

Outreach Project Activities

FOOD DELIVERIES

Three times a week about 1000 sandwiches and fruit prepared by volunteers at the Ashrama are delivered to TB and HIV/AIDS clinics in disadvantaged communities.

In addition food parcels prepared by volunteers in their homes are also distributed.

Currently the Outreach Project supports 4 clinics and a primary school: Nyanga clinic, Masincedane Clinic in KTC, Phumlani Clinic in Philippi East, Mzamomhle Clinic in Browns Farm and Stormont Matubela School in KTC.

ORGANIC FOOD GARDEN

A food garden project is in progress on a leased piece of land in front of the ashram. Training is being given and at the same time creating employment. This food garden which produces fresh organic food will in time become self-sustainable.

YOGA BREATHING

Special breathing practices are taught to the TB clients by qualified Yoga Teachers.

FREE LITERATURE

Distribution of free literature on integral yoga.

CLOTHING DISTRIBUTION

The Ashrama is a depot for clothing, blankets, toys and domestic items that are in good condition. These are delivered to the HIV / TB clients at the clinics.

CHRISTMAS FOOD PARCELS

Annually special hampers as well as toys are donated to TB and HIV clients and their families.

DAILY FEEDING TO HOMELESS

DONATIONS

You can place your donation either by **cash, cheque** or **electronic transfer**.

Please make out all **Cheques** to

Ananda Kutir Outreach Project

Electronic Transfers:

Bank: Standard Bank Kromboom Branch

Branch No.: 02620919

Account name: Ananda Kutir Outreach Project

Account. No.: 275471152

Reference: Your Name & Contact Details

Ananda Kutir Ashrama

P.O. Box 36134

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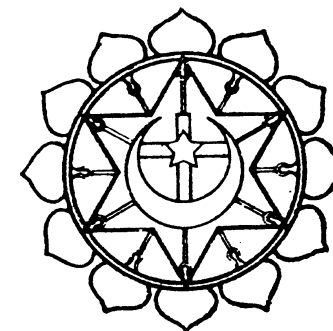
Email: outreach@anandakutir.org.za

Ananda Kutir Ashrama

NPO Reg. No.: 029-716-NPO

Outreach Project

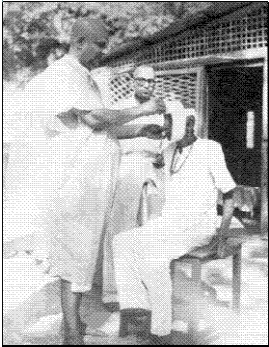
*"Serve, Love, Give, Purify, Meditate, Realise
Do Good, Be Good,
Be Kind, Be Compassionate"
H.H. Swami Sivananda Maharaj*



Tel. 021-6961821 / 021-6962078



Ananda Kutir Ashrama Outreach Project



"Serve God in the Sick
and in the Poor"
Swami Sivananda

Mission Statement

Ananda Kutir Ashrama is a religious, charitable organisation not for gain, practising and teaching Integral Yoga as taught by H.H. Swami Sivananda, founder of the Divine Life Society, Rishikesh, India. Integral Yoga signifies the holistic integration of mind, body and spirit through various Yoga practices and the embracing of all religions.

Ananda Kutir was established by Mother Yogeshwari and Swami Parvathi Ananda in 1982 with the help of friends under the guidance and inspiration of H.H. Swami Venkatesananda, disciple of H.H. Swami Sivananda. Swami Venkatesananda is the Patron and Guru of Ananda Kutir Ashrama.

Aims And Objectives

The Ashrama assists TB/HIV community members in the disadvantaged areas of Cape Town by providing the following:

- Nutrition to enhance the body's immunity
- Education by means of teaching affordable, practical self-management and lifestyle skills using the holistic health systems of Ayurveda and Yoga Therapy
- Self empowerment through providing opportunities for financial independence

Future Aims And Objectives

As the number of patients is continuously increasing, the number of food delivered needs to be increased. Additional protein foods also need to be added to the current parcels to optimise recovery.

Benefits

The following benefits have been observed in clients regularly attending:

- Clients are motivated to take their treatment regularly
- Recovery rates are improved
- Improvement of quality of life
- Increase in clients' self-esteem
- Revitalisation of lungs and body tissues

How Can You, Your Company or Organisation Help

. We sincerely appeal for your sponsorship. You are welcome to contact us for further information.



Food distribution at Brown's Farm Clinic



Winter in Philippi, Cape Town



Voluntary Yoga Teacher at Nyanga Clinic