



**BREADS**

Bangalore Rural Educational  
and Development Society



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# Slice

## Director's Message

Development is the work of many hands. And not all of them are visible. In this edition of Slice, we recognise the important contribution of those hands that are not usually seen—the volunteers and their priceless services. Volunteerism calls for the participation of people in their own growth and that of the community, in small and big ways; and therefore, is an important instrument to achieve sustainable development. Without this powerful contribution to overall vision and process, holistic development in society is not really possible. Over the years, volunteers and interns have added value to BREADS' work in various ways, for which, we are very grateful. Charitable organisations like BREADS cannot imagine getting all its work done only through paid employees. If you desire the experience of contributing to society—with your skills, time, resources—you are most welcome to partner with BREADS! We look forward to hearing from you.



**Fr George PS**  
Executive Director, BREADS

## Helping hands. Who, me?

As children, most of us have been told to be helpful to others. Perhaps it stems from the recognition that humans are highly dependent on each other for survival and growth. Pandemics, wars, stock market fluctuations, and natural disasters continue to prove this point—that we need each other. And that help can come with a price, or free of cost.

Volunteerism can be defined as “freely chosen and deliberate helping activities that extend over time, are engaged in without expectation of reward or other compensation and often through formal organisations, and that is performed on behalf of causes or individuals who desire assistance” (Snyder & Omoto, 2008). Over the centuries, the spirit of volunteerism has driven much of the development work around the globe, and the motivation for these immense commitments differ from person to person.

At BREADS, we receive interns and volunteers through various sources: through colleges (34 institutions across the country so far) as part of their study requirements; through employee engagement programmes as part of



corporate social responsibility, as well as individuals who contact us on their own or through partner agencies, looking for ways to contribute to society. The amounts of time, effort and skills they offer, vary accordingly, ranging from hours and days, to a year and above.

We bring you insights into what motivates some of BREADS' valued volunteers to do what they do. What certainly makes a difference, is the commitment that they offer towards making the world a better and more equitable place for all. Thank you, dear volunteers!

**Tejaswini Kabbur**  
(Senior Manager - Morgan Stanley)

I envisioned that volunteering in the BREADS' event will provide a chance to give back to the community and contribute to the well-being of children through sports. By volunteering, I could make a positive impact on the lives of young participants, boosting their confidence through encouragement and support.

My motivation was the feeling of fulfillment. Seeing the joy and excitement on the faces of the kids, my helping felt incredibly rewarding and brought a sense of fulfillment.



**Joshua John Abraham**  
(BSc Applied Maths, FLAME University)

My initial reason for volunteering at BREADS was to complete my internship requirement. However, I was motivated to get an experience of a working environment and be part of a team that works for the community.

**Why did you volunteer? What motivated you ?**

**Sandramol Sebastian**  
(MSW, Mar Augusthinose College)

I came to BREADS for field work placement in Social Work studies. I had already heard good reviews about it from my college seniors. I decided to volunteer there because I realised that there have been many good contributions that are beneficial to mankind. I also believed that BREADS was the best place to learn how a real social worker should work and how to treat every human life.

**Rugmini Mishaw (Manager, KPMG)**

It's a great way to meet and interact with new people with common interests; thereby broadening my support network.

**Thomas Lettner (Jugend Eine Welt, Austria)**

I wanted to see another country, which is different from Europe. I could have gone on vacation instead of course, but I think that that is not the same as really staying with the people like I did. I wanted to see how the people in a country, which is not as rich as Austria, live, work, eat and spend their free time. Since I wanted to stay abroad for a longer time, I decided the best way to get to know another country is to take part in a social project and offering my help for people in need.

**What was your overall experience of volunteering? What did you do?**

**Sandra**

I consider volunteering at BREADS to be one of the best opportunities because of the new things I learned. As a social worker, to understand in what ways poor people are suffering in society and what can be done for them. I could do community outreach among migrants, be part of Women's Day celebrations, and sleeping bag distribution for them. I could be part of Child Safety Net rescue operations and the Railway CHILDLINE.

**Joshua**

My overall experience of volunteering had me fulfilled thoroughly. I came in excited but also hungry to learn something new and BREADS delivered just that. I learned a lot from BREADS through my work which ranged from researching data, calling student alumni of BREADS programmes, manual labour, fieldwork, etc.

**Rugmini**

Volunteering helps me feel better about myself by improving my self-esteem, confidence, and leadership skills.



### Tejaswini

Volunteering for an event such as a sports day, can be highly rewarding and memorable. Few points to mention:

- Joy and Gratitude: Witnessing the smiles and excitement on the children's faces as they participated in the sports activities was incredibly heartwarming.
- Sense of Fulfillment: Knowing that your time and effort are contributing to the well-being and development of the children brought a great sense of fulfillment.
- Learning and Growth: I personally acquired new skills and perspectives through other volunteers and BREADS staff. It helped me improve my planning, communication, and collaborative skills. I got involved right from the requirement gathering, planning the budget and stationery, getting approvals and final execution. The teamwork was incredible. It also helped in understanding the challenges faced by children.
- Building Connection: Participating in this event needed a lot of collaboration and planning. These conversations lead to some meaningful connections across the organisation (Morgan Stanley) and BREADS staff, and I made great friends with fellow volunteers.



### What was your overall experience of volunteering? What did you do?



### Thomas

I interviewed former child labourers, who now attend Don Bosco bridge school in Devadurga, and teachers and social workers on child labour and its causes. I also interviewed mothers, who are illiterates, about early child marriage, its causes, and bad consequences on Indian society.

### Joshua

While I did learn a lot from the work itself, I also learned the etiquette of writing professional letters, how to present myself at a workplace, essentials to carry during a meeting, meeting deadlines, and many more, which I am very sure will help me in all walks of life regardless of the career path I decide in the future.

### Sandra

I am proud to have been able to do field work at BREADS. The experience has helped me a lot to become a good social worker.

### What did you learn from the experience? How did it impact you?

### Thomas

I learned that it cannot be taken for granted to be born in a rich country with a good economic status, high development, a good healthcare system and freedom of press. India is an uprising country and will have one of the strongest economies in the world one day. When I visited the rural areas of Karnataka it was like a travel through time. The villages of Austria might have been similar one hundred years ago. When I came to India, I was scared of being robbed or scolded, but it never happened. The Indians I encountered were very friendly and helpful. I think there are no big differences between Austrians and Indians because people are equal everywhere in the world.

### Tejaswini

- **Empathy and Understanding:** Interacting with children from diverse backgrounds can foster empathy and better understanding of their unique challenges and needs.
- **Appreciation for Community:** This opportunity strengthened the appreciation for the community and its efforts to support young members' growth and development.
- **Enhanced Communication and Leadership skills:** I got a chance to work with the Organisation leaders (Morgan Stanley). Their experience and guidance helped me develop stronger communication and leadership skills through organising and guiding activities for the children.
- **Gratitude and Perspective:** Being exposed to the children's enthusiasm and resilience helped me gain perspective and be grateful for opportunities and privileges.
- **Sense of Purpose:** Volunteering gave me a sense of purpose and fulfillment, knowing that we are making a positive impact on young lives and the community.
- **Building Relationships:** Engaging with fellow volunteers and children led to meaningful connections and friendships.

### Joshua

While I did learn a lot from the work itself, I also learned the etiquette of writing professional letters, how to present myself at a workplace, essentials to carry during a meeting, meeting deadlines, and many more, which I am very sure will help me in all walks of life regardless of the career path I decide in the future.

***What did you learn from the experience?  
How did it impact you?***



### Rugmini

It helps me know more about different communities & organisations, develop new skills and passions. It helped me to bring out a better version of myself.

### Tejaswini

The volunteering event gave me a sense of purpose and fulfillment, knowing that BREADS is making a positive impact on young lives. This positive experience motivated me a lot to continue supporting similar initiatives. So, yes, would definitely like to repeat the experience.

***Would you like to repeat the experience? Why?***

### Thomas

I don't think that I will repeat this experience. When I was in India I learned that I am not the right man for staying abroad for too long. I am too strongly connected to my home country. Now I admire people who travel across the world alone for a long time, or refugees, who have to flee their country forever.

### Rugmini

Definitely, yes. I want to make myself a good human being.

### Joshua

In all honesty, yes. If given the opportunity, I would want to relive the whole experience and also come back to work there again. While it was a strict working environment, I still felt the warmth and love of the people there as they spoke to me very kindly. I wish to express my gratitude to all my fellow colleagues at BREADS and thank them from the bottom of my heart.

### Sandra

Yes, because I got a very good experience working there. Every activity was a new learning for me, and I happened to meet some good souls there.

### Tejaswini

It positively impacted me in giving back to the community, develop skills, experience a sense of fulfillment and purpose.

### Rugmini

It strengthens my commitment to my community and to make a positive impact. Through our long-term association with BREADS, my CSR team in KPMG and I, got great opportunities to support their needs at crucial times. Contentment was something all of us derived.

### Joshua

The volunteering experience helped me be responsible. From waking up early and arriving on time to work, to finishing off my work daily so as to not have any pending work for the next day. I was also asked to submit weekly reports, so slacking was next to impossible. Therefore, I could mature and be a better man.

### Thomas

Volunteering helped me get a better picture of India and its people. I was satisfied when I came home. The best thing I remember are the people I met and the new friendships I could make.

### *Did volunteering help you in any way?*

### Sandra

Yes!!! I am still doing things learned through my experience during that field work period.



Aloysius Fernandes has been a cheerful regular at the BREADS' office for over a year, coming in thrice a week to enter programme data (education sponsorship and skill training) into our Salesforce system. Asked why he comes to BREADS to volunteer, Aloysius says he initially felt drawn because of his interactions with the Salesian Fathers.

"I like the friendly atmosphere here (in BREADS). There's good interaction that makes me comfortable. My personal goal is to contribute to things- a project. I feel I have contributed something by updating correct data regularly so that we can generate reports at the click of a button. BREADS is doing much for the students, and that data must be available in Salesforce to be able to present a full picture of the kind of students we serve. This work has improved my ability to concentrate and focus on details. At the end of the day, I feel satisfied and a sense of achievement."

# Calendar

## July 2023

- Monitoring and evaluation of BREADS' projects
- Employee engagement with CSR partners
- National Consultation—Don Bosco for Migrants
- Foster Care workshop through BOSCO
- Job fairs in Bidar and Kolar with Job Placement Network
- Plantation drives in support of Karnataka Vanamahothsava
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- JPN- Consultation on Unorganised and Migrant Workers in Karnataka
- DB BEST Academy—22<sup>nd</sup> skill training batch commences
- DREAM state-level review and evaluation meeting
- Distribution of materials to childcare centres in Karnataka
- Launch of two-wheeler, tailoring and beautician skill training course in KGF
- Visit by ResponseNet to BOSCO Bangalore
- Volunteers arrive from Austria
- Orientation programme for 20 university students from Bavaria, Germany

## August 2023

- Employee engagement with CSR partners

## BREADS NEWS



### Medical Camp for Migrant Workers in HBR Layout

On 9 July 2023, in a collaborative effort, the Karnataka Interstate Migrant Alliance for Transformation (KISMAT) and the Seventh Day Adventist Hospital organised a medical camp...more...



### Plantation drive in Davanagere district

Don Bosco Davanagere planted 433 seedlings in eight gram panchayats in Davanagere taluk namely in Kadlebalu, Avaragolla, Hosabelavanuru, Turchaghatta, Kadajji, Alooru, Shiramagondanahalli and Ward 35...more...



### Painting Activity by Morgan Stanley at Bosco Yuvaspandana

The walls of Yuvaspandana looked cheerful and bright as a group of young volunteers from Morgan Stanley painted and transformed the white walls to a beautiful green. Bosco Yuvaspandana at JC road...more...



### Mentor's Training Programme by DREAM Thrissur

The mentor's training programme held on 22 July 2023 at St. Paul's Public School, Kuriachira, aimed to empower 55 teachers and mentors with knowledge and skills to effectively address drug abuse and addiction-related issues ...more...

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