because we want our children to be healthy.”*

## ● Head Master Testimonial



Venkateshappa KG, Headmaster

Government Lower Primary School, Nallakadirenahalli

*“Children are more cheerful and active; previously, they were dull. They are more enthusiastic now. I would tell teachers in other schools that milk and fruits for children is very beneficial and is making a positive impact on their health. I would exhort them to also support Annapoorna in this initiative. In rural areas, many children are from poor background. They can’t afford to eat fruits which are full of nutrition. So this service is good.”*



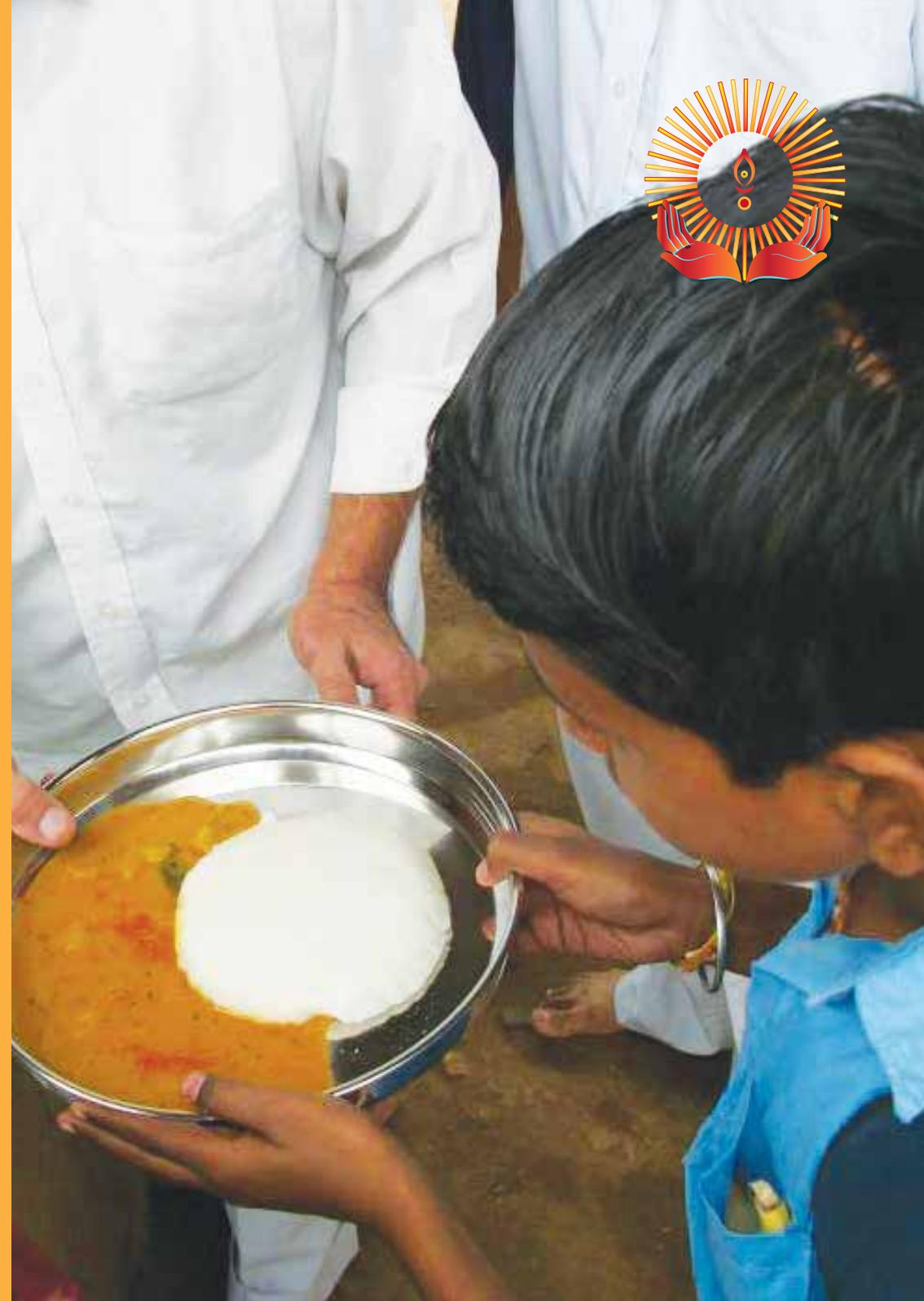
KN Vijaya, Principal

Government Lower Primary School, Bodhaganahalli

*“Children sometimes don’t get enough food or nutrition at home. We used to see some children sit down or even faint during prayers. Now, we don’t face any such situation. This initiative is an ideal solution for children’s nutrition. When other teachers complain of such a situation in their schools, I tell them to come and see in our school... we had these problems too... But due to this breakfast initiative these problems have got resolved. Every day we see volunteers take responsibility to come and provide for our children. We are all simply amazed at their dedication. We sincerely hope this breakfast initiative is successful everywhere.”*



“Duty without Love is deplorable;  
Duty with Love is desirable;  
Love without Duty is Divine.”



## ● Get Involved!

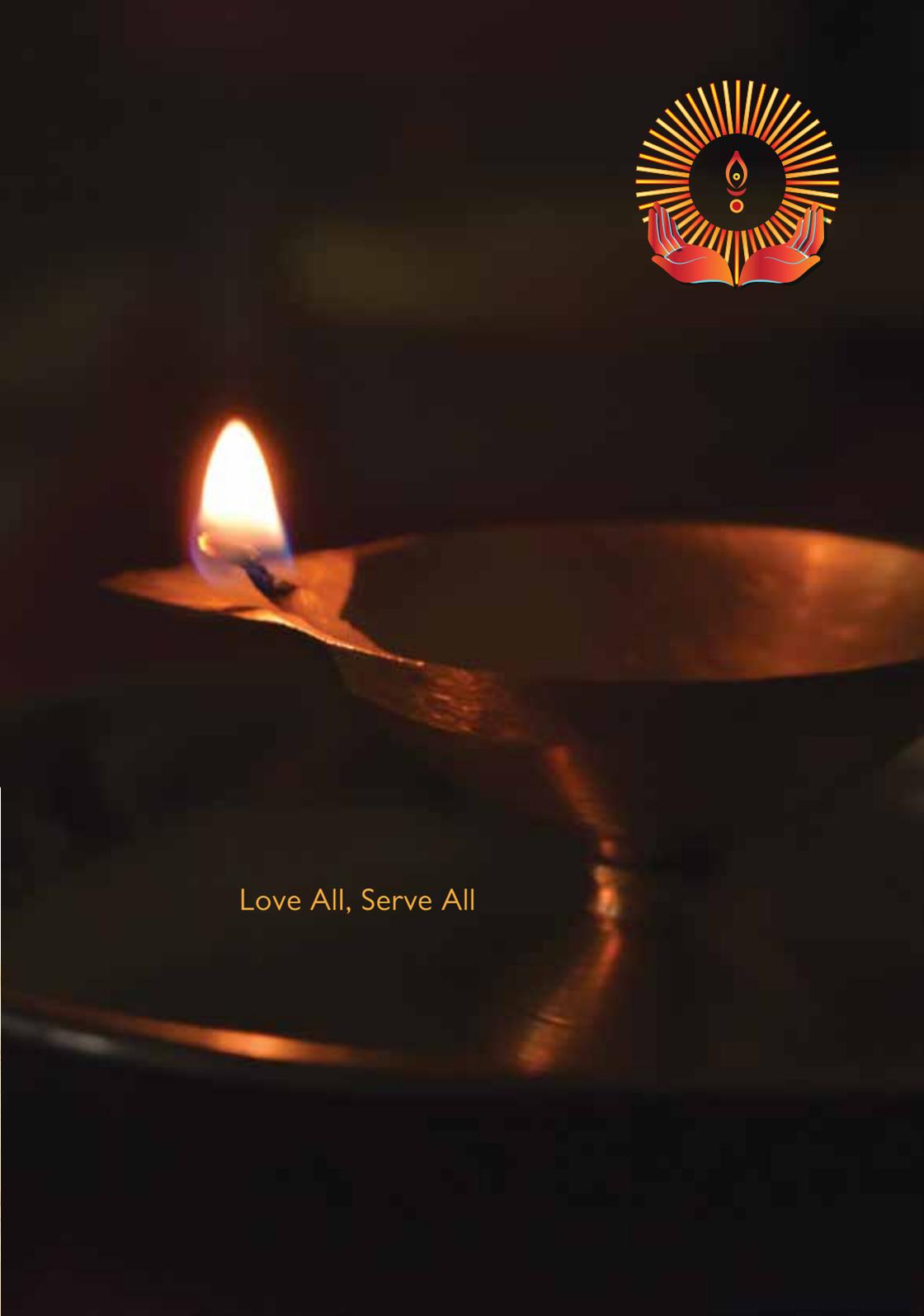
Often, the most complex of problems have rather simple solutions. We believe the Annapoorna programme offers a simple solution, the first step, towards eradicating child malnutrition, enabling all-round development of rural children and ensuring a healthy future of the nation.

Children are the future of our nation. And it is our responsibility to give each one of them an equitable opportunity to fully grow into healthy and happy adults, wholly developed in body, mind and spirit. The onus is on each one of us to give our children a healthy start in their lives – the only way they can realise their promise and potential.

We can't do it alone. But together, we can. It is time for all of us – as individuals, communities, states - to come together as one nation and take collective responsibility to nurture our children.

Remember, the efforts we put in today will inspire our children, the next generation, to pay it forward one day.

To know how you can participate, write to us at [info@annapoorna.org.in](mailto:info@annapoorna.org.in)



Love All, Serve All



annapoorna

ANNAATH PURUSHAHA

BREAKFAST SEVA BY

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