

S H I L P

S P A R S H

3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



17 PARTNERSHIPS
FOR THE GOALS



The Healing Touch

Project Title: Community Health and Outreach

Vidyashilp Academy

Our Vision

To build healthy, empowered, and resilient communities where every individual has equitable access to quality healthcare, health education, and supportive services.

Aim

To improve the health and well-being of individuals and communities by providing accessible healthcare, promoting health awareness, encouraging preventive practices, and reaching underserved populations through active community engagement.

Our Community

Our community is everyone we serve and collaborate with to build healthier lives, quality education, and meaningful partnerships.

Our SDG Alignment

3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



17 PARTNERSHIPS
FOR THE GOALS



CYTECARE

*Partnerships for Health,
Purpose and Positive Change*

ASTER CM1

3 GOOD HEALTH
AND WELL-BEING



*VIVA
Hospital*

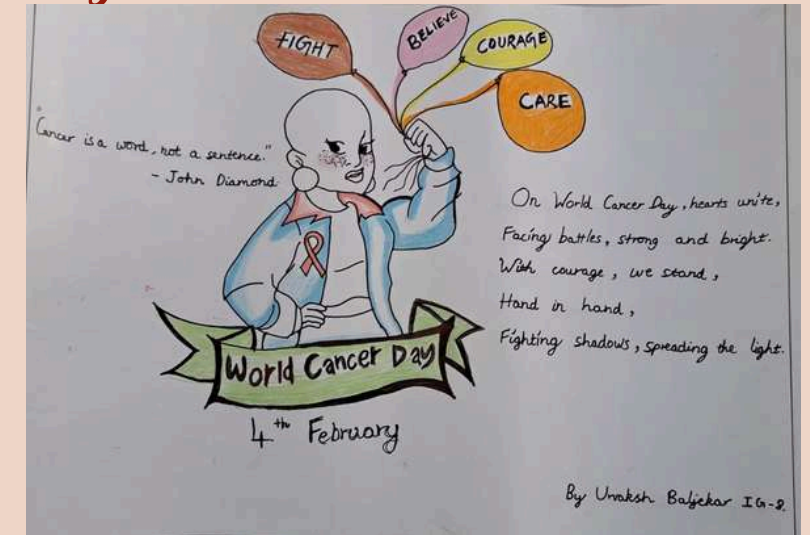
*Connecting Healthcare,
Education and Care*

*MANIPAL
Hospital*

From Awareness to Action: Educating, Empowering and Building Healthier Communities

- 2018 – *The Journey Begins*
- *USA Cancer Care Fund established to support children with cancer.*
- 2019 – *Building Health Awareness*
- *Promoting awareness and healthy practices in the community.*
- 2020 – *Empowering Girls*
- *GirlUp Vidyashilp established to promote girls' health, dignity and empowerment.*
- 2021 – *Health & Hygiene Awareness*
- *Encouraging hygiene, wellness and healthy habits.*

- 2022 – *Women's Health Matters*
- *Creating awareness and promoting women's health and well-being.*
- 2023 – *Menstrual Health & Dignity*
- *Advancing menstrual health, awareness and dignity.*
- 2024 – *Early Detection & Awareness*
- *Raising awareness about retinoblastoma and the importance of early detection.*
- 2025 – *Health Beyond the Campus*
- *Extending health awareness and outreach into the wider community.*
- 2026 – *Towards Healthier Communities*
- *Driving community health through student-led action and initiatives.*

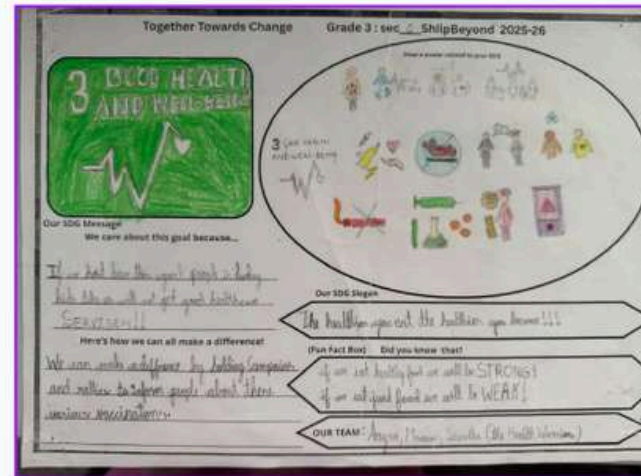
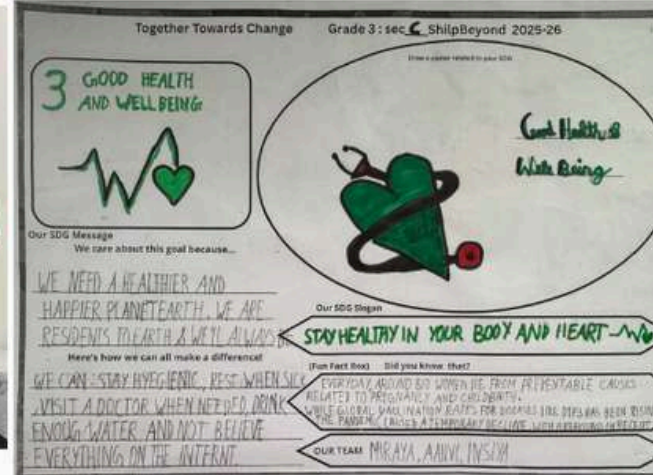


From Learning to Action: Students for the SDGs

Together for a Better World



Miraya, Insiya & Aanvi 3C



Together, Creating Hope Beyond the Classroom



USA Cancer Care Fund brings students, parents, and teachers together to build a corpus supporting the diagnosis and initial treatment of children with cancer.

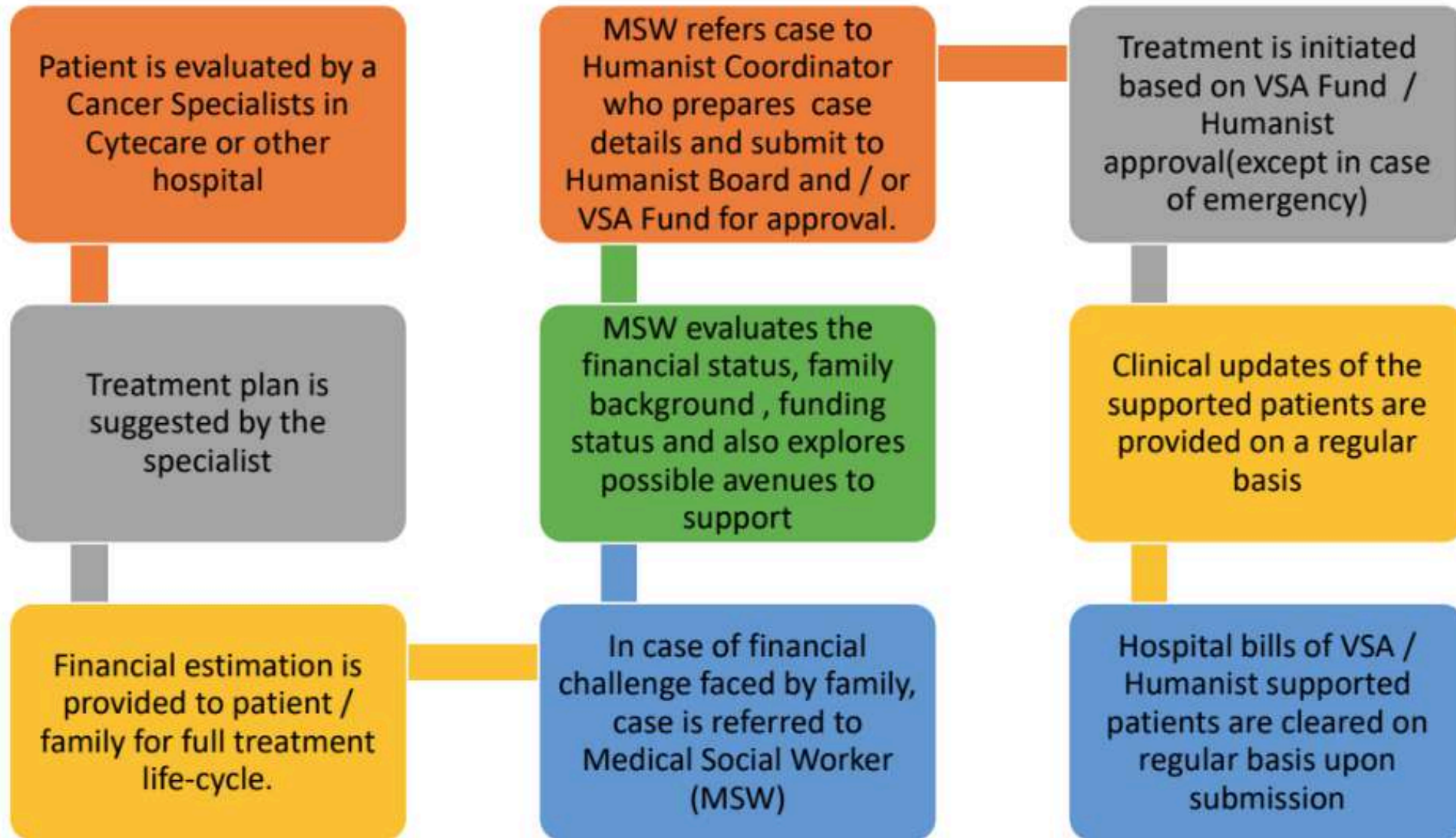


Baby Tejaswi our first pediatric cancer kid

Since its inception in December 2018, the USA Cancer Care Fund has supported 60 pediatric cancer patients.

Year 2018 ...still in progress *Fund raising events*

Process of USA fund supported - case selection



Germination of the Idea

Gift A Smile Initiative



5 shilpites to 10,000+ Champions

When a School and a Cancer Hospital Unite, Awareness Becomes Action.



By touching someone's life, we are touching our own

Fund raising events



Congratulations to All to ...



Joy of Giving

Sensitize our Shilpites through the initiative keeping the school's **RISE** values

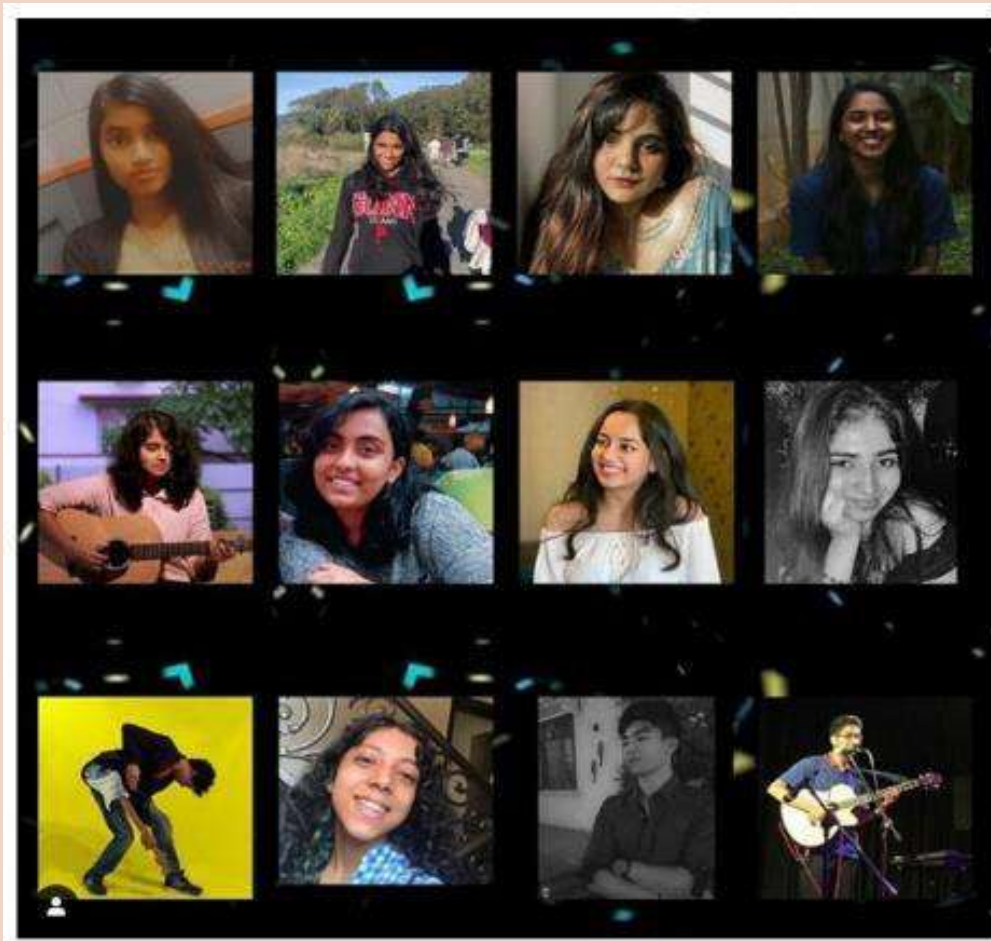
Tanishka
9c



2019-20 Second event

METANOIA

Metanoia for raising funds 650+ registrations.
Specific focus on blood donors registry and paediatric cancer care.



An online
festival

Covid
Time



2020-21 -Third event

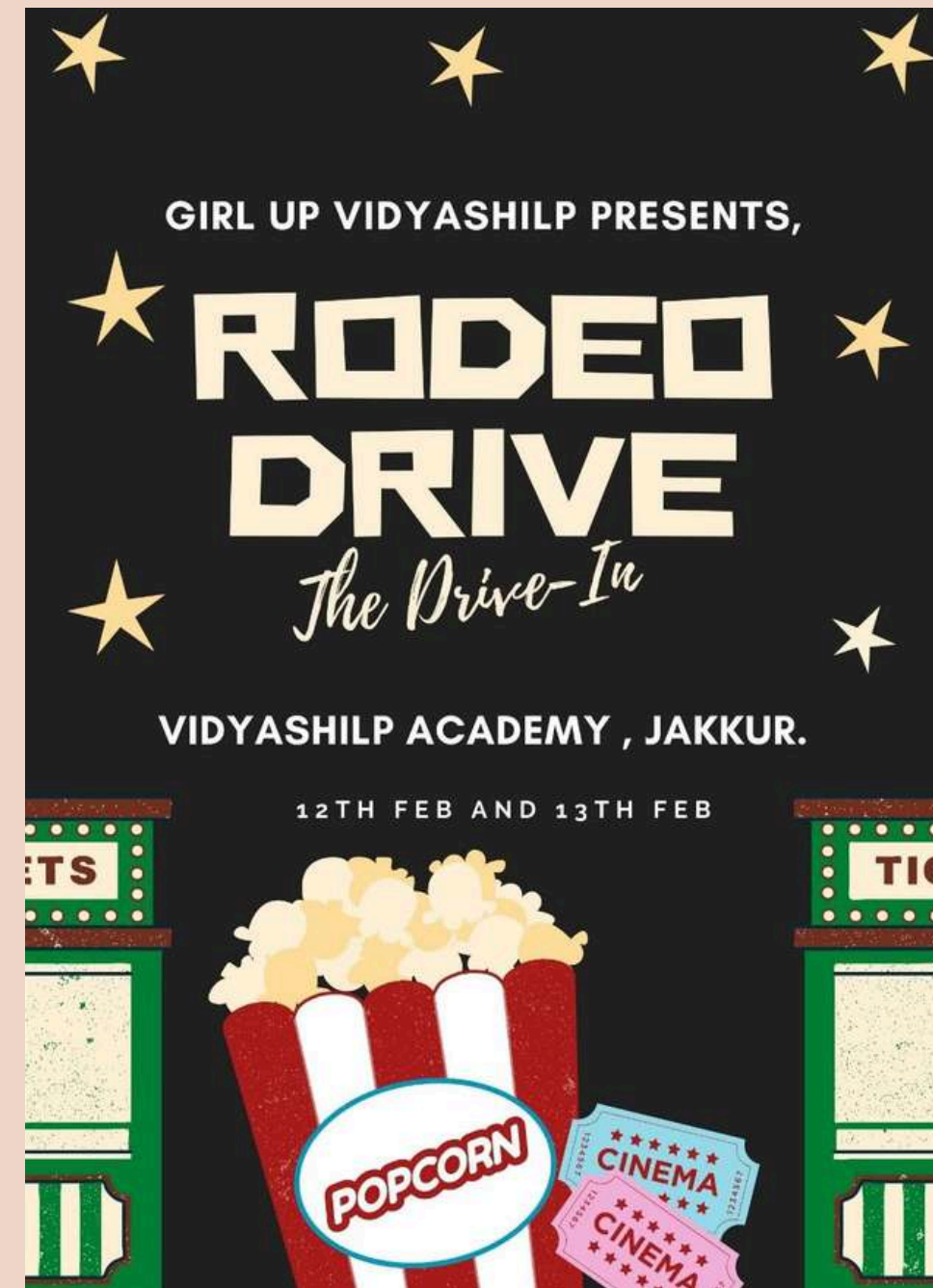
Drive-in Movie event -

750 registrations

**Empower Her. Inspire Change.
GirlUp Vidyashilp.**

Empowering Girls Through Menstrual Health

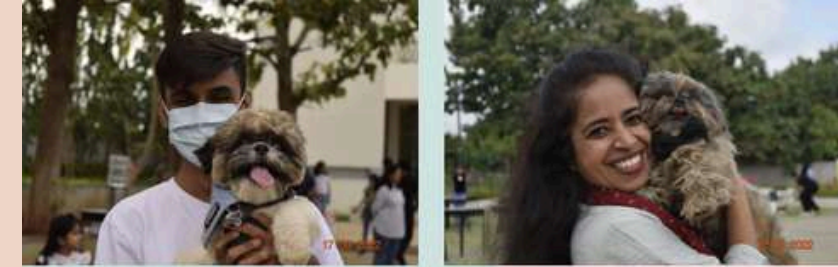
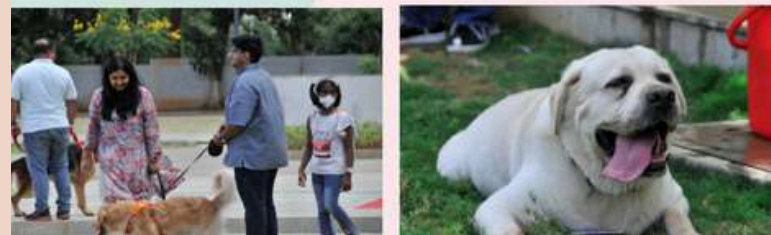
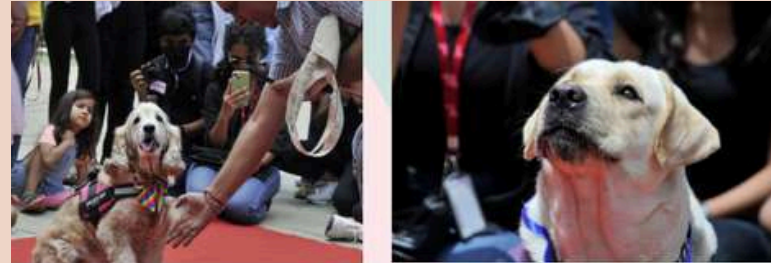
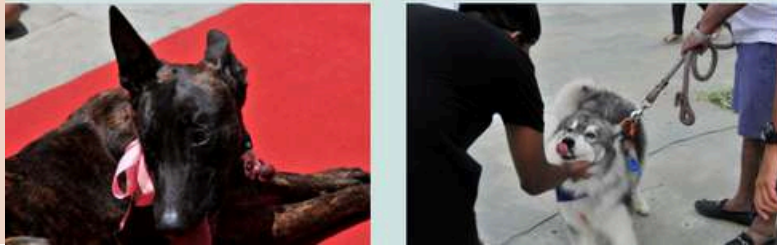
Movies shown: Dilwale Dulhania Le Jayenge : 6:00 pm, 12th
February 2021, Friday
Chak de! India : 6:00 pm, 13th February 2021, Saturday



2022-23 - Event -4

800 + registrations.

PET GALA



Event -5 - Steps For Smiles # Walkthon/Marathon# GKVK - 24-25

VSA Community/Well-Wishers#Cyte Care Hospital



SDG/Community Outreach Team showed signs of doing something incredible with community at large.

*A brilliant collaborative achievement I must say with a 21 + student core team, supportive parent body, sponsors, donors, our colleagues and in partnership with our knowledge partner CyteCare Cancer Hospital. **An INR of 4.5 lakhs was raised through this was deposited to the USA Cancer Care Fund.** Steps for Smiles was conducted at The University of Agricultural Sciences (GKVK) campus, **featuring over 800 participants.** The student core team maintained the spirit of community service, a quality exemplified as they tread the path toward being the future change makers of society.*

Event -6 -Steps for Smiles – Edition 2 # Celebrating the Second Year of Joy – 25-26



Reflecting on our previous year success the 25-26 batch got determined to spread the smiles once again to the community around us with Steps for Smiles – Edition 2

With a 25+ student core team, supportive parent body, sponsors, donors, our colleagues and in partnership with our knowledge partner CyteCare Cancer Hospital.

*An **TNR of 5,79,210/-** was raised through this event, which was moved to the USA Cancer Care Fund. Steps for Smiles was conducted at The University of Agricultural Sciences (GKUK) campus, **featuring over 800+ participants.***

Event -7 -Steps for Smiles# Edition 3– Marking Three years of Spreading Smiles 26-27



We are overjoyed to share that we have **raised ₹5,80,111** for the USA Cancer Care Fund through the event with **1000+ participants**



Early Awareness. Timely Care. Brighter Futures



Care That Creates Change

At the age of five, Tejaswi was diagnosed with T-cell Acute Lymphoblastic Leukaemia and needed immediate treatment. Her father worked as a pani puri vendor, while her mother was a homemaker, raising two young children. Vidyashilp Academy provided initial support during this difficult time. Today, Tejaswi is a brave Grade 2 student, continuing her journey with hope.



At six, this young boy was diagnosed with Ewing Sarcoma of the Dorsal Vertebra after treatment at multiple hospitals. His father, an Indian Army Jawan posted at the border, and his mother faced a difficult year of treatment in Bengaluru. With support from USA, Humanist, and Cytecure staff, he completed treatment in 2019, returned to his hometown, and resumed his schooling.

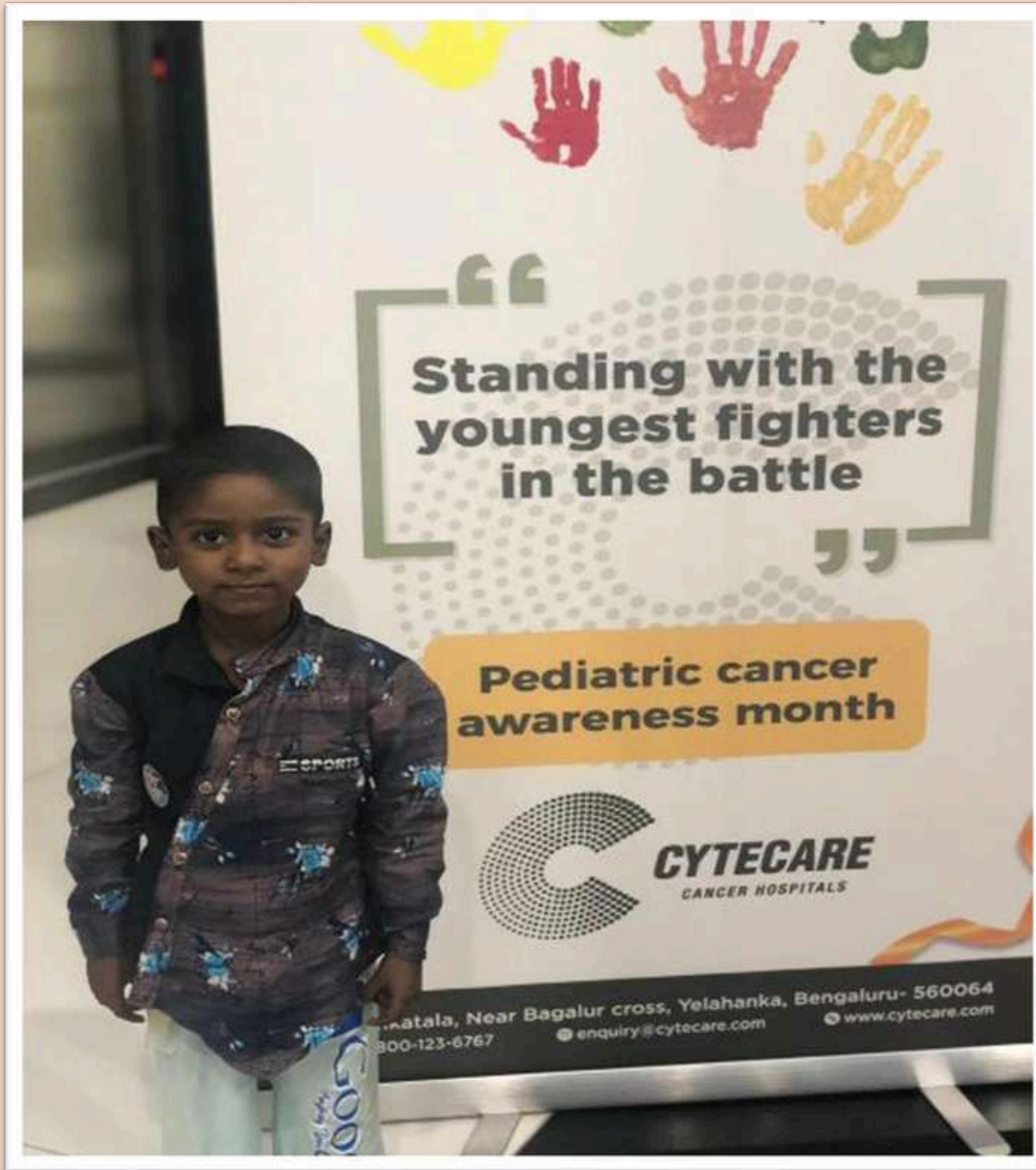
A Journey of Strength and Hope

At two, this little boy was diagnosed with B-ALL after visiting multiple hospitals in Bengaluru. His father, a car driver, had lost his job while caring for him. With support from USA, Humanist, and Cytecure staff, he completed chemotherapy and continued maintenance treatment. Today, at six, he is healthy, happy, and doing perfectly well, with many brighter days ahead.



At 17, this boy was diagnosed with Ewing Sarcoma in the area behind his left eye. His father had passed away in a road accident, leaving his mother to care for two children and manage the family's household and healthcare expenses. His eye swelling had continued to worsen for three years, and by 2021, he was in severe pain with a life-threatening tumour. With support from the Vidyashilp Academy Cancer Care Fund, Humanist, Cytecure staff and crowdfunding, he completed surgery, chemotherapy and radiation and is now doing well.





Awareness Today, Hope for Tomorrow.

OUR IMPACT

A Track Record of Student-Led Health Action 2018 to 2026

**10,000 PLUS
SHILPITES**

**FUND RAISED
40,00,000 RUPEES**

**7 STUDENT -LED
INITIATIVES**

Community Health has long been part of Vidyashilp Academy's Culture

**250 PLUS CORE
TEAM**

**60 PLUS PEDIATRIC
CANCER CARE**

At the Campus...



extend our gratitude to all the generous donors and encourage everyone to continue this life-saving cause.



Blood donation Drive



Giving Life, Sharing Hope



CPR Training session for the Grade 11/12

The session emphasized and empowered students to gain a better understanding of cardiac emergencies and develop the skills to respond effectively.

The session helped to enhance knowledge, confidence and foster a culture of care and responsibility.



Health Talk for our VSA parents

*We were honoured to invite Dr. Manjiri Somashekhar
Lead & Senior Consultant - Paediatric Surgery, Oncology
&*

*Dr. Chetan Ginigeri
Program Director - Paediatrics, Aster Hospitals, Bangalore*



Grade 6/7

An Awareness Talk on Adolescence Health & Preventive Care

We were glad to invite Dr Shruti Shastry & Dr Alkeen Akram, senior specialist in Gynaecology and Certified Adolescence Health from Aster CM1 Hospital to share their expertise for the Grade 6 & 7 Girls and boys.

The talk gave a deeper understanding on physical changes, emotional preparedness, body positivity and self-esteem



Manipal Hospital Visit - Students of SDG/Community Outreach to commemorate Non-Communicable Disease Awareness Day



Talk on non-communicable diseases, healthy lifestyle and diet, periodic medical checkup, physical growth, puberty and increased nutritional needs enabled our students to take good care through nutritious diet and periodic health-checkups.

Team of doctors part of the talk:

*Dr Srinivasa Murthy - Senior Consultant Internal Medicine
Dr Mahesh Mylarappa - Cluster Chief Medical Superitendant
Dr Soumya - Pediatric Endocrinologist*

A short hospital tour to the main departments of the hospital

THE CPR Training Session –Aster CMI Hospital



The CPR Training session was organised for the Grade 11/12 through Aster CMI Hospitals

The session emphasized and empowered students to gain a better understanding of cardiac emergencies and develop the skills to respond effectively. Helped to enhance knowledge, confidence and foster a culture of care and responsibility

ORTHO CAMP# VSA STAFF# CYTE CARE HOSPITAL



Cyte care gladly accepted our request in holding an Ortho Camp for the teaching and non-teaching staff of Vidyashilp. Bone Density Test helped in knowing the deficiency if any and the signs associated with deficiency.



'Complementary Health Check-up for VSA Educators & Coaches in collaboration with Manipal Hospital', Yelahanka



Health Check-up for VSA Administration Team in collaboration with Manipal Hospital, Yelahanka



CPR Training for our support staff in collaboration with Manipal Hospital, Yelahanka



**FOOD AUDIT @ VSA CAMPUS TO IMPLEMENT
RESPONSIBLE CONSUMPTION & PRODUCTION SDG GOAL 12
GOOD HEALTH & WELL-BEING**

Food wastage and bringing in an awareness to let our students know the need for a balanced diet provided at our lunch hall.

We optimized strategies to cut down food wastage through sign boards /CG time PPT/assembly talk/ arrangement of speakers in the dining hall for playing 'Calm soothing Music' and enjoying the 'Me time' during lunch the break

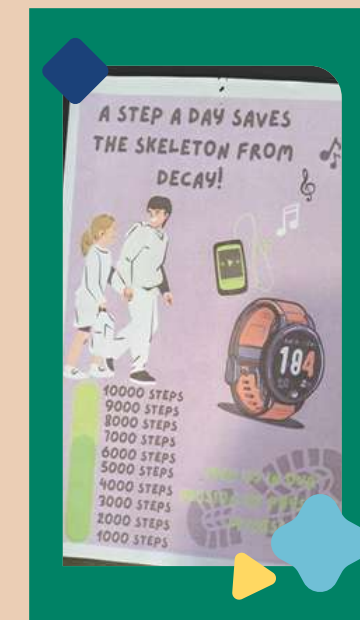


Sustainable Transport Campaign Week – VSA Community

Good health is central to human happiness and well-being that contributes significantly to prosperity and wealth and even economic progress, as healthy populations are more productive, save more and live longer.

*Our next project in hand was to work on **Good Health & Well being Goal 3** and **Climate Action Goal 13**.*

The team launched Sustainable Transport Campaign Week to Promote walking, cycling, or use public transport to beat global warming and boost good health. We did get a good response and the achievers were applauded during Phase 2 assembly.



Caring for Health, Empowering Every Life.



A Generous Gesture!!!

The kitchen staff of Vidyashilp Academy started a noble initiative and volunteered to prepare meals for daily wagers. They prepared and distributed 1000+ meal packets a day to workers in and around the school vicinity.

The team has supplied 47,998 packets of food in 49 days.

A big shout out to the entire Vidyashilp community that made this possible. We thank our staff and parents for all their support and contributions!



49 Days



47,998
Packets of
Food
Distributed



Wellness Oasis

*WE CARE# Medical Camp# USA Support Staff #Aster
CMI Hospital*

Wellness Oasis

"The greatest wealth is health"

Vidyashilp Academy x Aster CMI hospital

The Centre of Excellence, Community Outreach Batch 2024 cordially invites you to the 'Wellness Oasis' a Health Camp for our support staff.

Date : 20th June 2024

Time : 10 a.m

Venue : VSA auditorium entrance

Your presence is valuable for us !

Grade - 10, 11 and 12

Aster
CMI HOSPITAL

x



*Social Inclusiveness is a key element of SDG to show that we care!
We wanted to GIFT Health to our support staff, on that note we
collaborated with Aster CMI for a free Health Check -up for our dear
support staff.*

*Routine check-up/ hearing wellness clinic/ Eye Test was scheduled
Students worked tirelessly in organising the event with appropriate
arrangements and refreshments.*

Health Starts At Home Base: Support Staff Initiative



*Knowing the
Choices,
Supporting
Better Health*



*A seminar
with our school's
support
staff, specifically women
between ages of 30 to 50,
where we educated them
on the importance of their
good health and well
being, empowering them
to make better decisions.*

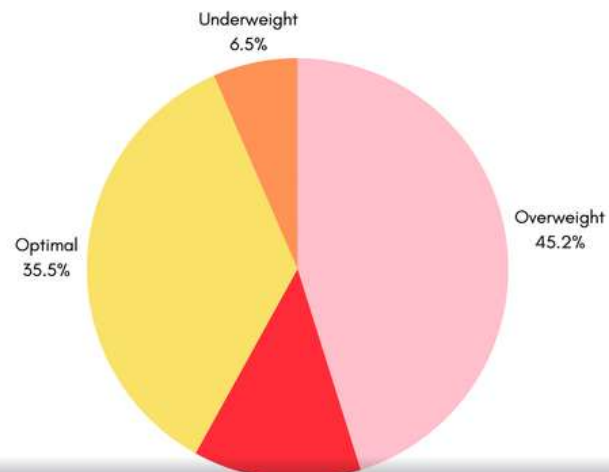


Empowering Women with Health Awareness, Building healthier Lives.

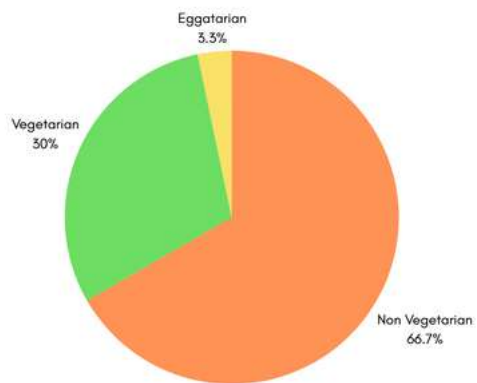
From Data to Awareness, From Awareness to Well-being

Data Collection

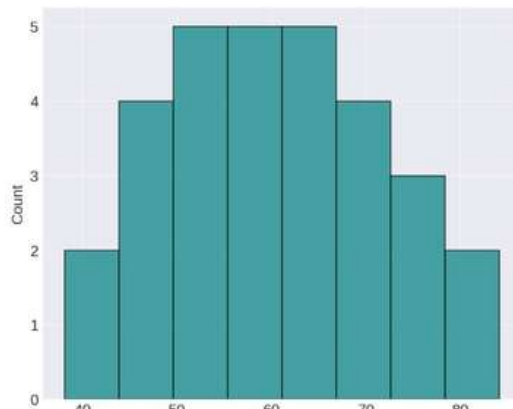
HEALTH STATUS



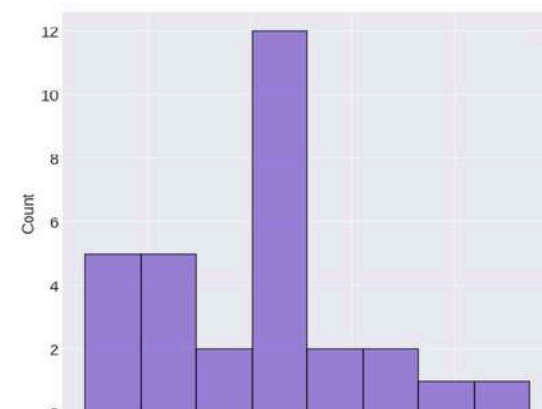
FOOD PREFERENCES



WEIGHT DISTRIBUTION

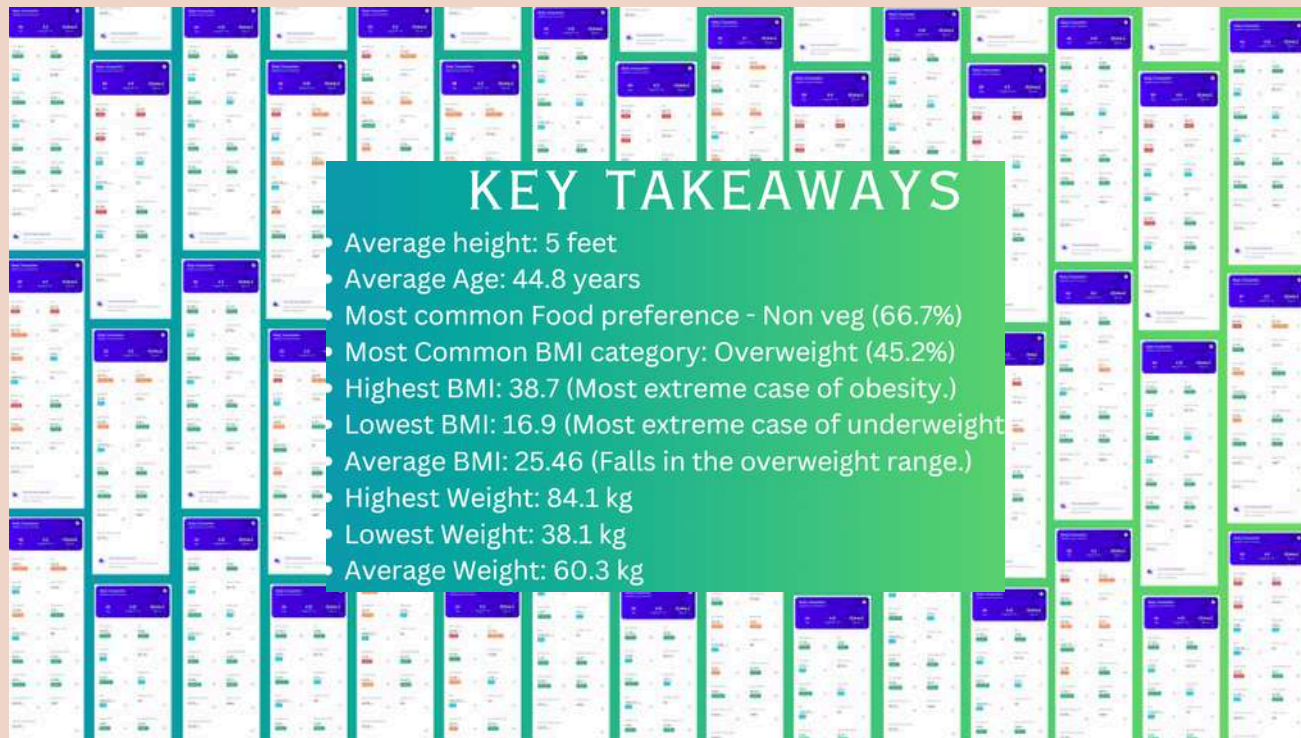


BMI DISTRIBUTION



KEY TAKEAWAYS

- Average height: 5 feet
- Average Age: 44.8 years
- Most common Food preference - Non veg (66.7%)
- Most Common BMI category: Overweight (45.2%)
- Highest BMI: 38.7 (Most extreme case of obesity.)
- Lowest BMI: 16.9 (Most extreme case of underweight)
- Average BMI: 25.46 (Falls in the overweight range.)
- Highest Weight: 84.1 kg
- Lowest Weight: 38.1 kg
- Average Weight: 60.3 kg





Community Outreach



Awareness sessions: Understanding retinoblastoma, its symptoms, and the importance of early detection.

Community outreach: Conducted an awareness camp and survey with parents of children under 5 in Gantiganahalli.

Key focus: Early signs of childhood cancer, timely diagnosis, regular health and eye check-ups, and nutrition.

Data collection: Recorded information on children's nutrition, lifestyle, general health, and eye health.

Project scope: Clinical trials, data analysis, and affordable diagnostic models.

Awareness Camp – Gantiganahalli

Retinoblastoma

A rare pediatric eye cancer that can lead to blindness or mortality if not treated properly



8000 cases per year in the world and 2000 in India which is about 25% and that is not a good sign



The Dilemma's Root



- *Thrash being dumped by the residents around Gantiganahalli village.*
- *Resulting to water clogging*



- *Distribution of 2 dustbins to each family to segregate wet and dry waste.*
- *Awareness talk on community good health and well-being*



Team Ripple Effect Rescuers led a drive in Gantigehalli village within the terrestrial zone of our school.

The team sentisized the localities on community health and well-being at the village with a goal to create a conducive environment in and around the lake.



Preethi Nivas Trust We Care! A visit to the elderly home

What We Did:

- Visited Guanella Preethi Nivas, where elderly men without family support find shelter.
- Distributed 40 jackets and track pants to provide warmth and comfort.
- Played games shared food together.
- Met a talented artist and learned that some men make crafts from newspapers to sell.
- Listened to a beautiful song performed by one of the men.
- Learned about their difficult pasts but also saw how grateful and joyful they were despite hardships.
- Joyful interactions at the old age home showed that small acts of kindness matter.



Empowering Women Through Health & Nutrition

- Strengthened community connections and raised awareness on health and hygiene.
- Direct support to over 100+ individuals, improving their quality of life.
 - Initiated a three-month sanitary pad distribution drive to ensure continued access.

Global Impacts of Tomorrow - Team Hygieia

Global Citizens of Tomorrow in association with Master Peace Global

We are proud to present one of a kind, holistic approach to learning about sustainability through practice. Global Impacts for Tomorrow (GIFT) is an exclusive, intensive, and immersive real-time project-based learning, integrating United Nations Sustainable Development Goals (SDG) and the new National Education Policy (NEP).

Sprouting Stage

Why we chose this goal?

Roughly 120 million menstruating adolescents in India experience menstrual dysfunctions, affecting their normal daily chores. Nearly 60,000 cases of cervical cancer deaths are reported every year in India. Two-thirds of which are due to poor menstrual hygiene.

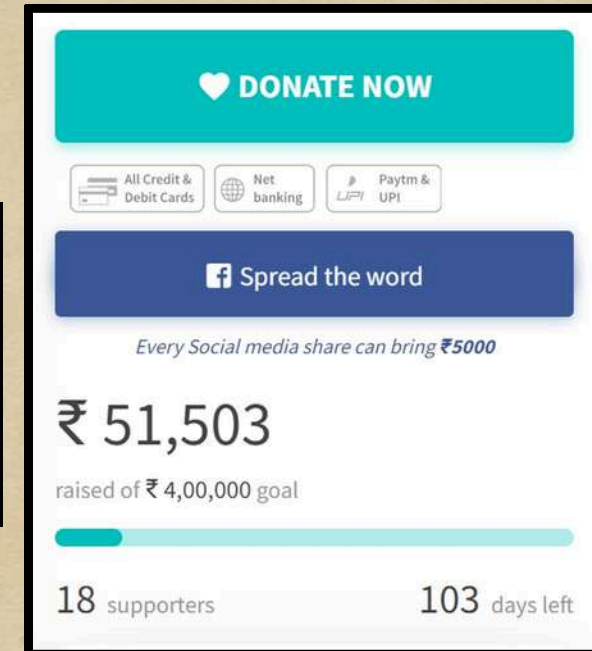
Budding Stage

Our Goal

To help orphan and semi-orphan girls menstrual health and hygiene, overall physical and mental state.



Genorosity In action Funding the flow of hygiene



The Testimonial of our Alumni

Yatharth Murthy [Batch 23-24] has many feathers in his cap. The prominent one is Yatharth working as a volunteer for the New Jersey- based NGO Voice of Our Child and using his influence and network to raise awareness on Mental Health among the teens thus activating Good Health and Well-Being.



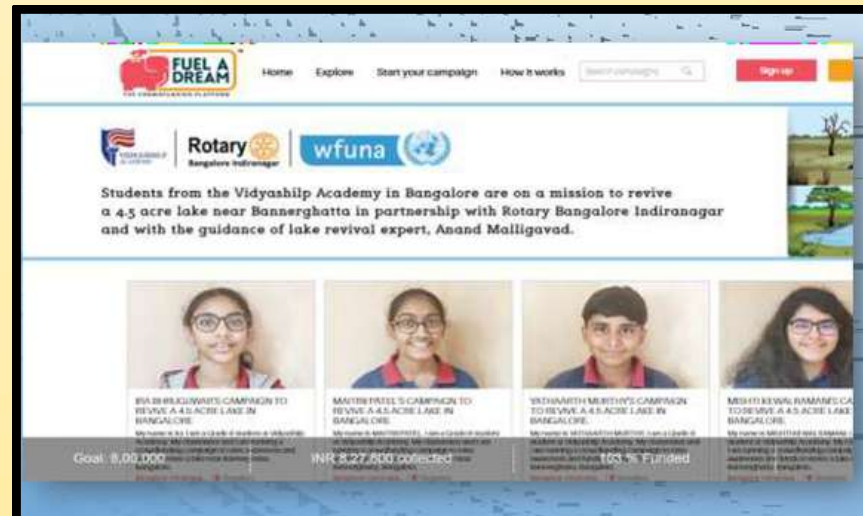
TEAM WAVERIDERS

Under the assistance of Mr. Anand Malligavad, the Lake Man of Bangalore the team worked on the project in reviving the Manae Lak, Bannerghatta. The Lake was a marshland - overgrown with weeds, had a weak and undefined border as well as a small catchment area. It was transformed to benefit the wildlife, improved irrigation facilities and created a thriving eco-system.

The culmination of the regional level happened at the Education Minister's office Mr Suresh Kumar [2019-2021] at Vikasa Soudha, Dr.B.R. Ambedkar Veedhi, Bengaluru. Our Ex- Minister acknowledged and appreciated the contributions made by our students towards the environment and society



EDUCATION MINISTER'S OFFICE MR SURESH KUMAR [2019-2021] AT VIKASA SOUDHA, DR.B.R. AMBEDKAR VEEDHI, BENGALURU.



Before



After





BLESSED BY THE BEST!

To promote intergenerational connections, empathy and social responsibility among students. Here we combined SDG 3 Good Health and Well being & SDG 10 (Reduced Inequalities) through our visit to a Local Home for the elderly. Interactive sessions/Singing & dancing/Fruit distribution brought so much energy and joy to the home.



*Nagenahalli
Government
School*

*Gantiganahalli
Government
School*

*People's Trust
School
-An NGO driven
school*

*Harohalli
Government
School*

4 QUALITY
EDUCATION



*Srilankan
Refugee Camp*

*Odisha Tribal
Connect*

*BuDa Folklore
Tribal Visit*

Gantiganahalli Government School





Harohalli School Visit

The initiative aimed to bridge the gap between privileged and underprivileged students promoting equality, social responsibility and being empathetic amongst each other.



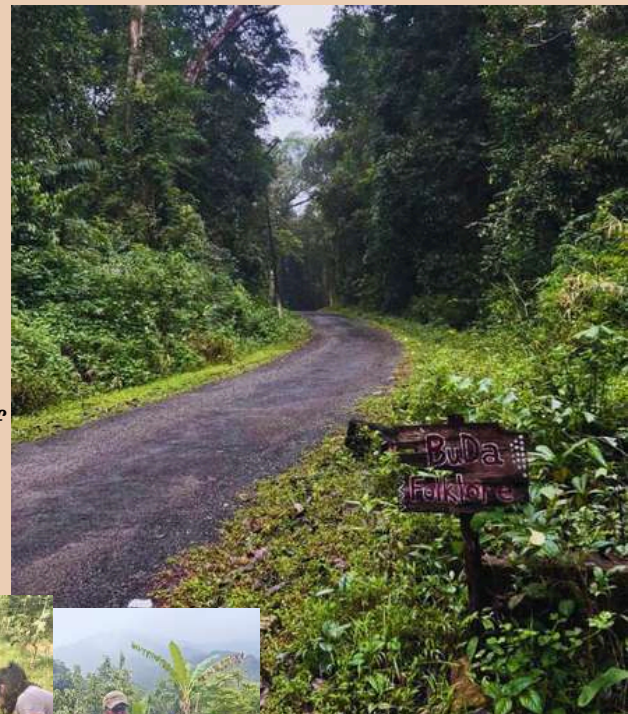
TRIBAL CONNECT 25-26

BuDa Folklore House is more than a folklore museum – it is a cultural laboratory, a living archive, and a space where Uttara Karnataka's traditions breathe, grow, and inspire. “BuDa” in Kannada means “the beginning, the ground, the base”—a reminder that all cultural knowledge starts from the soil, the roots, and the people who live closest to the land.

What began as a small shed used to store bananas slowly transformed into a centre of learning. The stream was the heart of it all – a source of water, peace, and connection to the land. Savita akka initially planned to work only with tribal communities, not farms. But she soon realised that farming itself was a bridge – a powerful tool that allowed her to experience the rhythms of local life and form deeper bonds with the people she wished to work with.

The surroundings feel almost cinematic—paddy fields swaying in front, coconut trees circling the land, the stream whispering nearby, and peacocks calling from the forest. Behind the house, vermicompost nourishes thriving crops, and every drop of water used is returned safely to the stream, free of chemicals. Dogs, cats, cows, and the occasional tiny kitten or playful pup complete the home's warm soul.

The house today stands as a symbol of resilience, sustainability, and cultural pride. It reminds us that great things often begin from the most humble, grounded space, just like the name BuDa – the base.



“When we connect with communities, we connect with our roots.”



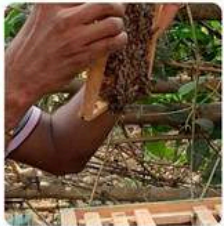
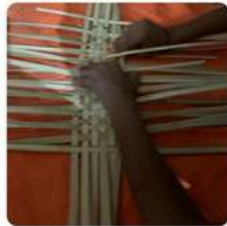
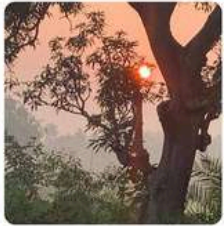
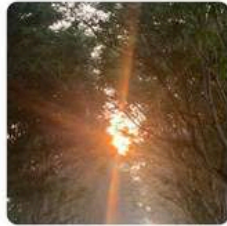
*Soliga Stories: Rooted in Nature,
Rich in Tradition*

Traditional Wisdom for Mind, Body and Spirit



A GLIMPSE OF ODISHA'S RICH HERITAGE

A JOURNEY OF DISCOVERY AND LEARNING



*Master Peace
Global -
Netherlands*



*Geneva
1 Million 1 Billion*

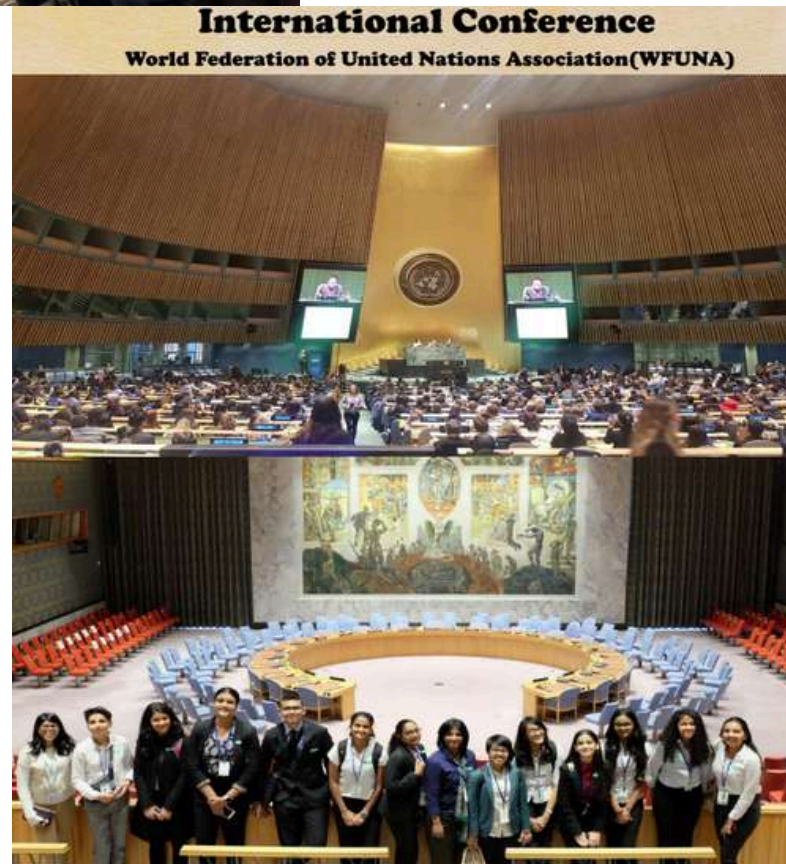
*World Federation
United Nations -
Newyork*

*Karnataka
Government -
BBMP & NHA*

Building global partnerships for a sustainable future.



SDG -17 NEWYORK



Meeting with the Korean Ambassador



Interaction with the student delegates



Changemakers in collaboration with Dutch counterpart - Netherlands - SDG 17



MasterPeace Global, a group committed to fostering harmony and fostering connections across communities. Teams from our school and the Da Vinci College were to passionately showcase their initiatives related to the Sustainable Development Goals (SDGs) to pique students' interest and increase their knowledge of the world.

An opportunity MasterPeace Global after the insightful presentation. This gave us a special chance to engage with like-minded people, discuss ideas, and build relationships with others in MasterPeace Global who are passionate about bringing about a more peaceful and sustainable world. In addition to providing sustenance, the networking lunch stoked our ambitions and sparked a shared resolve to support global change.



GENEVA 2025

9TH 1M1B IMPACT SUMMIT AT UN



Prisca Sawakar



Gaurav Dharmendra



Shalvi Gururaja



Ariana Dharmendra



Diva Jain



Aadya Kanchan



Siya Jain

Avalali Lake Revival & the Flyover Beautification

An on-going project 26-27



Emphasizing Good Health & Well-being to the neighbourhood

Currently the lake is affected by sewage water inflow, waste contamination, excess or unwanted vegetation within the lake. Removing unwanted vegetation, planting trees along the banks and set righting the fallen electric polls and wires across the lake will be taken



Sensitizing awareness towards good health & well-being
The permission from BBMP officials has been taken and area officer Mr Vishwanath has assured support during the implementation.

The Flyover Beautification Project covering the 900-meter stretch from Vidyashilp Academy junction to BSF junction.

Theme: Conservation & Preservation of Flora/Fauna

ACKNOWLEDGEMENT



Kalai Selvi,
Head of School & College advisor

Vidyashilp Academy's student-led initiative in support of paediatric cancer care, has taken seven significant steps towards building compassionate and responsive individuals. Each year, with one step forward, our students have become a testament to our school's core values, RISE, and motto, "Do well for oneself and do good to others".

We believe true education extends far beyond text book learning and academic excellence. It is defined by how effectively young minds respond to real-world challenges and social causes.

Our sincere attempt to provide opportunities for our students to become proactive changemakers, driven by empathy, purpose and leadership is now taking off. Watching our students light up hospital corridors and take ownership of saving young lives has been nothing short of extraordinary.

Even when the pandemic disrupted normal life, our Shilpites' social commitment never wavered. The marathon to raise funds for the pediatric cancer patients care and run for the cause has been held at GKVK.

I extend my deepest gratitude -for proving that when we act with compassion, we don't just teach leadership; we live it.

3 GOOD HEALTH
AND WELL-BEING



Healthy Body, Healing Community
Good Health & Well-Being for all-
Vidyashilp Academy's commitment, Shilpities
Passion continues



17 PARTNERSHIPS
FOR THE GOALS



Shilpites strive to be the change influencers
“Be the change that you wish to see in the world “
- Mahatma Gandhiji

4 QUALITY
EDUCATION

