



Karunachal Foundation

Activities

2020-2022



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Karunachal Foundation

Karuna: Compassion

Achal: Unwavering

Unwavering compassion for ourselves and for all

The journey began with the vision to enable ourselves to be more conscious and responsible humans while we share the journey with the youth in our communities. Because we believe that the youth has the power to make desired positive changes for a nation and the world as a whole.

It started as a journey of self-exploration, beginning with exploring our dreams, desires and outlook of the world we live in and how we would like to live in it. We traveled across South India, exploring various spiritual groups, educational groups, religious groups, prestigious modern institutions. We explored what we wanted to do and what we did not want to do during this journey. We had the opportunity to work with the spectrum of kids from low-income schools to international schools. Again we worked with local community members and also influential people within the same community. We interacted with artists, educators and leaders to understand different creative and innovative ways to adapt to work with youth.

Over these two months of traveling and exploration, we got a primary understanding of what we wanted to do and with who we wanted to work—setting us off on a journey to work with the youth in a small hill town of Kodaikanal situated in Dindigul district of Tamil Nadu. Over the next three months, we ran a pilot in a government school in partnership with an international school. In this pilot, we implemented an experiential learning program wherein we used football and yoga as a tool for the overall development of the self and the community.

After interacting with multiple and diverse individuals and experts in various fields, we have a concrete understanding and developed the confidence of what we wanted to do at Karunachal Foundation. Meanwhile, we had to travel to Bangalore to complete our company registration formalities and other requirements to run as an official Section 8 company that would be eligible to receive funds and contributions. We faced many challenges and obstacles while registering the organisation; any of this would have not been possible without the support of our friends, family members, and all who believed in us.

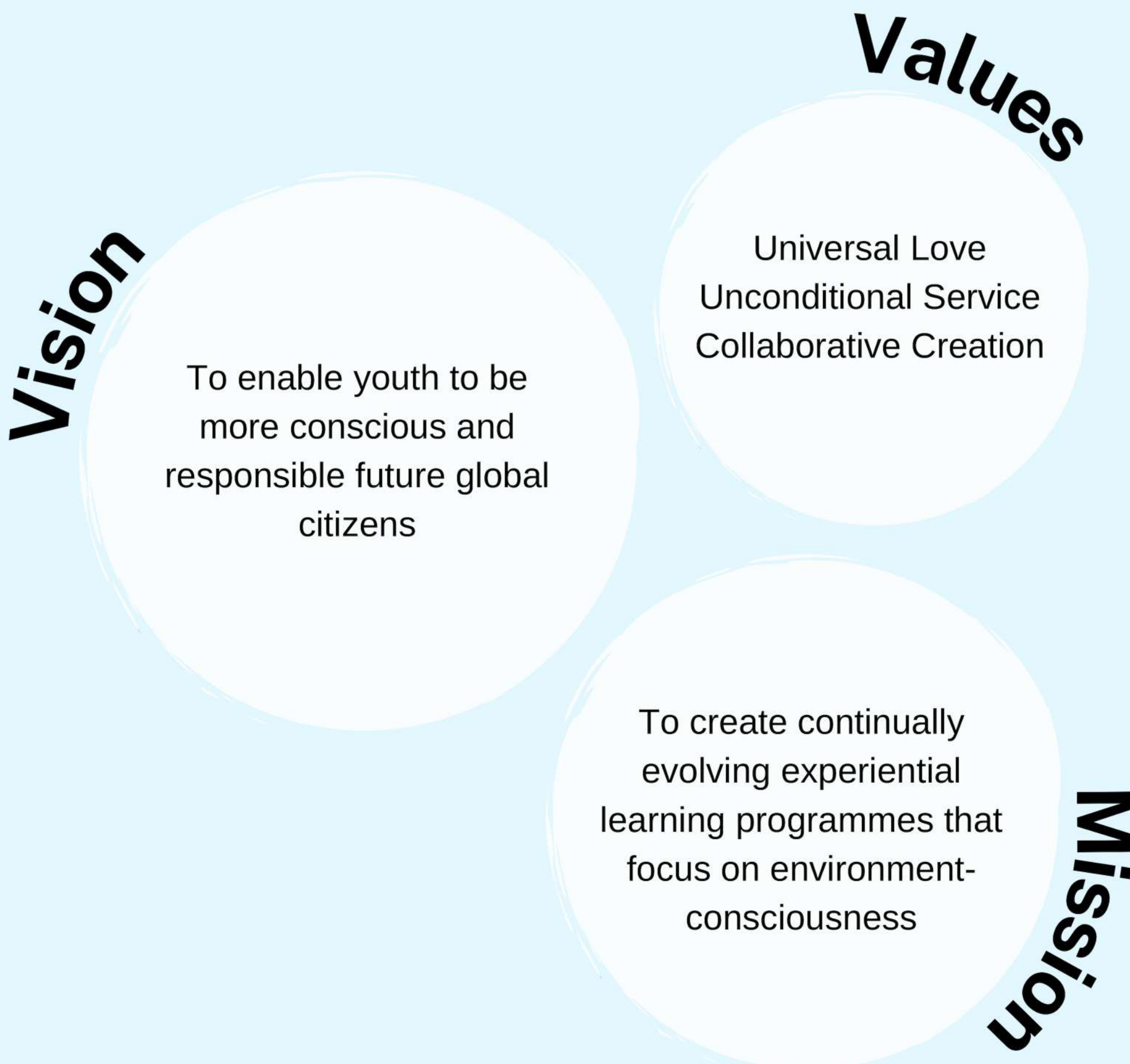
The following two years have been a journey from learning and unlearning, experimenting, reflecting on partnerships and knowing when to step back from success and failures. The two years have taught us how tough and essential it is to manage and run a non-profit in today's day and age. With these learnings, we walk into 2022 with a clear direction and goal for our upcoming and exciting plans at Karunachal.



ABOUT US

We believe that the future of Earth requires more conscious and responsible humans who take ownership and collective action towards a healthier, greener and wealthier planet. We are here to create opportunities to learn and explore together.

Karunachal was born with the intention to unite communities for environment-consciousness from the coasts to mountains. With 600 million youth in India we believe that only youth will determine the future of the country and subsequently the planet.



OUR FOUNDERS



Navitha Varsha believes that the most important thing in life is 'Environment'. She defines it as external environment (the outer world – community) and internal environment (the inner world – mind, body, spirit). Being a strong advocate of living in harmony with nature and self, she believes that the future global citizens owe it to themselves to live more conscious and responsible lives.

-CEO

Alistair Nicholas Rodrigues believes that the most important thing in life is 'Community'. He defines it as a self-sufficient, safe and inclusive environment where all beings exist in harmony. Being a footballer and entrepreneur, he strongly believes that sports shape an individual's personality and plays a key role in one's physical and mental health.

-COO

We drive home one
single message:
**Collaborative
Creation is
Multiplication**



MAPPING OUR WORK



Bangalore
(ECommune, Sanitary Hygiene Camp, Expired
Medicine Drive, Terrace Garden)



Mangalore
(Model Farm)



Mysore
(Project HIKE)



Kodaikanal
(Vilapatti School Project)



WHY WE CARE ABOUT OUR ENVIRONMENT

Consciousness from within

Our firm belief for a community to survive and thrive includes shifting our energy, focusing on the environment - internal (self) and external (world). Only in understanding the dynamics between the self and world can we live harmoniously, for we are simply a reflection of each other.

At Karunachal we do this through physical fitness, awareness (heartfulness and mindfulness) and living in harmony with our inner environment (mind, body, spirit) and outer environment (community).

Every change in the community begins within and starts by understanding and exploring the self.



For the planet

We believe that there are conscious ways to make use of natural resources. Our focus is to learn from local communities and together create awareness on how to optimally use them



For our children

We believe that the future is in the hands of the youth today. Our focus is to work with children and enable them to be more environmentally conscious and responsible future global citizens.



By the community

We believe that a conscious community has power to create positive change. Our focus is to build learning communities that will contribute to a healthier, wealthier and greener planet.



BY THE COMMUNITY

ECOmmune – Sharing with a Purpose

Our objective was to highlight diversity and inclusion of ideas formulating healthy, sustainable lifestyle choices by an individual in the Indian context for the collective benefit of the ecosystem we live in. This involved acts of sharing ideas, knowledge, stories, food or products with a purpose of nourishing the space we thrive in.

ECOmmune helped us form a community of people who continue to share, care and support one another.

Key Indicator	Activity	Outcome
Zero-waste community event	Preplanned the event by asking the collaborators to carry their own handkerchiefs & bottles.	<ul style="list-style-type: none"> No posters/banners were printed, registration desk didn't use any paper. Food was served in reusable cutlery and no food was wasted.
Resource-conscious event	Collaborators were asked to carry their own mats and we sourced existing cushions/other seating material	<ul style="list-style-type: none"> Ambiance décor with plants at the venue Reduction in transport, labor and monetary costs



ECOmmune 1.0 brought together 32 fabulous Sustainability Practitioners in Bangalore under the roof of Justbe Resto Cafe. This community represents a diverse set of people approaching environment-consciousness from the perspective of music, hooping, yoga, sustainable fashion, sustainable stationery, sustainable skincare, conscious crafting, mushroom cultivation, urban farming, eco-travelling, sustainable menstruation, social entrepreneur, conscious consumerism, technology, comics, sustainable living and holistic education.



The sharing circle helped us answer important questions like:

How is what you're doing having an impact on the environment?

What is the role of sharing in your area of sustainability practice?

Is what you're doing interdisciplinary? If not, how can it become interdisciplinary?

The teams represented their thoughts on chart papers through creative illustrations and doodles, presentations and skit performances.

ECOmmune was successful in forming decentralized community of 32 individuals



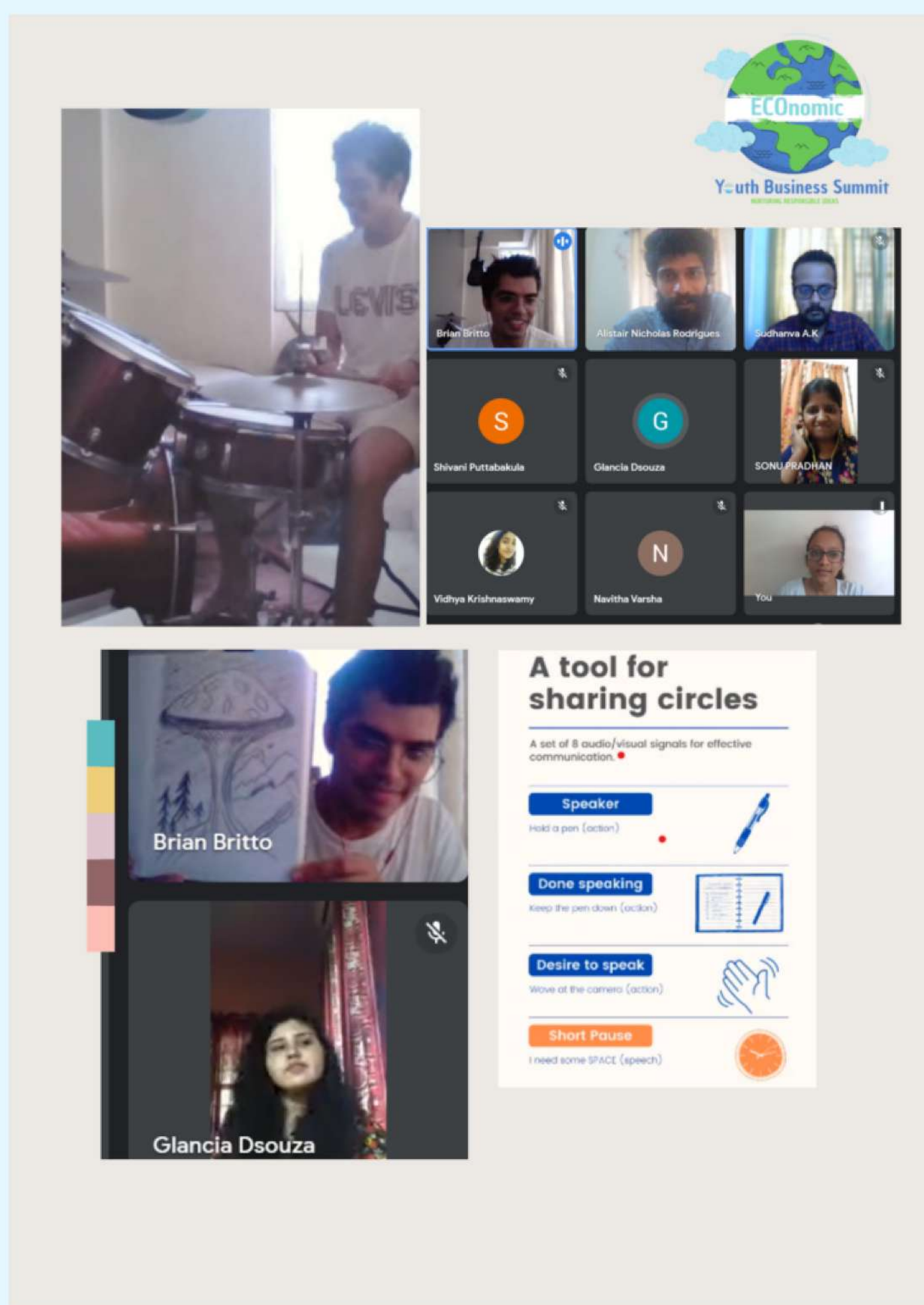
BY THE COMMUNITY

ECONomic Youth Business Summit

ECONomic was a Youth Business Summit that aimed to 1)bring together a community of like-minded youth who take action along the lines of 'People-Planet-Profit' 2) nurture responsible entrepreneurship and interdisciplinary learning among the young minds of our country.

The summit helped in fine-tuning thoughts overlapping economy & ecology, cross-sharing of knowledge across sub-domains in the environment space and helped in maximizing peer-learning across various disciplines.

Expanding an individual's environment-consciousness across domains and also enhancing their personal learning curve. It provided a medium to imagine co-creative possibilities to tackle the multiple issues that plague the environment-space.



FOR OUR CHILDREN

K-Camps

Our twelve online camps with children using various tools such as music, art, entrepreneurship to enable children to be more responsible and conscious members within their community.

"Education in the true sense is helping the individual to be mature and free, to flower greatly in love and goodness. That is what we should be interested in, and not in shaping the child according to some idealistic pattern" -Jiddu Krishnamurti

Online K Camps-outcomes

01 Self-Exploration through music (Asalato)

1. Rhythm and melody creation & appreciation
2. Design process involved in creation of music instrument using different environment-friendly material and effective music techniques
3. Connecting to sounds of nature and sound within

02 Self-Exploration through art (sketching & art forms)

1. Understanding basic emotions
2. Sketching techniques and use of colours to bring out expressions
3. Design thinking to creating characters with personality
4. Deep understanding of various art forms
5. Practical display of art appreciation of famous paintings
6. Research tools to explore art further

03 Self-Exploration through art (Vegetable painting)

1. Understanding the macro categorization of nutrients
2. Using old vegetables and paint with alternatives from kitchen to create art
3. Representing each nutrient value in the form of a vegetable drawing using vegetable instead of a brush

04 Environment-Consciousness (Bio Enzymes)

- Techniques and processes involved in making bio enzyme
2. Understanding real-time impact of simple changes at home on the environment
 3. Necessary practical knowledge on continuing this practice with tracking mechanisms



FOR OUR CHILDREN

Vilpatti School Project

Two month long intervention with government school kids to enable them to be more responsible citizens of their community, using football and yoga as a medium for teaching environment-consciousness



Our work at Vilpatti began with greeting many children with nervous giggles and shy smiles. We let the shyness naturally dissolve as we continued to interact with each other; here, we started a sustainable community providing each other safe space.

Through our sessions we explored

One of the most basic techniques in football, 'passing' responsible for a good win, can teach us many things in life like how we operate as a team, from passing on responsibilities to building trust and having ownership. It also teaches us to communicate among ourselves and helps us prepare for the game.



FOR THE PLANET

Project HIKE- How I Know Earth?

Our project HIKE aimed at linking our two homes- our bodies and our earth we explored different aspects of the self in connection with the Earth. The retreat held at Tapovana Natural Farm, Mysore brought us into reflecting our inner ecology through deep exploration, sound healing, meditative movements and through natural farming practices. We learnt how to pause reflect and be in nature under the sunlight with a community

Project GROW- Get Real Organic Wealth

In an attempt to understand the input costs and efforts required to grow environment-friendly organic food, Karunachal Foundation and Gramya Ventures came up with an alternative cost-effective solution to grow vegetables at home through Project GROW. GROW focused on hands-on learning to grow our own food/kitchen garden while also learning about our environment and various challenges faced on a micro and macro level. The six-week online program with a very structured step by step guidance would provide the following

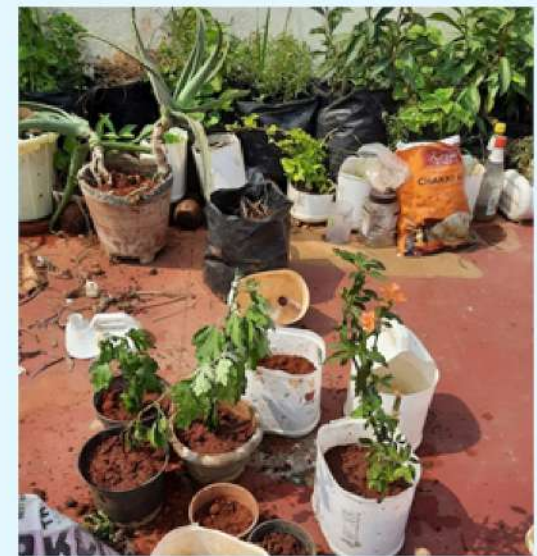
- 1) Grow Kit with breathable fabric grow bags, growing medium, desi seeds, instruction manual - packaged in Eco-friendly means
- 2) Kitchen Sustainability Practices
- 3) Biocomposting Methods
- 4) Making Natural Fertilisers from kitchen waste
- 5) Bioenzyme preparations
- 6) Holistic understanding of global and local environmental issues connected to the consumed food



FOR THE PLANET

Model Farm- GROW Project

Creating a model terrace garden and backyard farm to teach children how to grow their own vegetables and to help them learn about the environment.



Model Farm- GROW Project

We initiated this project on April 1st, 2021, during the pandemic.

Our co-founder Alistair along with a few friends who volunteered to support this initiative came together and started to work on an unused piece of land which was shared by his family members. His grandparents played a key role throughout the journey by funding the initial development of this project by getting access to seeds, organic manure and other resources.

Key take aways:

Understanding where our food comes from is important

Understanding how our food is grown is important

Understanding the effort that goes into growing food is important

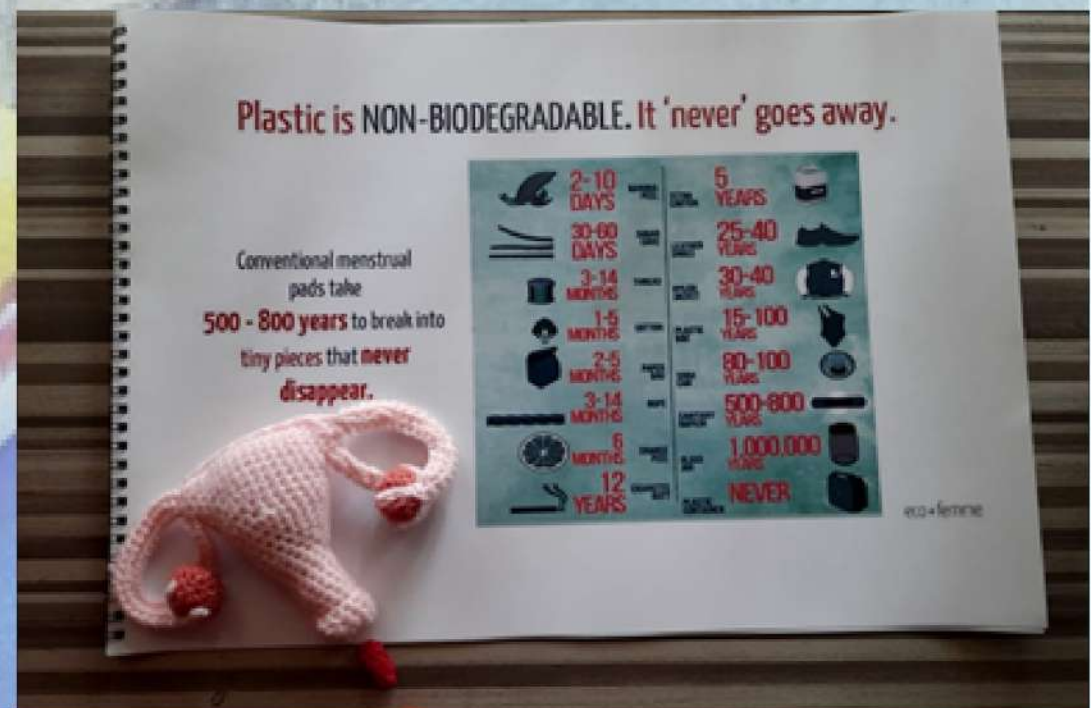
Building a symbiotic relationship with your project/work/studies is important

Sharing resources and knowledge within communities is important



Sustainable Sanitary Hygiene Project

Three-day workshop with migrant laborer adolescent girls and young women from slums in collaboration with Eco Femme and Diya Ghar to teach women about sustainable, eco-friendly menstrual hygiene.



Expired Medicine Collection Drive

Two-day community expired medicine and awareness drive in collaboration with ENSYDE highlighting potentially harmful effects of expired discarded medications on environment and human health.





Be The Prescription for Change

What is the issue?

Over 150 tonnes of medical waste is being dumped every day in the landfill, contaminating soil, water and air. It also causes bioaccumulation of antibiotics in humans and animals leading to antibiotic resistance.

Together, we can reduce a part of this through segregated and responsible management of unused & expired medicines.

UNUSED & EXPIRED MEDICINE COLLECTION DRIVE 27, 28, 29 Jan 2021

PLEASE REFER THE LIST FOR ITEMS THAT CAN AND CANNOT BE DROPPED



www.ensydeindia.org

Supported in Rajajinagar by



www.karunachal.org

COLLECTION FOR SAFE TAKE BACK AND DISPOSAL:
JANUARY 27 - 29TH, 2021

UNUSED/ EXPIRED ITEMS YOU CAN DROP	UNUSED/ EXPIRED PLEASE DO NOT DROP
✓	✗
<ul style="list-style-type: none"> antibiotics tablets capsules sprays drops syrups ointments protein powders inhalers vitamin supplements paediatric medicine pet medicine cytotoxic drugs homeopathic pills ayurvedic medicine insulin pens glucose solution 	<ul style="list-style-type: none"> empty/ broken bottles empty medicine strips needles syringes blades bandages bandaid plasters surgical instruments thermometers used cotton sanitary pads diapers diabetic strips cosmetics paper/plastic waste



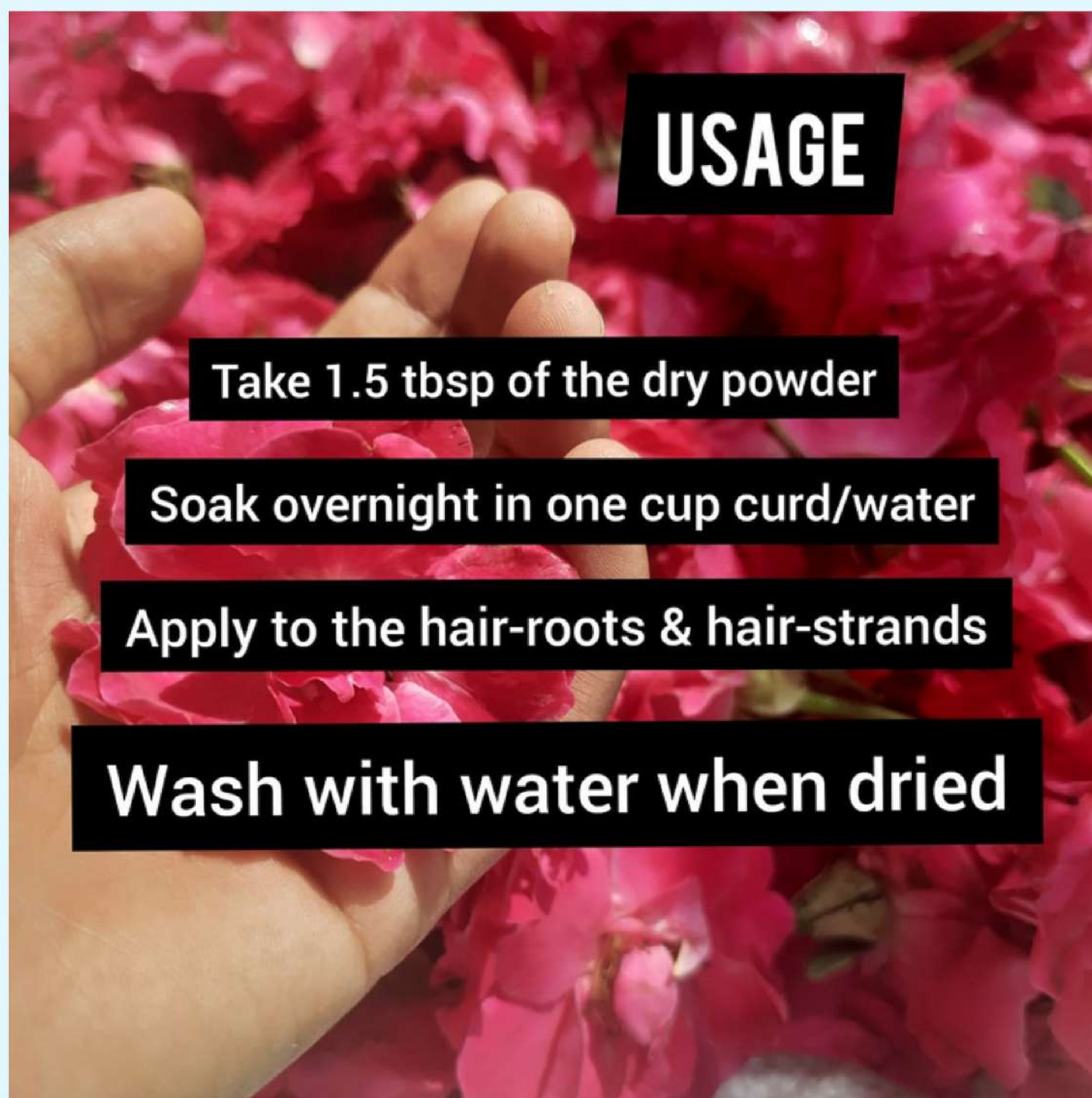
Online BioEnzyme Workshop

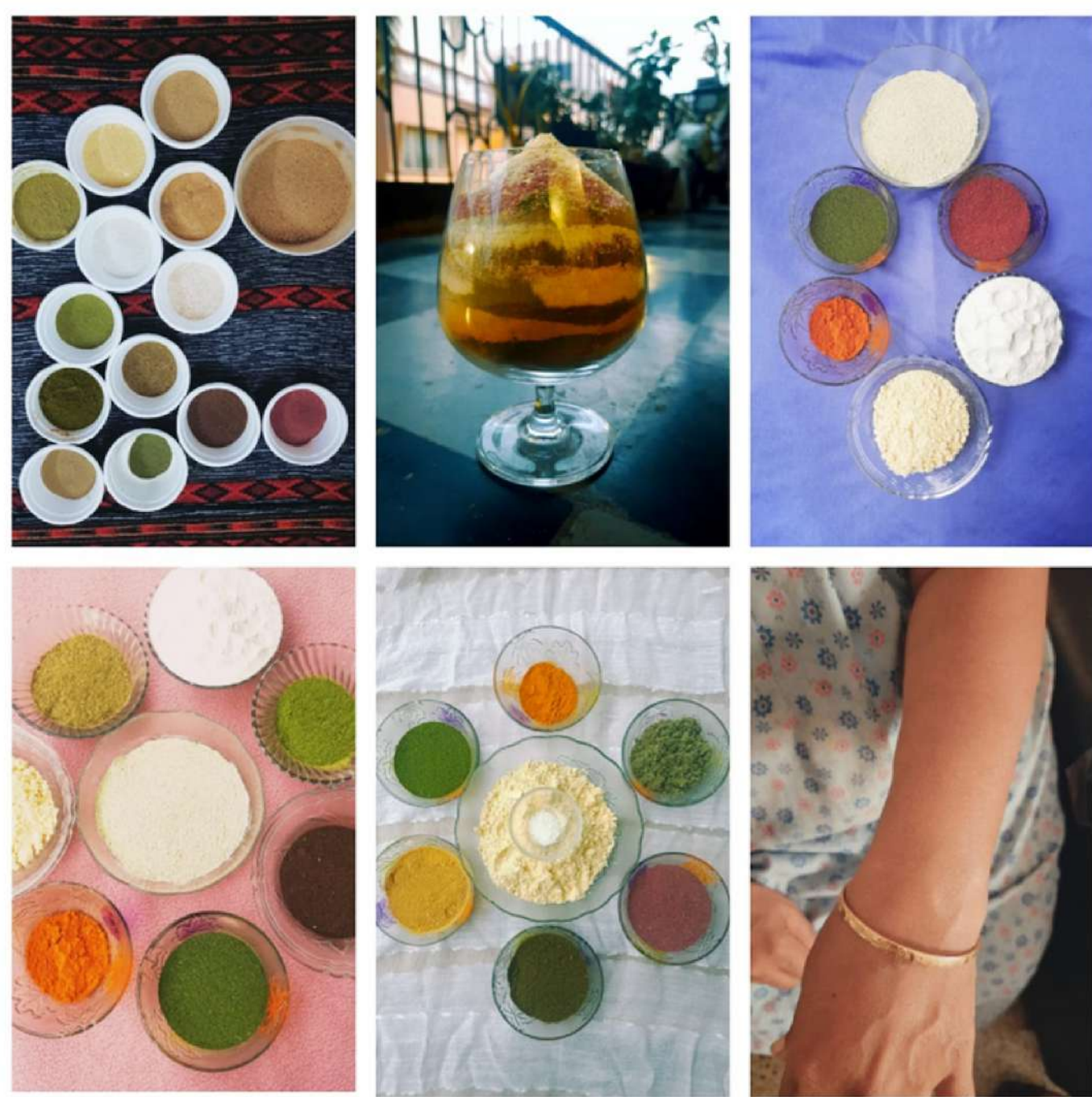
One day workshop to learn how to make and use bio enzymes which help rejuvenate the soil and keep our water bodies clean, by using discarded kitchen waste.



KBook Project R&D - Sustainable Products Creation

Product conceptualization and creation of personal care products with the central focus on sustainability.










2-IN-1

HAIRMASK

HAIRWASH

-  Organic
-  Home-made
-  Sustainable
-  Chemical-free
-  Made with love

@navithavarsha

**COOLING
STRENGTHENING**

Green gram
Fenugreek seeds
Lavancha/Vetiver roots

**DEEP-CONDITIONING
MOISTURIZING**

Paneer rose
Hibiscus leaves
Hibiscus flowers



Gooseberry leaves
Gooseberries
Neem leaves
Basil leaves
Brahmi leaves
Curry leaves

Soapnuts
Sigekayi
Chigrepudi

**ANTIBACTERIAL
ANTIFUNGAL
CLEANSING**

BASICS



COMMUNITY INVOLVEMENT

Stakeholder Meeting with Zilla Panchayat

- Praiseworthy attempt by UNDP, SAP Labs and Government of Karnataka to discuss youth and women entrepreneurship
- We shared the challenges we faced while we began our entrepreneurial journey as a nonprofit organization



Asia Pacific Youth Summit

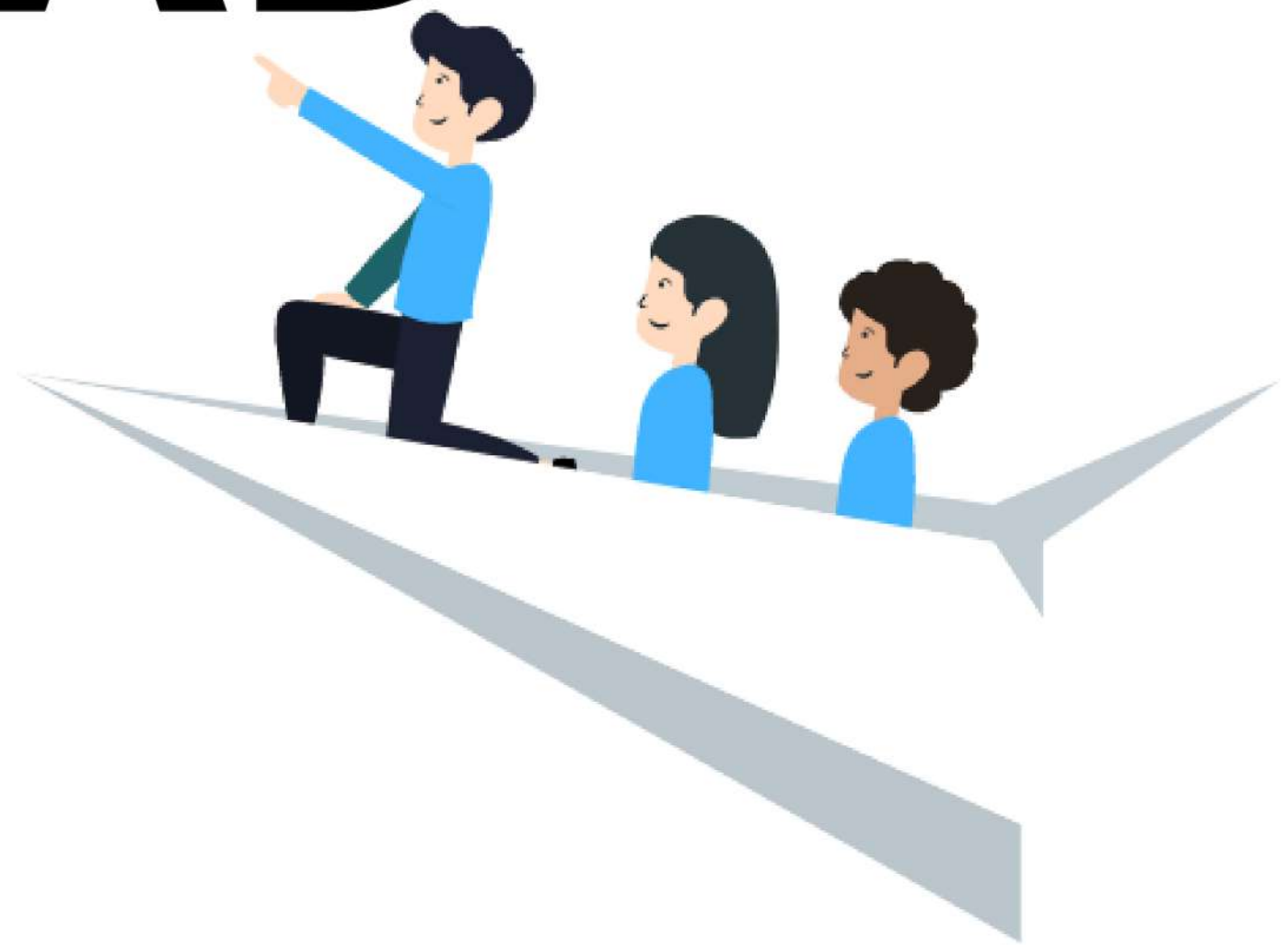
- Represented Karunachal at the Youth Business summit
- Shared our challenges from being registered as an NPO to our projects with the youth



2022



THE YEAR AHEAD



FOR THE PLANET

Project GROW



Model Farm



Terrace Garden



Aim: To sensitize the community on the importance of growing one's own food for health and Earth

Target Community: 10 families in Karunachal office road Bangalore

Phase 1 - March, 2022 - Set up terrace gardens

Phase 2 - August, 2022 - Composting & gardening workshop for at least 10 individuals

Phase 3 - August, 2022 - Composting bin set up for at least 10 individuals



Project GROW

A model farm initiative by Karunachal Foundation

Project location: Kulshekar, Mangalore, Karnataka.

Project objectives

Phase 1

To revive a barren piece of unused land to grow organic food without the use of artificial/synthetic chemicals and fertilizers.

Complete

Phase 2

The focus is to grow diverse plants and trees with medicinal and high nutritional properties that adapt to the tropical climate of Mangalore

In progress

Phase 3

To share our knowledge with the community of Mangalore through workshops and sharing events

In progress

Phase 4

To understand the relationship and interconnectedness of plants and insects in a micro environment and to develop a case study to compare the production of organically grown produce vs modern agricultural practices

In progress

This project would not be possible without the support of our close family members and friends who have shared their resources with us to pursue the idea of learning to grow our own food.

We are grateful and thankful for all the members who believed and supported us by giving us an opportunity to utilize land, sharing knowledge, sharing Desi seeds and sharing of financial resources.

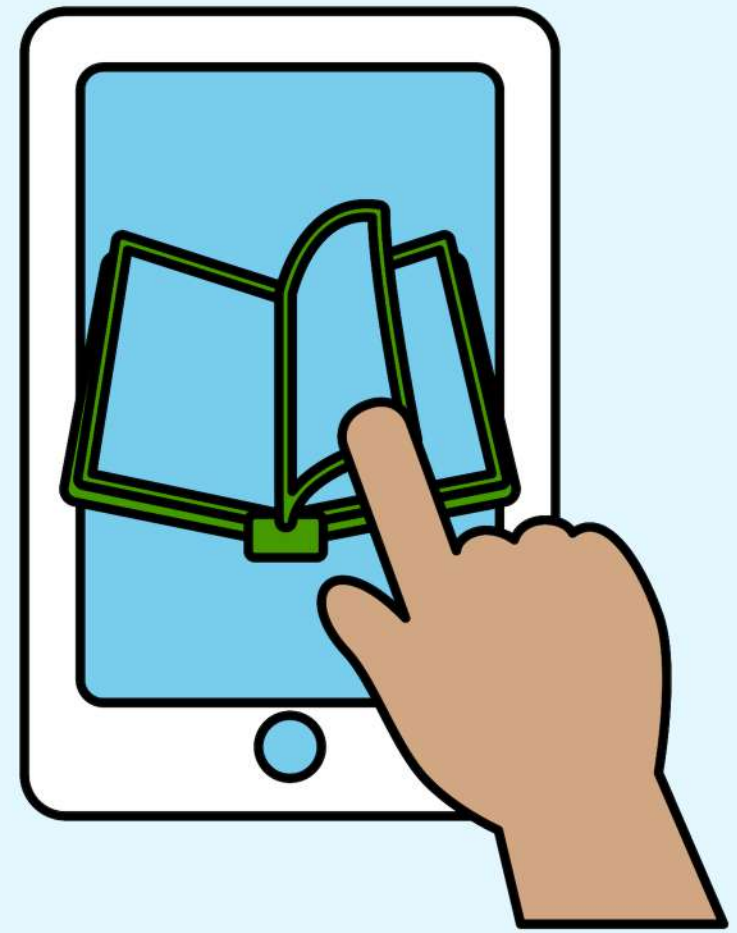


FOR THE CHILDREN

Project K-Book

We believe that the future of this world requires more conscious and responsible citizens who take ownership and collective action towards a healthier, greener and wealthier planet. This won't happen overnight. However, responsible citizens of the present can pave way for responsible citizens of tomorrow.

We are two young adults who deeply care for life around us - both sentient and non-sentient beings. After spending years living with communities and researching in remote forests, fragile ecosystems and rural areas, we have understood that there is a growing deep need for reconnecting to our roots and reclaiming old, lost, traditional practices to live as one community.



Why

When there is ecological destruction there will be economic destruction and vice versa.

A mindset shift is required to become more sustainable in our thoughts and ways of living to overcome its impact over the generations

Can we bring traditional practices into our busy urban lifestyles?

Realizing what kind of planet are we leaving behind for our children?

Can we support people to spend a few minutes everyday to make conscious choices. not for the planet, Earth has taken care of herself in the last five mass extinctions, but for our species & our future!



How? Leading by action!

A simple way of doing this is to be as environmentally-conscious as possible. Sounds very vague? We understand that as individuals we can only do so much, but together each person can and will create a butterfly effect!

This is why we bring together these small e-booklets which contain all we have gathered from our experience and research of how to address global environmental issues on a local individual level. These ebooklets are full of practical tools and tips in the Indian context which can be implemented with zero to little cost. We share this with you in the hope that this reaches as many people as possible in the hope that we tip the scales towards a healthier, wealthier and greener future for our species.

Target Community: Online readers looking to be more environmentally conscious

Phase 1 - 2022 - Online Blogs

Phase 2 - 2023 - Conversion of
Blogs into E-booklets



BY THE COMMUNITY

Project Karuna Sante

Project Objectives

- To enhance the quality of life of those working for the land (Pro-Earth/Sustainable) by contributing/producing goods and services which are less/not harmful to the land
- Establish the link between conscious consumers and local producers, including small businesses independent entrepreneurs, especially ones from disadvantaged communities (such as Adivasi tribes, widow communities, etc.) with an emphasis on indigenous practices of restoration/regeneration/sustainability
- Increase the availability and access to quality, affordable, and sustainable local products in the market.

Why?

A part of each purchase from Karuna Sante goes to sustain community initiatives for environment consciousness as organized by Karunachal Foundation

Project HIKE

Aim: To create experiential, immersive travel camps that raise awareness on environmentally conscious ways to travel and enable individuals to explore various aspects of the inner and outer environment.

Why?

While traveling nowadays has become quick and all about visiting new places, we believe that slow travel or experiential travel can change the outlook of our lives and create meaningful memories and learning opportunities. Experiential travel camps will enable individuals to learn more about themselves and their different interactions.



ECOmmune 2.0

Ecommune is a platform with structured engagement that will help to facilitate sharing sessions that will strengthen the relationship within the group and come out with emerging new products, services, events and potential impactful collaborations. This will form a close knit exclusive community similar to the previous ECOmmune fest and will require keen interest in building the community and a constant sense of curiosity to learn from others.

Our goal

Our goal is to create a fully engaged community in Bangalore that can support each other and create a huge impact in their local areas through their ideas, products and services.

Why?

We believe that every urban space must have decentralized groups of individuals specific to their location/city who are committed to sharing their ideas, knowledge, products and services in the space of environment sustainability to the larger population.

Project Share

Aim: To enable the community to share amongst themselves to be more self-sufficient and resilient as a whole. To ignite the value and importance of sharing our resources, knowledge, time, etc.

Why?

Sharing is an essential social skill to build healthy, strong relationships and contribute to the well-being and happiness of the collective community.



ACKNOWLEDGEMENTS



Our Mentors

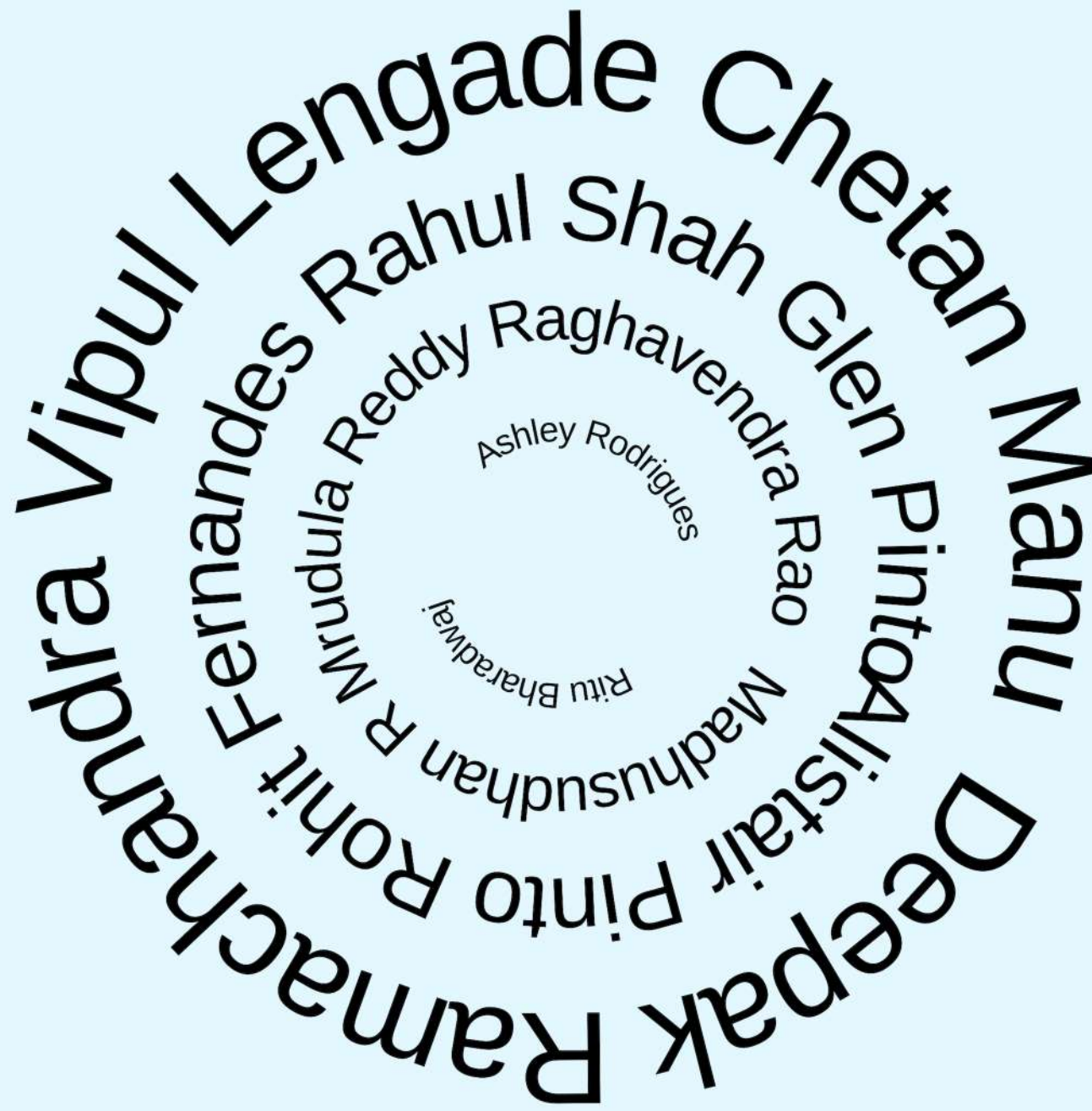
Rubina Nafees Fatima (CEO, SAFA)

“A strong leader combined with unmatched wit and calm demeanour” – that’s how we know Ms. Rubina. In the social space she is known as a non-conformist & an innovator with strategy as her preferred area of work.

Dr. Ganesh (PhD from MICA, India’s premier school for marketing; Researcher in Brand Strategy, Advaita and Marital Arts)

“Identifying with nothing and simultaneously connecting with everything” – that’s how we know Dr. Ganesh. Having worked with giants like Professor Phil Kitchen (Father of Integrated Marketing Communication) and Professor Altaf Merchant (Interim Gary E. & James A. Milgard Endowed Dean; Professor of Marketing at University of Washington Tacoma) he is our biggest sounding board.

Our Donors



Our collaborators, volunteers, interns

KCAMP Volunteers Jul, Aug, Sept, Oct 2020

- Ritu
- Murli
- Saurabh
- Ravi
- Sudha
- Suchitra
- Anasuya
- Mithila

KCAMP Collaborators Aug, Sept, Oct 2020

- Siddharth
- Sarah
- Sarena
- Ritu
- Mithila
- Madhuri
- Hitesh & Jaspal
- Shruti

Events Interns (ECOMMUNE, ECONomic) Jul, Aug, Sept, Oct 2021

- Ganakshi
- Advika

Communications Intern Nov, Dec, Jan 2021

- Ganakshi

KCAMP Interns Aug, Sept, Oct 2020

- Shwetha
- Anirudh



Collaborator Partner Organisations

Our Model Farm & Terrace Garden Collaborator Gramya Ventures



Environment Matters!



WE ARE GRATEFUL

Karunachal is committed to bringing hands-on environmental education and experiences to all communities. Our goal and work is incomplete without thanking our volunteers, partners and donors for their contributions and continued support towards community-building activities.

A heartfelt thank you to all of you who have supported us throughout this journey.

We would never reach this far without your support and good wishes.

When so many faced economic stress and various personal and professional challenges amidst the pandemic, it would be understandable that people would turn inward and try to protect their assets. However, just the opposite has occurred as people with varying resources “walked in the shoes of the other” and shared their blessings. You are among those generous and self-sacrificing individuals who have shared your resources with us and with others, and we are deeply grateful to you.

We have seen outstanding examples of generosity and community service on the part of so many. Each of you has supported in different ways by sharing your finances, time, energy and efforts.

All of us together build this Karunachal community and bring it to life.

Over the last two years, we have interacted with so many exciting individuals who have been doing incredible work in their fields. We have found a lot of individuals working with small communities and creating value for all of its members. We are grateful to have met all these amazing people on our journey at Karunachal.

We have also been blessed to do a lot of collaborative work with multiple organizations and volunteers on board. They have contributed to our overall work until today.

