



MUKTI News

SPRING 2016



A Project of the
Traditional Yoga Association ® (Charity No. 1091469) and
Garuda Studio, London

MAHER AT CGI NEW YORK

The Clinton Global Initiative (CGI) supports and brings together NGOs from around the globe. Each year President Clinton hosts a meeting to which founders, developers and workers from these NGOs are invited, along with some of the top philanthropists from the States. Our patron, Trudie Styler, made a strong bid for Maher to be included on the 2015 invitation list, and she was.

Maher is the largest shelter for battered women and their children in India. It has also expanded its work to include homeless senior citizens who would otherwise be condemned to live out their lives on the streets. MUKTI has supported this work, raising funds for Suhksandhya, the home for older women. (A donation to MUKTI from, among others, supporters of the Greenham Common Peace Garden, helped to pay for Sister Lucy's airfare to New York.)

Sister Lucy, the founder of Maher, and Cynthia Brix from the Satyana Institute, represented Maher at the meeting and Trudie ensured that Sister Lucy had a meeting with President Clinton. Sting was able to join them for a short while at the event.

We are all delighted that this happened as it raises the profile of Maher, making its concerns global and spreading the word about the work being done there.



Sister Lucy, Sting and Trudie Styler at the 2015 CGI event in NY



Sister Lucy is introduced to President Clinton by Trudie

www.TraditionalYoga.org/mukti
www.thegaruda.net/charitable-work/

Love that keeps spreading...



Many of you may remember this beautiful bedspread that was made for MUKTI by the wonderful children of Karm Marg for us to raffle in order to raise funds for homeless people in the UK.

We have now handed the bedspread over to LAUNCHPAD, Reading. Launchpad is a charity that helps some of Reading's most vulnerable and disadvantaged people to turn their lives around and fulfil their potential. It began by running a soup kitchen 35 years ago and was known as Reading Single Homeless Project until 2011. Today they're called Launchpad Reading. Based in bright premises right in central Reading, they work to provide accommodation, support, education and counselling to people in the town who need our help.

LAUNCHPAD'S Mission Statement, which says "*everyone in Reading should have a safe place to live that they can call home. And we believe everyone in Reading deserves the chance to have a positive future, even if they've made the odd mistake along the way,*" perfectly reflects the love, sincerity and compassion of our Karm Marg children.

In this photo some of the Launchpad staff are posing with the bedspread that they will put on display as they travel around the area, educating schools and businesses about homelessness in the area. Towards the end of the year they will launch a lottery for the bedspread to raise funds.

THANK YOU LAUNCHPAD FOR HONOURING OUR CHILDREN'S GIFT.

A MUKTI supporter visits Karm Marg...

“I had an absolutely fantastic time volunteering at Karm Marg. All the staff were very welcoming and went out of their way to make me feel like part of the family. Veena, Arminder, Pooja, Shabila, Rihana and all the other staff were so kind, caring, compassionate and dedicated. I was so impressed with all the children, they were just amazing! I learnt a great deal from them – about how to be more accepting of situations that you cannot change, having a positive outlook on life and constantly striving to achieve their goals. They were so caring towards each other, worked well as a team and did all of their chores without complaining!

I spent some time on English education – reading, singing and playing word games. The children found my attempts to converse in Hindi rather amusing and loved to help me out when I was struggling!

I was also lucky enough to be at Karm Marg for Holi – this was the first time I have participated in this colourful celebration. It was such a lovely day although I did have to make myself scarce when the older children started dipping everyone in the mud!”



Nearly finished College

Also enjoying Holi, home at KM for the holiday, was Deepak. He is now studying Fine Art at college and doing absolutely brilliantly.

Deepak will complete his fourth and final year this June. We wish him well and will enjoy congratulating him when it's all over.

Veena Lal, head of KM, informs us that all the children have done well at school this year and are looking forward to a summer break in the Himalayas ~ their first holiday in four years.

Since its work began, Yogins of the MUKTI Project have sent over £530,000 to India in support of bonded labour children, street children, HIV Positive children and abandoned older women.

MUKTI GRANTS DURING 2015

During 2015 Mukti received a total of £38,323, and made grants of £30,452 as follows:

KARM MARG

During 2015 we donated £10,000 for the children's education and staff salaries; and £2,000 for an honorarium to Veena Lal, Karm Marg's founder/director.

The total given to Karm Marg during 2015: £12,000.

Since we began contributing to Karm Marg in 2004, this makes a total of £225,000 MUKTI has donated.

MAHER

Maher has extended its provision for battered women and their children to older women ~ mostly widows ~ who were abandoned and living on the streets. This home ~ called Suhksandhya (which means 'the sweet years') ~ now houses 43 older ladies.

Total given to Maher in 2015 for Suhksandhya was £10,900.

Since we began contributing to Maher in 2010, this makes a total of £62,370 MUKTI has donated.

GOA YMCA

Through Garuda's founder, James D'Silva, and his mother Farida, MUKTI has continued support for children in Goa who are in need of financial assistance to complete their education.

Total given to Goa boys during 2015 : £4,372. Since 2013 we have donated £12,422 for this project.

RISHIKESH ORPHANS

In addition MUKTI once again provided school fees of **£234** for two orphaned children in Rishikesh, India.

HOMELESS PEOPLE IN THE UK

CENTREPOINT, LONDON for the provision of shelter : MUKTI donated £1,938 (Since we began contributing this brings our total given to Centrepont to £2370).

LAUNCHPAD, Reading which provides shelter for homeless people in the Reading area : £1000.

Thank you Yogins, Friends and Supporters, without you the magic of service (Karma Yoga) couldn't happen.

MUKTI is a project of the Traditional Yoga Association
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