

MUKTI GRANTS DURING 2017

During 2017 MUKTI made grants of £19,779 as follows:

KARM MARG

During 2017 we donated £11,000 for the children's education and staff salaries; and £500 for an honorarium to Veena Lal, Karm Marg's founder/director. **Since we began contributing to Karm Marg, this makes a total of £247,516 MUKTI has donated.**

NAZ

During 2017 we gave a total of **£3000** to NAZ for the care of children who are HIV Positive or have AIDS. **Since we began contributing to Naz, this makes a total of £128,390 ~ of which £49,090 was donated by Mukti Spain.**

MAHER

During 2017 we sent a total of £3000 to Maher, which provides shelter and care for battered women and their children, as well as for older women and men who have been abandoned by their families. **Since we began contributing to Maher this makes a total of £69,368.**

RISHIKESH ORPHANS

Mukti has been funding the education of two children in Rishikesh, one of whom has now completed school and begun college, and the other is taking his final exams in March next year. This year we sent **£279** for school fees, making a total of £1,339. since we began contributing.

HOMELESSNESS IN THE UK

CENTREPOINT, London. In 2017 Mukti donated **£1,000** for providing shelter. Since we began contributing this brings our total given to Centrepoint to £3,870.

LAUNCHPAD, Reading. In 2017 Mukti donated **£1000** for providing shelter. Since we began contributing this brings our total given to Launchpad to £2500.

OUTREACH PROGRAMME ORGANISED BY ANANDA KUTIR, CAPE TOWN, SOUTH AFRICA

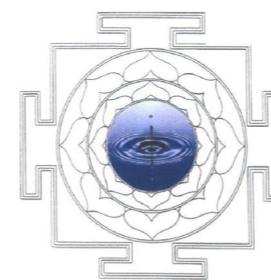
We were delighted to send a grant to this outreach programme, set up in Swami Venkatesananda's name, to provide food and education for disadvantaged children. The total given this year was **£1000.**

Since our work began, Yogins of the MUKTI Project have sent over £570,000 to India in support of bonded labour children, street children, HIV Positive children and abandoned older women.

Once again, from the bottom of our hearts, we thank you Yogins, Friends and Supporters ~ without you the magic of this Karma Yoga couldn't happen.

MUKTI is a project of the Traditional Yoga Association
Traditional Yoga Association, P O Box 8058, Reading RG30 9BR

www.TraditionalYoga.org



MUKTI News

A Project of the

Traditional Yoga Association® (Charity No:1091469)

Supported by: Garuda Studio, London



Karma Yoga begins everywhere ~ 'at home' and 'abroad' are One

Karm Marg ~ The First Twenty Years!

Karm Marg ~ meaning 'The Way of Action' ~ came into being twenty years ago. It was born out of the need to provide a loving home environment for children who were living on the streets and at railway stations. From the beginning it provided a safe shelter for children who were orphaned or who ran away from home because of violence and abuse. Such children would otherwise have ended up being forced into child labour and other forms of exploitation. Karm Marg is also a home to children who have been abandoned because they are physically or mentally disabled. Its aim is to provide all the children a meaningful and creative community which empowers them with skills to go on and live a self-reliant adult life.

This issue is dedicated to Karm Marg and its extraordinary children ~ each one of whom has made a brave battle to be more than the circumstances they were born into ~ to be the wholeness each of us seeks.



Children creating artwork and dinner for the 20th Anniversary of having a loving home.

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

Success Stories

Anamika came to Karm Marg from an adoption agency in 2002 at the age of 11. The prospect of her being adopted was extremely limited because she has some learning difficulties. She settled in well at Karm Marg and has blossomed into an affectionate and caring young lady. She retains her childlike innocence which makes it very easy for younger children to relate to her.

Along with the other KM special needs youngsters, Anamika attends a special needs education centre. Her main interest is cooking and baking, and she has completed a three-year course in these skills.

Anamika is now 25 and is employed as a Kitchen Assistant at Karm Marg as she thrives in sheltered employment. She is enjoying her new responsibilities and is happy to be earning her own money. As she enjoys baking, KM is planning to assist her in starting up a baking product line.



Supporters may remember **Abdul** as the young boy jumping up onto the sink to wash his own dinner plate in the Mukti's 2006 DVD. Abdul came to KM at the age of 3 with his sister Kulsum, then 5, after the death of their mother and imprisonment of their father when they were left to fend for themselves. Their sweet spirit was immediately apparent to all who came in contact with them ~ even though at first both children were frightened and apprehensive. Once they were confident of the love that flowed their way from the other children and carers they began to relax and enter KM life fully.

Their early trauma had a marked effect on both children ~ and they reacted differently to it. Kulsum is doing very well at school and loves it. Abdul on the other hand, as smart as he is, was having difficulty. He has always been a foodie and loves cooking, so he has been sent for further training to 'Shikshantar', a centre where open learning is supported, and he has the opportunity to explore his creative chef's skills. KM is receiving excellent reports on his work.

Abdul and his sister are now happy teenagers participating in and enjoying the activities of KM. Abdul especially enjoys the organic farming plot at KM, their urban vegetable garden, slow cooking food, making natural soap, and other crafts.



ANAMIKA



ABDUL

Why not check out the Karm Marg website for yourself:

www.karmmarg.org

Yogins visit Karm Marg...

Last October, myself, Debby and Wendy, 3 yoga teachers, travelled to India. Before we left, Swami Ambikananda asked if whilst we were in Delhi we minded going to see Karm Marg. As students we already knew of the work that the TYA was doing with these children and were delighted to be asked.

We were collected from our hotel by one of Swamiji's friends and driven to the rural outskirts of Delhi. At the end of a dusty track was a pair of large gates and once inside, it was like entering into a different world ~ all the noise of the outside world seemed to melt away and there was immediately a sense of order, calm, pride and most importantly the overwhelming feeling of care and compassion. The first thing you see (after being greeted by the dogs, but more of them later) is the vegetable patch where so much of the food is grown, and then around the corner are the children and Veena who not only started the project but still manages it. Full of smiles and curiosity they wanted to know all about us, and we were taken to the amazing workshops where all sorts of goodies are made from old fabrics and newspapers and sold on to help with the finances.

We were shown the boys' and girls' houses where the older ones help to look after the younger ones as well as the new children coming into the project who are more often than not completely traumatised by the events that have brought them there. Several of the staff are young adults who have grown up at Karm Marg and now work there while living independently. There are also those children who have grown up and gone on to lead their lives elsewhere but always return on public holidays to the only family that they have known.

It is an immensely happy place with everyone keen to let you know what is happening and going on. The KM compound is full of dogs that are loved and cared for, most of whom have come from troubled backgrounds like the children caring for them, and it seems children and dogs learn from each other about love and compassion. We finished our visit with some delicious food that we saw picked from the vegetable patch and cooked fresh in the kitchens ~ and the dogs clearly expected that we should share it with them! It was a wonderful visit and we are so happy to not only have seen the project for ourselves but to be able to pass on to others just how much great work is done there and how appreciative they are of the help that they receive from the UK.

More of our visit to Naz in the next issue.

~ Carol Steljas



"The only thing of value in this world is love. In this love the world is your home and all barriers that separate you from one another are destroyed."

~ Swami Sivananda