

*freedom from fear*

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Bodhini



Project Outreach

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## WHY THE NEED ...

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- ❖ 2020 saw a 144% increase in crime against children compared to 2019.
- ❖ In India, cyber crimes have gone up by about 400% during the global pandemic.
- ❖ The first two months of 2022 saw more cyber crimes than the whole of 2018.
- ❖ The crime rate registered per lakh children population is 33.6 in 2021 in comparison with 28.9 in 2020.
- ❖ In 2021, a total of 77,535 children (girls, boys and others) were reported missing in India.



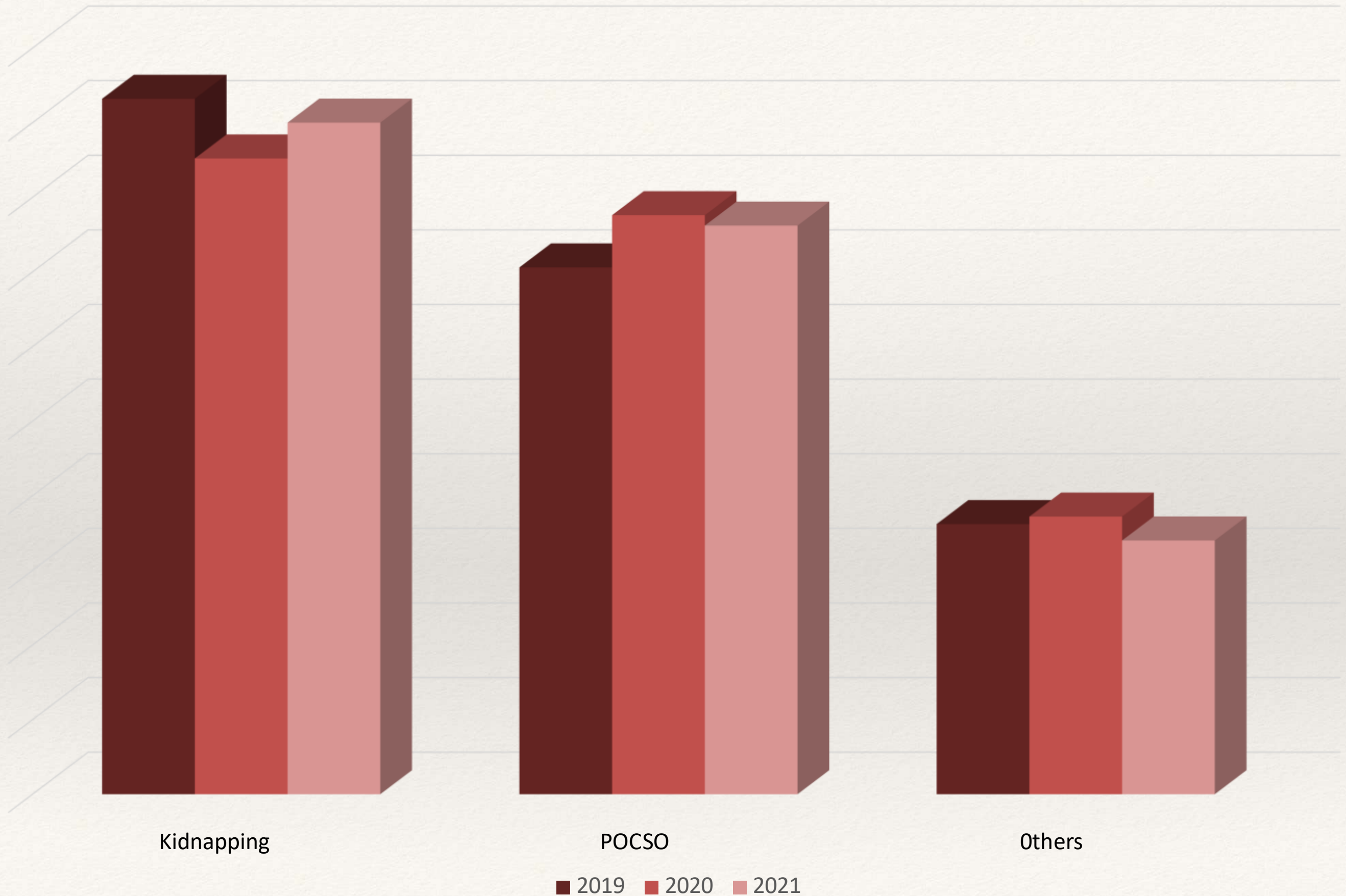
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## WHY THE NEED ...

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- ❖ Increase in online grooming.
- ❖ Massive increase in child sexual abuse material.
- ❖ Increase in and easy access to sexual violence pornography.
- ❖ Increase in threats and blackmail through online/revenge pornography.
- ❖ Increase in stalking and cyber bullying.
- ❖ Increase in sex tourism and trafficking.
- ❖ Increase in live stream sexual abuse.
- ❖ Need to understand and help cope with trauma.
- ❖ Need for healing.
- ❖ Changing societal mindset to avoid revictimisation.

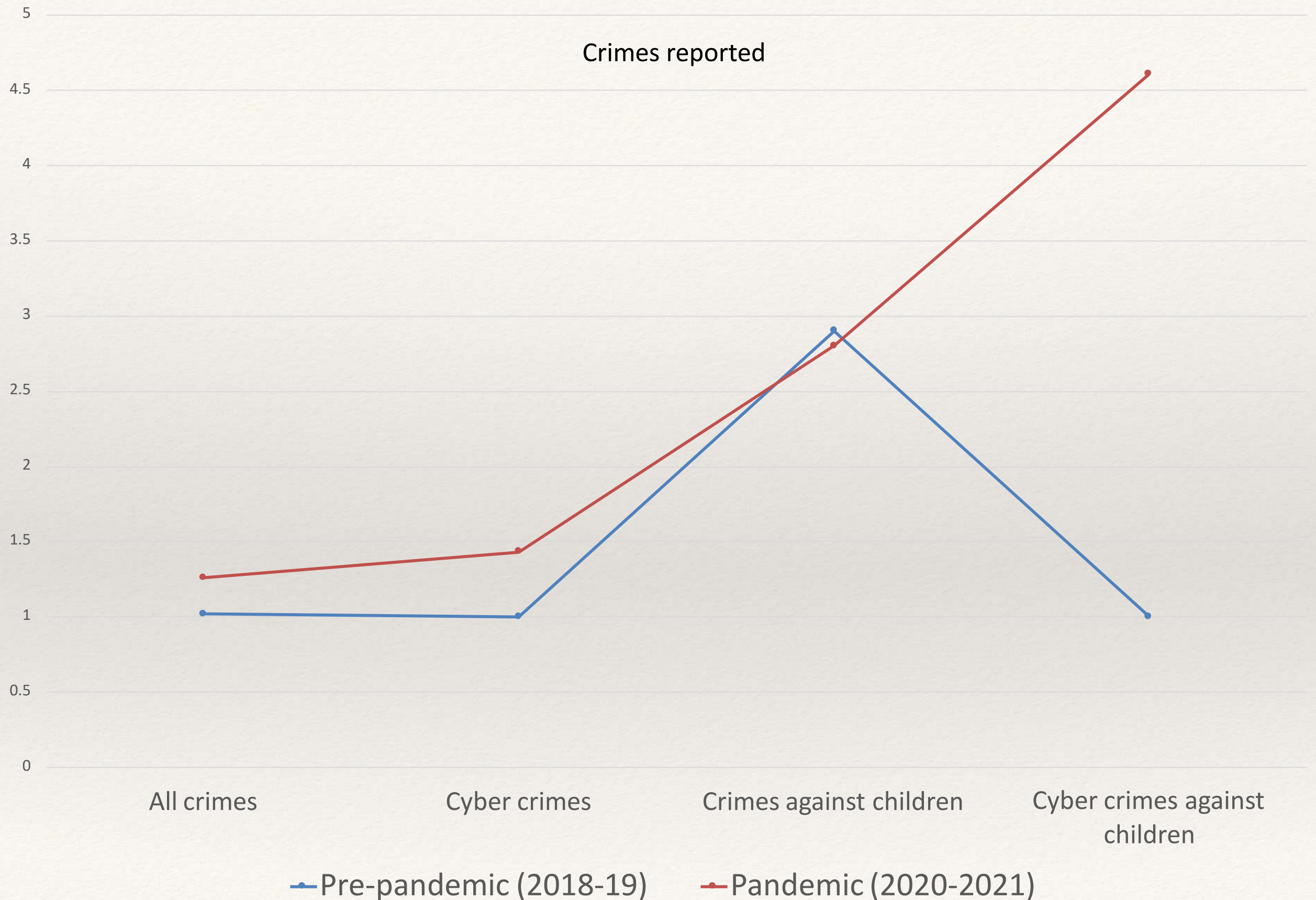
# Crimes against children



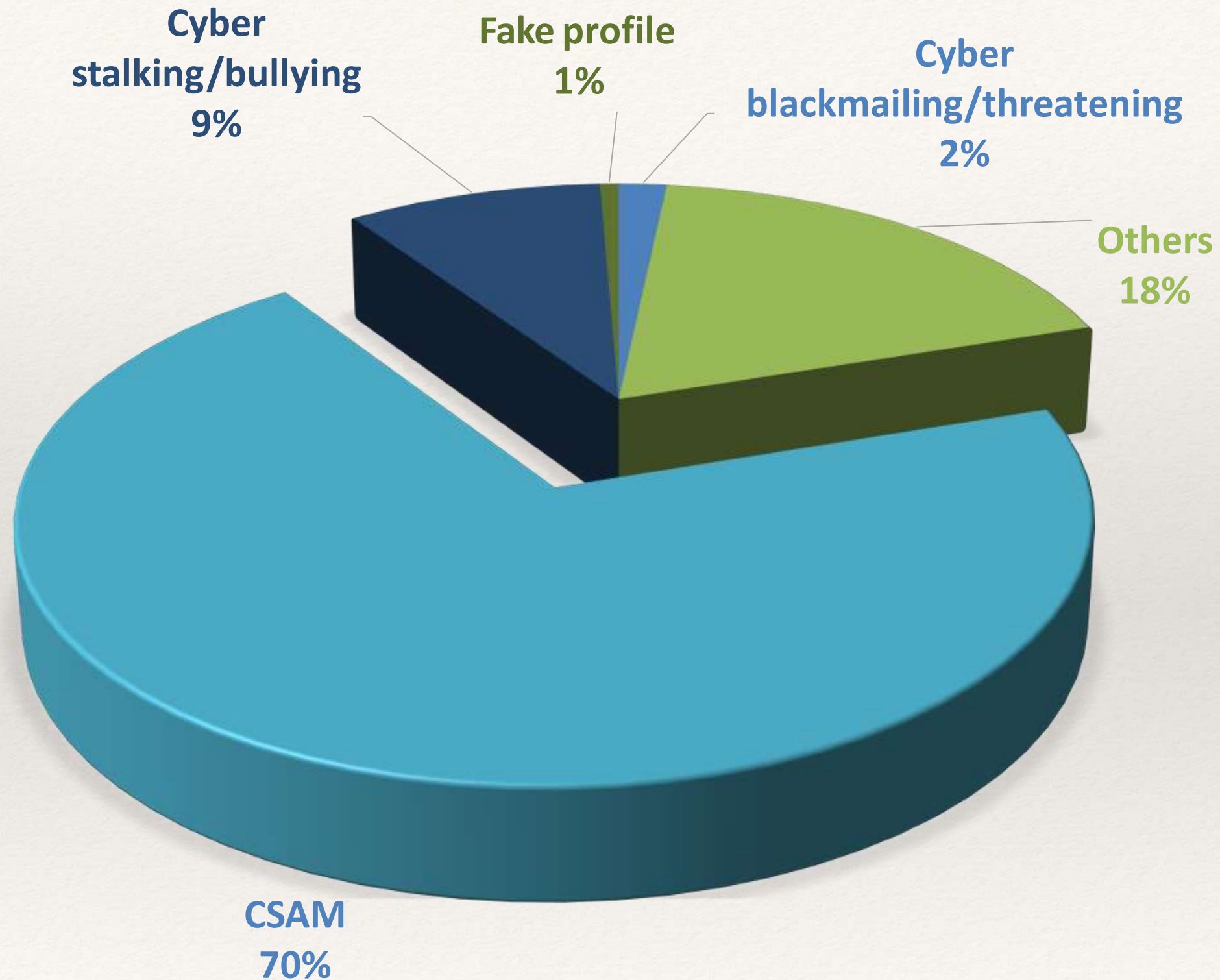
Source: National Crime Records Bureau



# Crimes – Pre-pandemic and Pandemic



# Reported against Children in 2021





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# WHY DIGITAL WELLNESS...

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- ❖ Important for mental and physical health.
- ❖ Manage stress levels.
- ❖ Healthy and active lifestyles.
- ❖ Prevent gadget and internet addiction.
- ❖ Better sleep hygiene.
- ❖ Improve productivity.
- ❖ Balance energy levels.
- ❖ Better relationships.
- ❖ Improve self-esteem.
- ❖ Better society.

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# WHAT WE DO...

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- Preventive empowering sessions in schools and communities on online abuse, body safety and healing.
- Support to victims through counselling, rehabilitation, education and medical support.
- Creation of resource materials - movie, posters and brochures.
- Working with governments and the law enforcement.
- Training programmes for the police, the judiciary and stakeholders.



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# WHAT WE DO...

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- Helping to heal.
- Collaboration with international organizations in this space.
- Creating financial empowerment for survivors.
- Policy changes.
- Curriculum changes.
- Telecounselling.
- Helplines.
- Promote digital wellness and safe internet practices.

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# WHAT WE DO...

## CONSULTATIONS AND TRAININGS

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- ❖ UNICEF.
- ❖ Courts.
- ❖ Ministry of Women and Children.
- ❖ Bureau of Police Research and Development.
- ❖ Judicial academy.
- ❖ Police.
- ❖ Facebook.
- ❖ Child Rights Commission.



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## WHERE WE ARE...

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- ❖ 50 lakh hits on our short films.
- ❖ One lakh plus individuals covered in our sessions.
- ❖ Outreach of short films to foreign countries.
- ❖ Consultations and training for government and judiciary.
- ❖ Helping in healing.
- ❖ Training workshops.
- ❖ Helplines for online abuse and victims of sexual violence.
- ❖ Helpline calls from within and outside the country.

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# WHAT WE COVER IN SESSIONS

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- ❖ Staying safe online & offline.
- ❖ Staying positive.
- ❖ Stress management.
- ❖ Body safety.
- ❖ Healing.
- ❖ Loneliness /depression/ reaching out.
- ❖ Digital wellness
- ❖ Relationships - personal and workspaces.
- ❖ Empowering towards productivity.



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# WHAT WE DO...

## FOR CORPORATE TIE-UPS

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- ❖ Sessions within the firm.
- ❖ Sessions for other firms .
- ❖ Sessions in schools / colleges.
- ❖ Resource material in firms.
- ❖ Outreach of our messages and resource material.
- ❖ CSR tie up.
- ❖ Financially empowering victims- product sales.



## Our awareness sessions in schools



## Workshops in the shelter homes







## NO.GO.TELL

A short film on body safety by  
*Jude Anthany Joseph*

NO. GO. TELL is a short film directed by Jude Anthany Joseph, presented by Nivin pauly, to bring about awareness to kids and parents regarding body safety issues.

A prayer, a song,  
a shelter from  
the storm



## FREEDOM FROM FEAR

A short film by  
*Shyamaprasad*

The Ostracisation and taboo of sexual violence aids the perpetrator in using the victims further. Society has to take a firm stand against this if we are to save victims from further harm and trauma

Bodhini is an NGO that works in the spaces of Cyber safety, Child safety and Healing.

At Bodhini we work on empowering individuals on online safety, body safety and healing through our sessions in schools and communities. We have support systems for victims and provide psychosocial care in shelter homes. We also have short films on you tube on the above topics with helpline running at the end of each. We create resource material that is used as training material world over. We also do consultations for governments, courts and commissions.

### OUR AWARENESS SESSIONS

#### For Schools & Parents

- ▶ Body Safety
- ▶ Online Safety
- ▶ Dealing with Threats
- ▶ Healing
- ▶ Moving Forward
- ▶ Wellness
- ▶ Stress & Anger Management
- ▶ Loneliness
- ▶ Respect
- ▶ Power of positivity

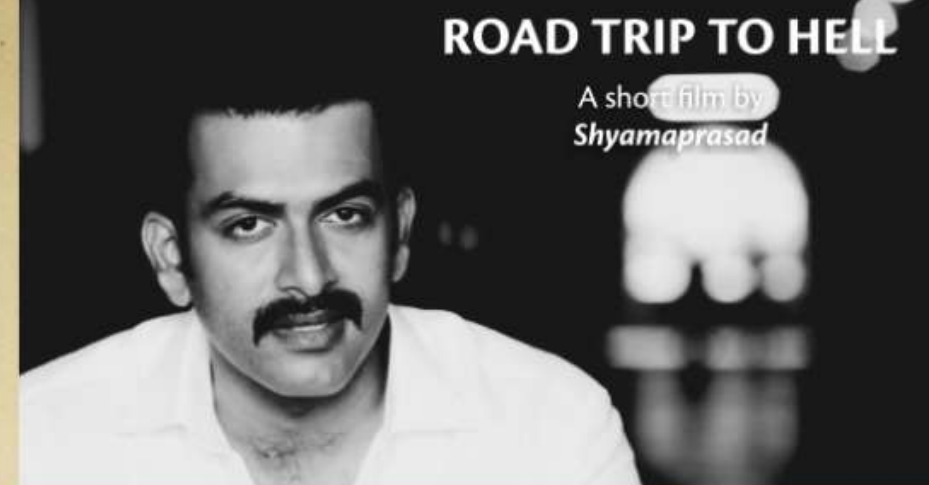
#### For Workspaces

- ▶ Body Safety
- ▶ Online Safety
- ▶ Dealing with Threats
- ▶ Healing
- ▶ Moving Forward
- ▶ Wellness
- ▶ Stress & Anger Management
- ▶ Loneliness
- ▶ Respect
- ▶ Workspace safety
- ▶ Boundaries
- ▶ Life style diseases
- ▶ Power of positivity

\*Our sessions are age and region specific in respect to the culture of the region

## ROAD TRIP TO HELL

A short film by  
*Shyamaprasad*



In today's world it is easy for a teenager to fall into the pit of drug addiction. Communication and a good relationship between parents and children can go a long way in preventing teenagers from entering drug abuse.

Freedom  
from Fear



## ONLINE PREDATORS

A short film by  
*Shyamaprasad*

Use of social media is now at an all time high among teenagers. What many do not know is that everyone found online may not be a friend. Sexual predators are targeting young girls and boys online.

Our brochure



## Our training workshops



## Awareness campaigns





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# Our Resources - Bodhini short films

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## Road Trip to Hell - Against Substance Abuse

Encourages young minds to say  
"no" to drugs.



BODHINI Film by Shyamaprasad  
"A Road Trip to Hell - Story of Deepak"

## Online Predators – Dangerous Side of the Internet

45 lakh plus views on Youtube.

Collated by KPMG for UNICEF for their  
teacher training material and their website.



BODHINI Film by Shyamaprasad  
"Online Predators - Story of Shikha"

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## A Bodhini short film

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### Freedom from fear -

A film about supporting victims of sexual violence and the need for changing the societal mindset about them.

Special Jury mention at the International Film Awards, Hyderabad.





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## A Bodhini short film

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**No. Go. Tell -**  
Body safety rules relayed in a  
friendly and paranoia-free  
manner to children.





# YouTube Channel

## Videos on Online safety, Healing, Body safety

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# Bodhini Short film release - *Freedom from fear*

Honourable Mr. Justice Jayasankaran Nambiar

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“Handing over the short films to the then Chief Minister, Mr. Oommen Chandy, by director Shyama Prasad, Remy and Thomas Muthoot.”

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# Launch of the poster on Online Safety by Mr. C. Balagopal





# Cocoon 2019

## Launch of our online safety poster at the Cyber Safety Conference of the Kerala State Police.





# STAYING SAFE ONLINE




Use your gadgets wisely, Do not let it use or define your life

## DON'TS

- **Trust no one with your phone**  
Do not leave your phone with friends or at repair shops. Remove the SIM, SD Card and reset before giving for repair. If you can't do this, stay with the phone while it gets repaired and as much as possible get it done at authorised service shops only.
- **Do not share Children's photographs Online**  
The internet is not a safe place for a child's photograph, their photos can be sold online to paedophiles and sex traffickers. Let us not put their lives at risk.
- **Do not give in to threats or blackmail**  
The person hiding behind a gadget and trying to scare you is a coward. Break the cycle of fear. Warn him that you will report him to the law enforcement if he does not stop harassing you.
- **Avoid posting photos while traveling**  
Photographs and updates you share while traveling can reveal way too much about you and your location. Make sure you keep this to the minimum.
- **You need to be alert and careful about what you share**  
Understand that privacy settings won't protect you totally.
- **Do not bully anyone online**  
Bullying people online is not only illegal, it could lead to them taking their lives and leave you with a charge of abetting to murder.
- **Do not blindly share information**  
Do not share information without checking if they are genuine, as in a lot of cases, it turns to be wrong or fake.
- **Never store anything that is too personal on cloud drive, email account or in phone**  
Everything stored online will get deleted or become public in time. Online is not where you should store critical materials.
- **Auto deleting apps do not protect you well**  
Apps that seem to delete messages after some time do not always work and data can be retrieved. So if you don't want something to be recorded, don't say or post it.
- **Do not look up Social Media profile of people you have broken away from:** It could lead to mood swings and depression.
- **Do not spend time online when you are depressed**  
It could leave you feeling more depressed looking at other people's seemingly exciting lives.
- **Do not Share**  
Hate inducing posts, It not only wrecks beautiful relationships but also adds to hate and negativity in your life.
- **Do not charge your phone in public ports**

## DO'S

- **Be careful about what you post online**  
Never post your future plans, information that reveals your location, phone, address, school, relations or anything that will help someone learn about you.
- **Check the photographs you share once again**  
Your photos may have your GPS locations, landmarks, house, vehicle number or other information that should not be made public.
- **Use a strong password**  
Take three random words (TOYOTA, MONKEY, JUPITER). Join them and replace characters with similar looking numbers (t0y0t4m0nk3yyjupi73r). Now add a secret line and name of the app to make a unique password. (t0y0t4m0nk3yyjupi73rhellogmailb).
- **Use open source softwares that are more secure**  
Make use of Firefox, Open office, VLC media player, Linux riot etc instead of the ones by companies. Check the list at prism-break.org
- **Make sure you are connecting to the right website**  
Check if you can see the https:// in the address bar and read out the spelling for the website.
- **Use a firewall app**  
Use a firewall app in your phone and make sure incoming connections are dropped.
- **Do not use pirated software**  
If you want free software search for opensource software eg: "Opensource media player", Opensource camera app".
- **Be careful about downloading applications**  
Spend some time reading the permissions and terms and conditions of apps.
- **Be careful when using games**  
Games can at times ask for too much information from you. If you need to, give false data. Don't reveal your real details including number or chat id online.
- **Be careful while making video calls**  
No matter what people tell you, chats and calls can be recorded.
- **Learn to switch off**  
Studies have shown links between depression and social media. Watching other people's seemingly exciting lives and feeling low seem to be connected. If you do feel low, switch off your gadgets and look for other options like arts, reading a book, listening to music, connecting with nature etc. What you see online of people's lives are what they want to project, not necessarily real. If you feel that your gadgets are taking over your life, stay off the net for 14-21 days and use them minimally thereafter.
- **Use encrypted vaults to store personal photos**  
For example: <https://play.google.com/store/apps/details?id=com.netqin.ps>
- **Save Evidence**  
Block out sexually suggestive messages or chats from unwanted people. Do not delete or deactivate accounts or texts. Back up information for proof.
- **Reach out**  
Reach out to friends, family or the law enforcement agencies like the police if in trouble. If you give in to threats, it only gets worse.
- **Turn off bluetooth and wi-fi when not in use**
- **Use two factor authentication**
- **Lock screen for added protection**



**BODHINI**  
Freedom From Fear

**HELPLINE**  
Bodhini : 8891320005  
Crime stopper : 1090  
Childline: 1098  
Email: [office@bodhini.in](mailto:office@bodhini.in)  
Web: [www.bodhini.in](http://www.bodhini.in)  
Facebook: <https://www.fb.com/BodhiniHelp/>





## Launch of our resource materials on Healing

by the then Chief Justice of the Kerala High Court, Mr. Justice Antony Dominic



## Launch of Bodhini website and recorded sessions

by Honourable Mr. Justice Devan Ramachandran, Judge of the Kerala High Court, Sri. Manoj Abraham IPS, ADGP (Vigilance) and Sri. P. Prakash IPS, IG of Police (Intelligence) & Nodal Officer, Cyberdome

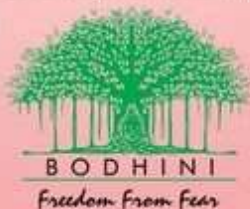




# “Posters on Healing displayed in court premises across the state”

## Helping to heal - post sexual violence

- Keep reinforcing the fact that it was not their fault.
- Be there for them whenever they need support.
- Different people have different reactions to trauma, some react, some internalize, some deny. Do not judge them.
- Understand that withdrawal, anger, self harm outbursts, wanting to repeatedly talk about the assault are all a part of the process of healing. The victim is trying to make sense of what happened.
- Make sure they get enough sleep and food.
- Encourage them to go for counseling.
- Get them survivor stories, information on what they are going through.
- Encourage each positive step they take.
- Show them good things to look forward to. Music, nature, books, friends.
- Strengthen their belief in themselves. Reinforce their strengths.
- Help them stay positive.
- Be Patient.
- Empower them.
- Get them professional help, if needed.



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Helpline : 8891320005  
bodhini2014@gmail.com

## Healing

- Your life is not to be defined by what other people make of it.
- If someone hurts you, it is because they have sick minds, not because of any fault of yours.
- You have a beautiful life ahead of you, it is not to be defined by sick minds.
- Living well is the best gift you can give yourself. Push yourself to do so until it becomes a habit.
- To start with, read books on self help, listen to music, watch movies that inspire you.
- Take care to avoid triggers that remind you of the occasion or pain till you are stronger. Any music, place or people that trigger off memories of the past is to be avoided for a while.
- Get help. Reach out, If there are people taunting or threatening you. People who threaten you are cowards who feed on your fear. The moment you break free of that fear, the perpetrator loses their control over you.
- Push yourself into doing things you love and are passionate about.
- Empower yourself with survivor stories, positive thoughts, law and self help books. Also pamper yourself mentally, emotionally and physically to make yourself strong.
- Good music, travel, books, writing, for different people it is different paths. Find your own and move forward.
- Just as we go to the doctor if our body is unwell, we need to seek support if our minds needs it. Do seek counselling support if you need to.
- It takes strength to become a survivor.
- You are strength, you are powerful



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## AFTERCARE POST SEXUAL ASSAULT

- Move to a safe environment and seek support from someone you trust.
- Sexual assault is never your fault. It is an act of aggression and the attacker is always at fault.
- Seek medical help for first aid and to rule out pregnancy, STD and other infections.
- Do not brush your teeth, use the toilet, wash or bathe after the assault until medico legal evidence is taken.
- Put the clothes you were wearing in an airtight plastic bag without cleaning them, so that evidence is not lost.
- Reach out for help immediately if someone threatens or blackmails you.
- Seek counseling against trauma.

## YOUR RIGHTS POST SEXUAL ASSAULT

- You have a right to free legal aid.
- You can file a complaint at any police station.
- You are entitled to a copy of the medical report.
- You can ask for a lady police officer.
- There is no time frame within which you have to file a sexual assault case.
- If the assault happen when you are an adult, nobody can force you to file a complaint if you do not want to
- You can record the statement, in private, in front of the magistrate.
- You have a right to privacy so that your name is not revealed to the public.



Helpline : 8891320005  
www.bodhini.in bodhini2014@gmail.com



# Launch of poster 'Rights of a POCSO victim', FAQ booklets on Online Safety and 'We Are With You' campaign



'We Are With You' campaign to promote cyber security and digital wellness was inaugurated by director Jude Anthany.

Hon'ble Mr. Justice A. Muhamed Mustaque launched the poster 'Rights of a POCSO victim' online. Joshy John, Member Secretary, KeLSA, handed over the poster to Adv. Parvathy Menon of the Victim Rights Centre.






Booklet of FAQs from children on online safety created with the technical support of UNICEF was also launched by R. Nishanthini IPS.



Mr. C. Balagopal launched Bodhini's brochure. Hon'ble Mrs. Justice Shoba Annamma Eapen, Jubiya A. (District Judge) and Dr. C.J. John also attended.



# 'Rights of a POCSO victim' poster, FAQ booklets on Online Safety



## Rights of a POCSO victim


1. The courts are there for your protection. You do not have to be afraid of it.
2. You are not required to face the offender in the court. The offender is not supposed to be in your vicinity.
3. Your identity shall be protected throughout the entire legal process, including from the media. Your name, address or photo will not be revealed and you will be referred to as X.
4. You are being represented by a prosecutor for protecting you. You can discuss about the case and what to expect during the trial with the prosecutor.
5. You can ask for counselling support if you feel you need it.
6. The prosecutor, the defence lawyer and the judge may ask you questions about the incident. Answer these questions without fear. Do not say anything false or things that you are not sure of to the court.
7. During the chief or cross examination, you might come across materials or conversations that may bring up painful memories. If you feel uncomfortable, you can ask for a break.
8. You can have your friend or relative sit with you, even during your examination. Do not be afraid of being alone inside the courtroom.
9. You have done your part by coming to court. You do not have to worry about the rest of the legal process or the outcome of the case.
10. The law is designed to protect you. If someone threatens and asks you to give false evidence, you can report it to the court or to the police.
11. Never post anything on social media about the case at any stage. The consequences of it might not be what you expect.
12. Always remember that it was not your fault. You have done the right thing. It takes courage to speak up. You might be keeping others safe by reporting the incident.
13. You have a beautiful life ahead of you. You deserve to heal and move on.

**Do not put yourself down or believe anything less of yourself.  
You are strength, you are powerful.**



For help, contact Victim Rights Centre (VRC) – 8330035547, vrckhclsc@gmail.com  
For more information, look up our blog - <https://www.bodhini.in/rights-of-a-pocso-victim/>

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## Online Safety



### Booklet on Frequently Asked Questions (FAQ) "FOR PARENTS"




## Online Safety





### Booklet on Frequently Asked Questions (FAQs)

### FOR CHILDREN ABOVE THE AGE OF 10 YEARS





# ONLINE SAFETY

**Do not share photographs that you're not comfortable being shared in the public.**

**Do not accept friend requests from strangers (if you have, don't meet them. Very often it leads to dangerous situations).**

**Information once shared online stays there forever, it can be retrieved even if deleted.**

**Limit information shared online, especially future plans and personal information.**

**Video calls and disappearing chats can be saved / recorded.**

**Do not make friends with strangers through online games. Do not share personal information while gaming.**

**Do not share hate inducing posts.**

**A relationship shouldn't be based on the photographs you send or compromises you make.**

**Set privacy settings at maximum, make strong passwords and be careful not to share it with anyone.**

**If harassed, do not delete or deactivate accounts, backup information as evidence.**

**Do not give into threats, they will only keep getting worse. Say NO and reach out for help.**

**Reach out to adults if inappropriate popups or messages come up online.**

**Internet is good, provided you follow safety rules.**

**Photographs can carry GPS tags. So post only after the event, if you don't want them to know where you are.**

**Cyber bullying is punishable.**

**The person threatening you from the safety of a gadget is a coward. When you reach out, you break the cycle of fear.**

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**Reach out to adults if inappropriate popups or messages come up online.**

**NO**

**REACH OUT WHEN IN TROUBLE: Bodhini : 8891320005**

**Cyber Cell : 9497976004 | Childline: 1098 | Email: [office@bodhini.in](mailto:office@bodhini.in) | Web: [www.bodhini.in](http://www.bodhini.in)**

**BODHINI**  
Freedom From Fear

Content © Bodhini 2015, a Rotary Cochin Metropolis Initiative.

## Creatives - online safety, body safety

### LET US KEEP OUR CHILDREN SAFE

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#### Does any child you know

- Show sudden behavioural changes
- Show signs of fear, mood changes, panic attacks, withdrawal or clinginess
- Have Fear or Anger to be around certain people or places
- Have pain in their private parts
- Have frequent unexplained stomach aches, headaches and fatigue

**....this could be symptoms of Abuse**

#### Teach children

- That nobody is to touch their private body parts
- To say No, to run away, and to tell trusted people, if someone touches them in their private parts
- That being abused is not their fault.
- To never feel ashamed, guilty or sad if someone has touched them inappropriately
- To not touch anyone else's private parts
- To not watch obscene videos or photographs
- To not give in to threats

**BODHINI**  
Freedom From Fear

**Childline: 1098 | Bodhini : 8891320005 | [bodhini2014@gmail.com](mailto:bodhini2014@gmail.com) | [bodhini.in](http://bodhini.in)**



# Posters on issues that need to be urgently addressed - Dangers of Online Gaming and Revenge Pornography

**ONLINE SAFETY RULES**

**UNKNOWN PLAYER**

Hi  
What is your Name?  
Where do you live?  
Can you give your phone number?\_

**VS**

**PLAYER 1**

Do not reveal personal information through games. Do not make friends with strangers through online games.

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## Online Safety Rules

**ONLINE SAFETY RULES**

A relationship shouldn't be defined by the compromises you make.

Don't you love me  
Send me a nude picture 5:18 PM

Please 🙏🙏 5:22 PM

No 💔💔 5:25 PM ✓✓

Everybody does this. U don't trust me, let's break up. 5:28 PM

Okay let us. If you loved me, you wouldn't have forced me. 5:30 PM ✓✓

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## DEALING WITH ONLINE THREATS/BLACKMAIL

Supported by



- Stay calm.
- Reach out for support.
- Do not give into fear.
- Do not aggravate the situation.
- Do not delete possible evidence, like chats, photographs and videos.
- Train your mind to believe
  - that it is not your fault.
  - that if compromised photographs and videos of yours are posted online, it doesn't matter.
  - that there are lots of people going through such situations and getting justice.
  - that giving into blackmail will only worsen the situation, no matter what they say.
- The perpetrators know that they will get into trouble if you take the proper action. So be confident about reaching out to the police.
- Reach out to the police; they deal with such issues in a confidential manner.
- Life is to be lived well. Never in fear.

### HELPLINE

Bodhini : 8891320005 | Crime stopper : 1090 | Childline: 1098

Email: [office@bodhini.in](mailto:office@bodhini.in) | Web: [www.bodhini.in](http://www.bodhini.in)

Facebook: <https://www.fb.com/BodhiniHelp/>



## Work with law enforcement



### Bodhini Alert

Dear parents, if you have pornography content on your phone, your children could be accessing it. Please take proper precautions before handing over phones to little ones

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[bodhini.in](http://bodhini.in)

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### Bodhini Alert

Capturing videos on rape by friends and people claiming to be in relationships are on the rise. Do not let them threaten or blackmail you. Do not let fear define your life. Reach out for help. Heal and move on. There is a beautiful life out there.

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# Elements - sustaining the earth

Empowering survivors -


"Products made by survivors from upcycled materials."



**Earth**

PLASTIC BAGS TAKE  
200-1000 YEARS TO DECOMPOSE

*Reuse as many  
objects as possible,  
be it clothe, paper  
or utility.*



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# Our blog

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[blog.bodhini.in](http://blog.bodhini.in)

Equipping to understand and empower.

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**Why do I want to talk  
about pornography  
addiction to my  
children?**

**Impact of pornography  
addiction on children:**

check out our blog: [blog.bodhini.in](http://blog.bodhini.in)



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# Counselling support



## *Towards a new Earth - together.*

- ▶ Accept that COVID 19 is here for a while, until a vaccine is found, and will cause/require lifestyle changes from all of us.
- ▶ Expect that there will be higher numbers affected before it comes to pass.
- ▶ Stay away from negativity ,especially overdose of non helpful information on COVID 19.
- ▶ Turn to music, books, creativity, humour, bonding to see you through.
- ▶ Understand that each of us will react to the present scenario in different ways.. that it is okay to be anxious.
- ▶ Know that it could be difficult to make long term plans because we are unsure as to how things will turn out.
- ▶ Focus on what you can change and make short term plans first. When there's clarity, make more changes as you go.
- ▶ Count the blessings we have.
- ▶ Understand that there might be friction, and anger issues, but that you can change your mindset to deal with things in a better way.
- ▶ Staying positive and working together will get all of us in better spaces sooner.
- ▶ Draw a route map of possibilities and eventualities regarding ways forward.
- ▶ Plan for a new Earth ,with regards to lifestyle, family, finances and work.
- ▶ Reassure and bond with family and friends and people who need you, that we will get over this together, soon.
- ▶ Reach out for support if needed.
- ▶ Don't play the blame game. Dont bring in negativity into your spaces.
- ▶ Together we will build a new Earth.



## BODHINI COUNSELLING CENTRE

*A shelter from the storm*

Email: [help@bodhini.in](mailto:help@bodhini.in), Call: 8891320005, 7994701112



*Having sleepless nights and anxiety issues due to the present scenario of Covid 19 and economic slowdown ?*

*Would you like support in dealing with the stress and anxiety ?*

FREE  
TELECOUNSELLING  
UPTO MAY 02<sup>nd</sup>  
9.30am to 6.00pm



8891320005 | 7994701112  
8891115050 | 8089922210



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# BODHINI- Our associates

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Kunnel

Skyline

Abad Group

Muthoot Pappachan foundation

Specialists Hospital

Geojith BNP Paribas

Federal bank

Extra weave

Muziris

Karuna Karan Charitable trust

Chemeens group

Palm fibre

Stark Communications

Amartya communications



# Organisations that we associate with

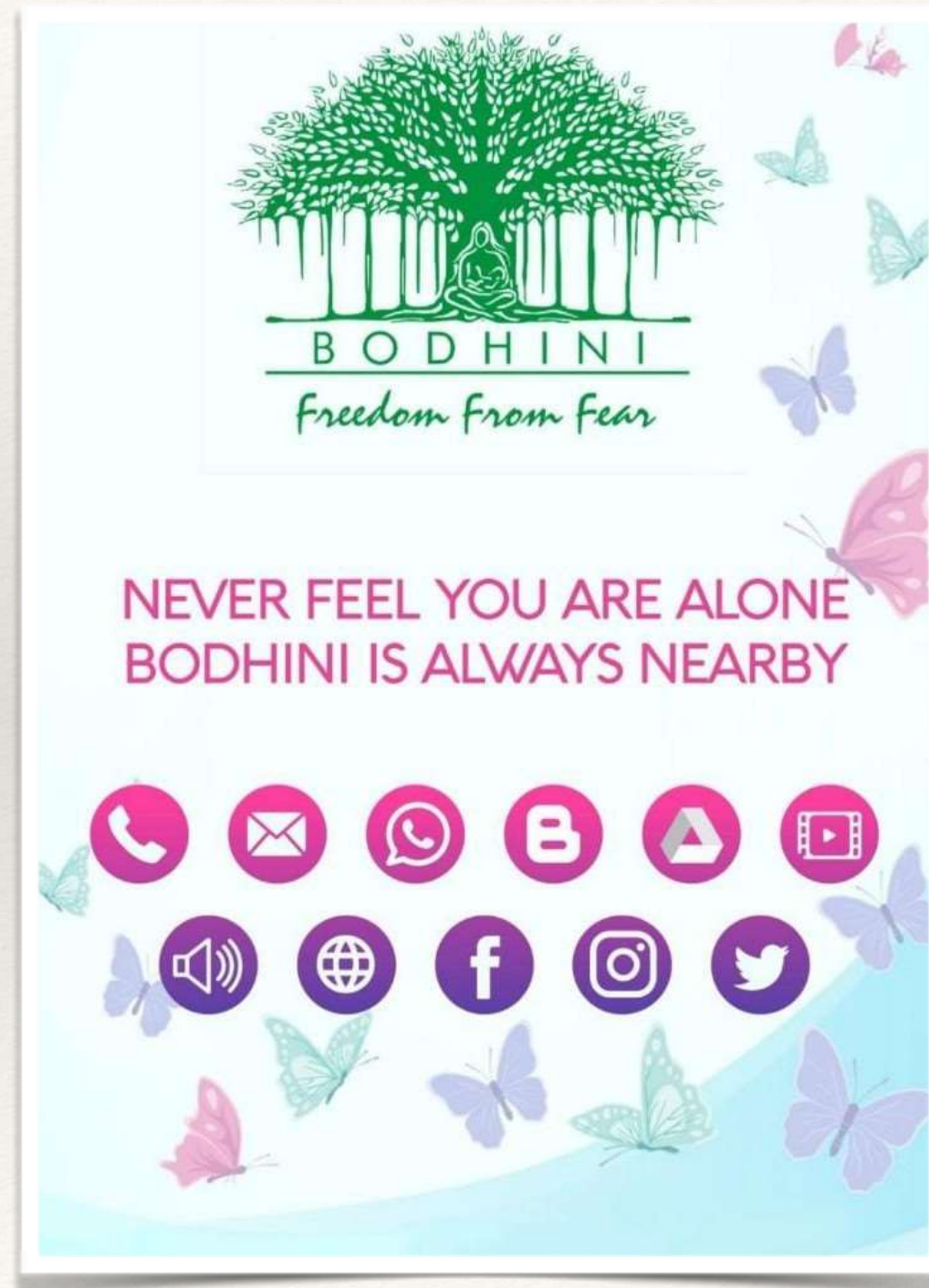




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# FIND US ON

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*Freedom from fear*

A prayer, a song, a shelter from the storm

[Bodhini.in](http://Bodhini.in)