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# ABOUT SUKARYA

Sukarya is a non-governmental organization (NGO) dedicated to improving the lives of marginalized communities in India. Founded in 1998, this organization has made significant strides in the fields of healthcare, education, women's empowerment, and community development.

Sukarya was born out of the vision of a single person, Meera Satpathy. As the principal visionary of Sukarya, she has been the main force behind the efforts, galvanizing the organization and steering each of its activities and projects.

As Founder and Managing Director of Pearl Advertising Agency, she spent many years in Delhi witnessing challenges that people living in slums around the city faced, especially with respect to accessing basic health care services. That people were denied their basic right to good health, only because they did not have the means to access it was completely unacceptable to her. She decided to immerse herself in doing her bit to change this reality. Along with the support of a few friends she set up Sukarya with the goal of empowering those living in the slums and villages of Delhi and Haryana and helping them access quality health services.

Sukarya today has grown organically, both in terms of projects and number of beneficiaries and more importantly in its vision and ability to mobilize entire communities to become part of the very change that they envision for themselves. Sukarya therefore is not merely a developmental organization focusing on health, but an empowerment organization that raises awareness and gives people the tools to enable them to demand better services and adopt simple methods to improve their well-being, thereby building a better society.

As Founder and Chairperson, Meera has been instrumental in transforming Sukarya as an organization that started out by conducting health camps for the underprivileged to a professionally run and managed organization undertaking multiple interventions in the areas of maternal and child health, basic health care and economic empowerment of women. She continues to provide strategic guidance and spearhead all that Sukarya does and stands for.



# Chairperson's Message



**It is with great pride that I present our annual progress report, highlighting our work across four critical areas: maternal and child health, gender equality, education on wheels, and economic empowerment of women.**

**In maternal and child health, our efforts have led to improved prenatal and postnatal care, significantly enhancing the health outcomes for mothers and their infants. Our gender equality programs have fostered a more inclusive society by addressing and dismantling systemic barriers that impede women's progress.**

**Our Education on Wheels initiative has reached numerous under served communities, delivering essential educational resources and opportunities directly to those in need. This program is not only bridging educational gaps but also inspiring a generation of learners.**

**Furthermore, our economic empowerment initiatives have been transformative, equipping women with the skills and resources needed to achieve financial independence and succeed in their entrepreneurial ventures.**

**These accomplishments reflect the dedication and hard work of our team and partners. As we move forward, I am confident that our continued efforts will further the impact of our programs and contribute to a more equitable and thriving society.**

# Vision

The vision of its founder, Meera Satpathy guided its initial scope and defined its strategic approach. Sukarya's Mission has been to ensure fair and equitable access to quality health services for all, including the poorest sections of society, especially women, adolescents and children. Each of the interventions are designed and implemented to meet the following objectives:

- To improve maternal and child health;
- To advocate, promote and sensitise communities on Primary Health Care, Reproductive Child Health and Family Planning;
- To advocate, encourage and guide positive health-seeking behavior's with special emphasis on physical, mental and social well-being;
- To empower women by strengthening their physical, emotional well-being and economic stability;
- To educate and empower children and youth to lead a healthier and more dignified life; and
- To promote gender equality, equity, and justice.

# Mission

Sukarya's mission is to empower marginalized communities in India by addressing critical issues related to healthcare, education, women's empowerment, and community development. Through sustainable and impactful programs, Sukarya strives to create lasting positive change and build healthier, more prosperous communities. By focusing on the most vulnerable populations, the organization aims to ensure that every individual has the opportunity to lead a dignified and fulfilling life.

- **Combat Anemia and Malnutrition:** Implement initiatives like the Anemia & Malnutrition Control Project (AMCP) to improve the health and nutrition of mothers and children.
- **Promote Gender Equality:** Empower adolescent girls through the Gender Equality Program, equipping them with knowledge and skills to become agents of change and advocates for gender rights.
- **Enhance Educational Opportunities:** Provide education to marginalized children in slum areas through programs like Education on Wheels, emphasizing the importance of nutrition and hygiene.
- **Empower Women:** Foster self-reliance and financial independence among rural women through self-help groups and entrepreneurship initiatives.
- **Develop Healthier Communities:** Address critical issues such as healthcare, education, gender inequality, and lack of educational opportunities to create healthier and more prosperous communities.

# Highlights

**International Conference on Maternal Child Health and Nutrition (ICMCHN)  
On  
"Tackling anemia, malnutrition, and food systems  
affecting health in developing countries."**

**22-23 September 2023**

**Venue: FICCI, Federation House, Tansen Marg, New Delhi**



# Geographical Coverage



📍 **Delhi**  
📍 **Rajasthan**  
📍 **Haryana**

Sukarya Covers two programs under the MCHN (Maternal and Child Health and Nutrition) pillar: the USHA Program and the RCHA Program.

2023-2024

## Urban Slum Health Action Program (USHA)

1

312 Health clinic organized

2

263 Health Awareness session organized

3

73 WASH Session organized

4

117 Cooking demo session organized

## Rural Community Health Action Program (RCHA)

1

202 Health clinic organized

2

240 Health awareness session organized

3

119 WASH Session organized

4

434 BCC Meetings organized with PRI'S



# Maternal Child Health Nutrition



## Activity

## RCHA

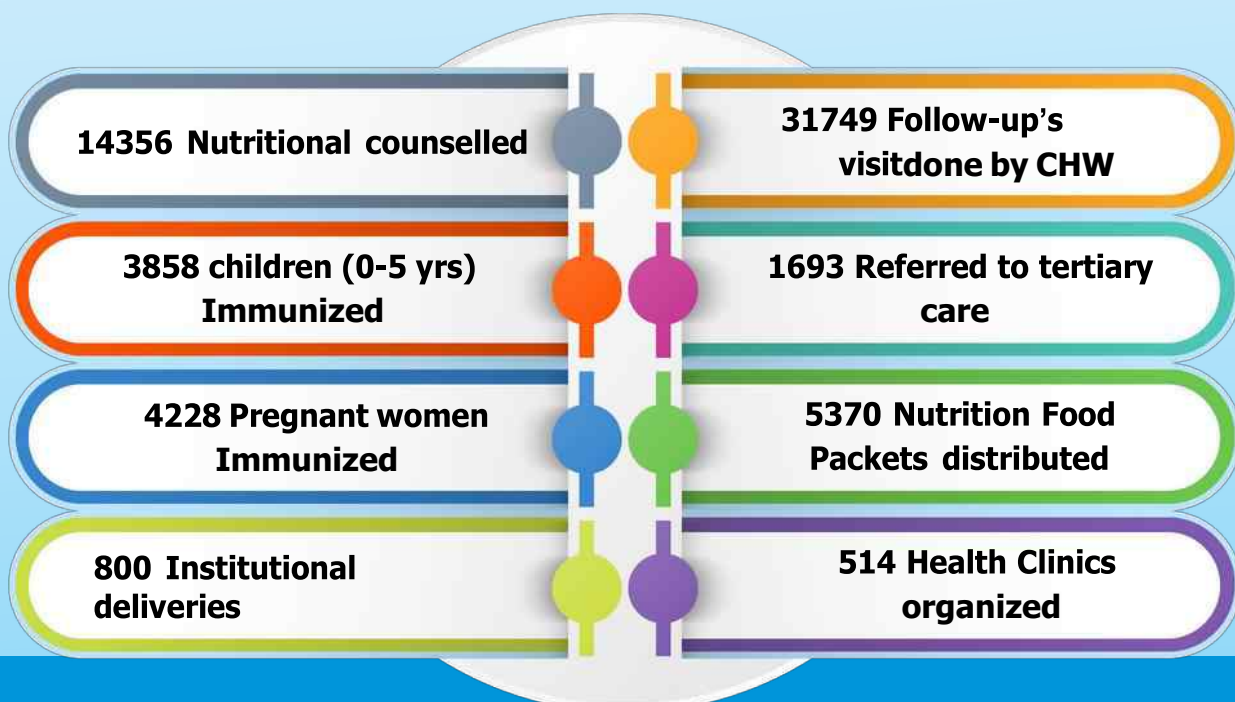
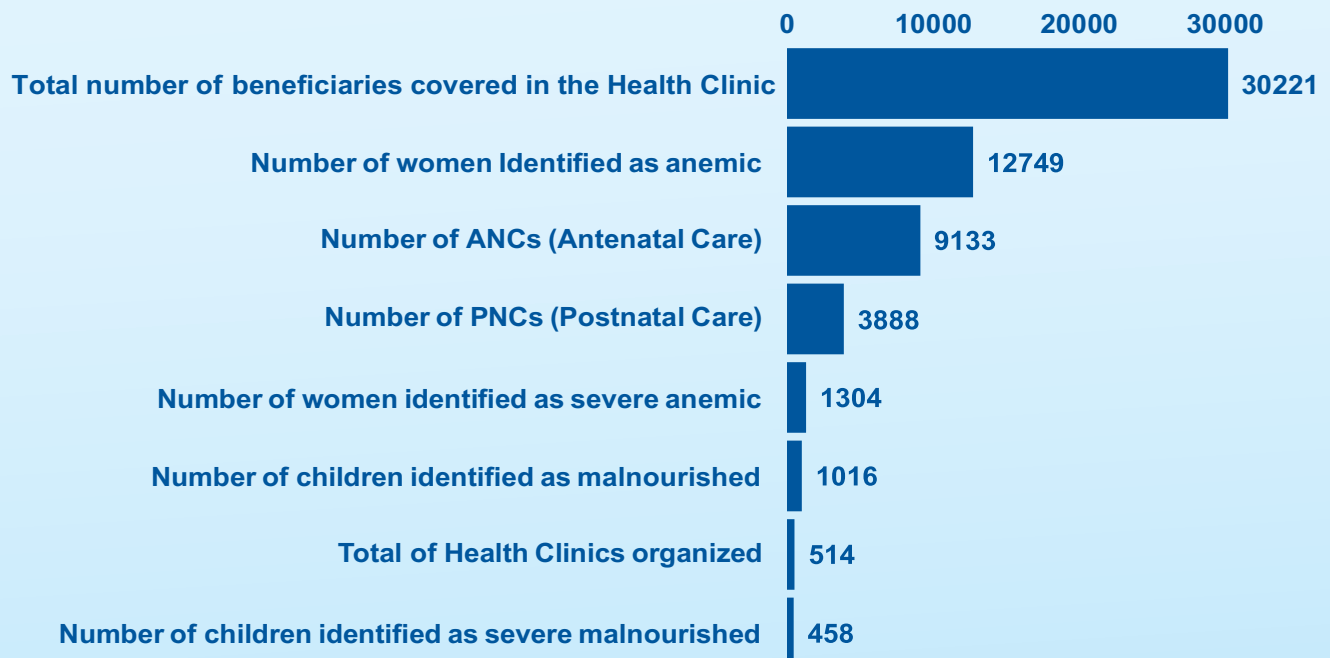
|                                                                           |       |
|---------------------------------------------------------------------------|-------|
| Total of Health Clinics organized                                         |       |
| Total number of beneficiaries covered in the Health Clinic                | 202   |
| Number of ANC's (Antenatal Care)                                          | 12090 |
| Number of PNC's (Postnatal Care)                                          | 2581  |
| Number of women Identified as anemic                                      | 1786  |
| Number of women identified as severe anemic                               | 7010  |
| Number of children identified as malnourished                             | 1095  |
| Number of children identified as severe malnourished                      | 427   |
| Nutritional Counselling                                                   | 272   |
| Number of children (0-5 yrs) Immunized                                    | 4356  |
| Number of Pregnant women Immunized                                        | -     |
| Institutional Delivery                                                    | -     |
| Number of Community Health Worker                                         | -     |
| Number of home visits and follow-ups done through CHWs                    | 60    |
| Number of Health Awareness Session organized on 12 themes of MCHN         | 23794 |
| Number of Beneficiaries Covered in Health Awareness Session               |       |
| Number of Sanitation drive (WASH) organized                               | 240   |
| Number of Beneficiaries Covered in Sanitation drive                       | 6328  |
| Number of Nutrition Classes/Demonstration organized                       | 119   |
| Number of Beneficiaries Covered in Nutrition Classes/Demonstration        | 4646  |
| Number of BCC meetings organized with PRIs and Key community stakeholders | -     |
| Number of people participated in BCC meeting                              | -     |
| Number of Nutritional Food Packets distributed No.                        | 434   |
| of cases referred to government facility centers                          | 5851  |
|                                                                           | 130   |
|                                                                           | 1366  |



# Activity Brief

## Health Clinic

To detect, identify, control, and provide services to anemic women and malnourished children, ensure basic laboratory checkups including hemoglobin, blood group, blood pressure, height, and weight measurements, provide antenatal and postnatal checkups and counseling services to pregnant and lactating women, provide medicine and supplements, and provide nutrition/food supplements to anemic women and malnourished children.



# Health Awareness Session's

We have conducted 503 Health Awareness Sessions on Maternal Child Health Care (MCH) with the overarching goal of promoting improved maternal-child healthcare practices within our community.



503

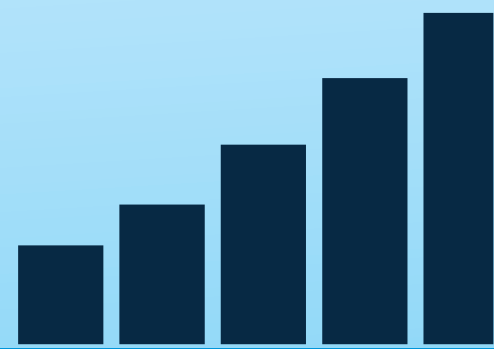
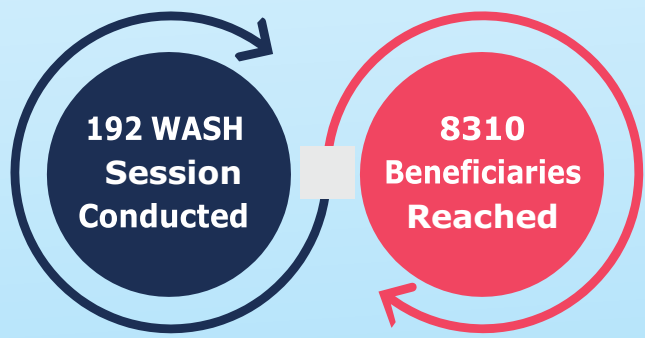
Health Awareness Sessions conducted

Beneficiaries reached

12317

## WASH session's

During the year 2023-2024, we conducted 192 Sanitation and WASH sessions to educate community members and beneficiaries on the importance of maintaining good health and how to practice good hygiene. These sessions were interactive and implemented using graphical and visual materials, including IEC and tablets to show videos. We reached 8,310 beneficiaries through these activities. This is a crucial initiative to maintain the good health of all participants.



## Nutrition awareness / Cooking Demonstration session's

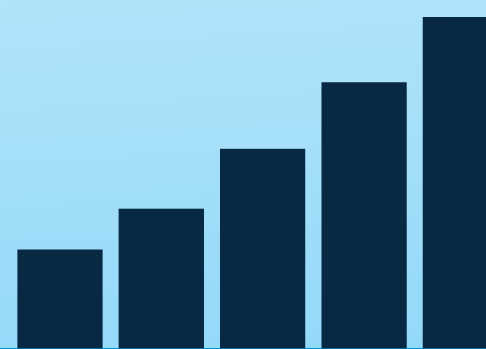
This year, we conducted 117 cooking demonstrations for nutrition awareness in the community with the help of certified nutritionists. Our nutritionists visited the community to teach sessions on how to cook for a healthy body and mind, emphasizing the important role of nutrition in maintaining good health and well-being. As a result of these activities, 3,362 beneficiaries were educated about cooking for good health. We are pleased to share that our recent impact assessment survey conducted by Sukarya showed significant results: almost 45% of beneficiaries have changed their dietary habits due to this crucial activity in selected slums and villages in Gurgaon.



## Immunization of Mother and child

In the current year, we supported approximately 58 RI (Routine Immunization) sessions in Gurgaon and Delhi. Throughout these sessions, we reached 3,858 children aged between 0 to 5 years and provided support to 4,228 pregnant women who received Tetanus Toxoid (TT) vaccinations during pregnancy. We ensured meticulous surveillance and monitoring of these activities to guarantee their effectiveness and safety.

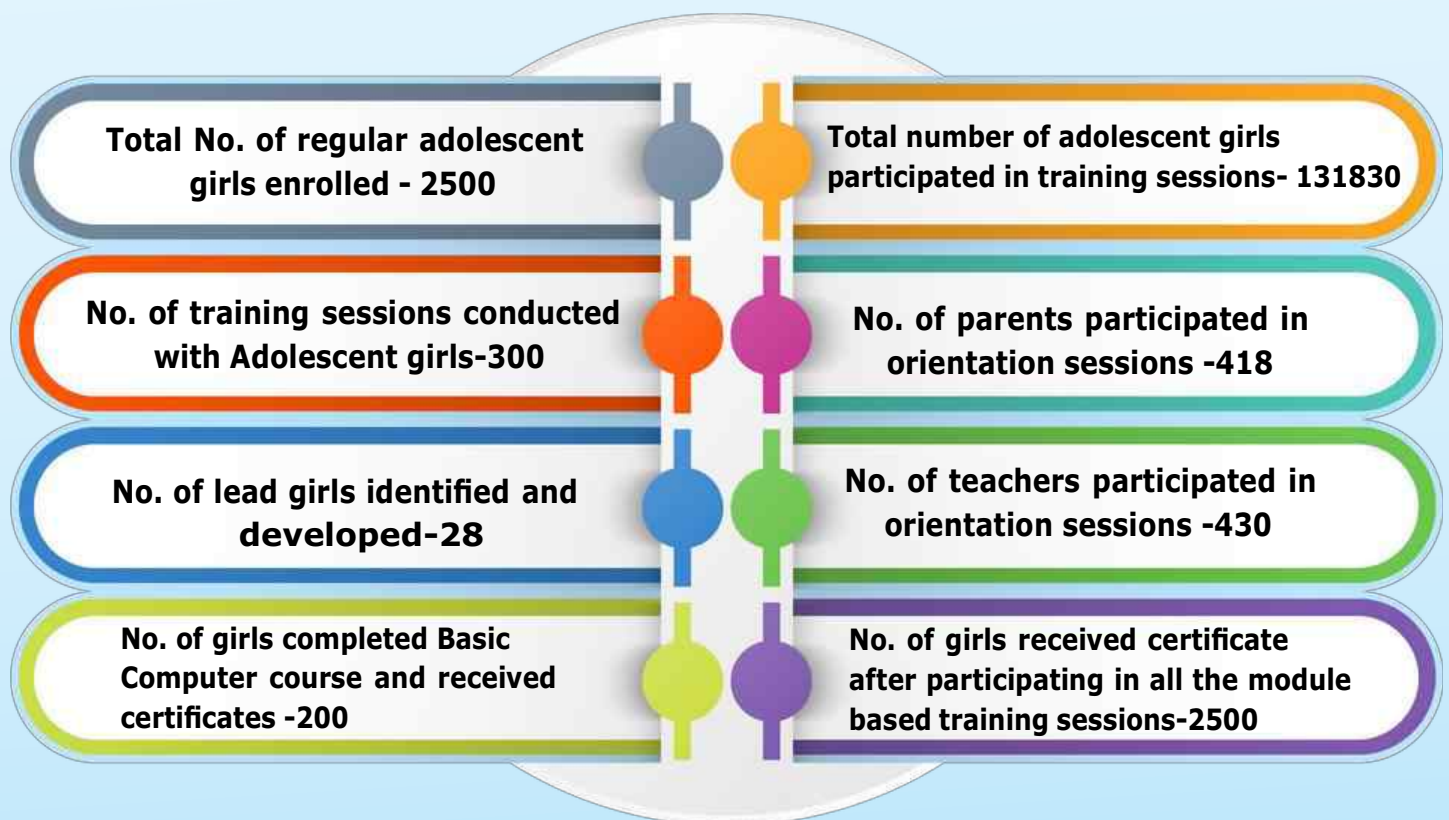
**3,858 children immunized**  
**4228 Mother's immunized**



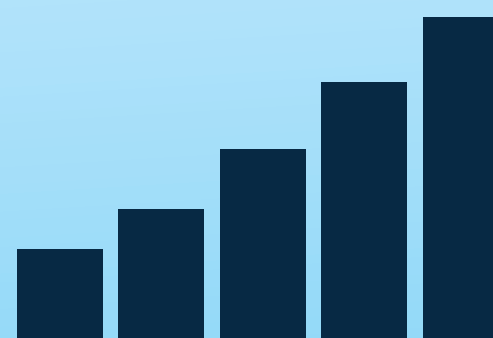


# Gender equality program for adolescent girls

The program, Gender Equality for Adolescent Girls is a distinctive project with a clear vision. It aims to promote adolescent girl's health, reproductive rights, and sexual health while also building their knowledge, skills, leadership abilities, and attitudes to help them become successful individuals and "agents of change" in society. A total of approximately 2500 girls had gone through 300 module- based training from 12 Urban Slums and 12 Government schools of Gurugram and Delhi. 28 "Lead Girls" were developed as change agents. Additionally, 418 parents and 430 teachers were also oriented to promote gender equality within the families and school spheres indirectly benefiting approx. 16740 people.



**No. of Girls Participated in other activities such as Women's Day Celebration and "National Girl Child Day Celebration act" - 4201**



# Education On Wheels Program

The Education on Wheels (EOW) initiative stands as a unique project aimed at extending educational opportunities to underprivileged children dwelling in the slum areas of Delhi and Gurugram. Launched in 2015, the primary goal of this endeavor is to connect with a significant number of children facing vulnerability, offering them access to education within a nurturing learning atmosphere. In the ongoing year, we have successfully imparted education to a total of 450 students, marking a significant stride towards our mission.



**Regular EOW Classes**



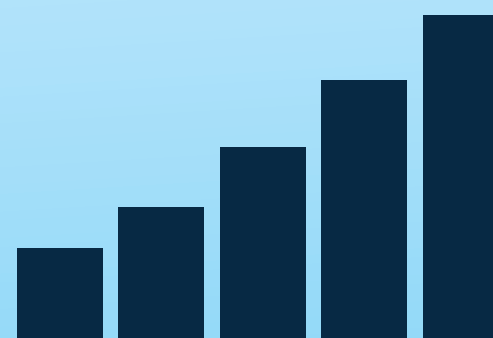
**Monthly Parent Teacher Meeting at EOW**



**Art and Craft Classes at EOW**



**EOW Students Demonstrating Steps of Handwashing**



## Program locations

**Delhi (Vasant Kunj- Hotti  
Camp, Dalit Ekta Camp, J  
J Bandhu Camp)**



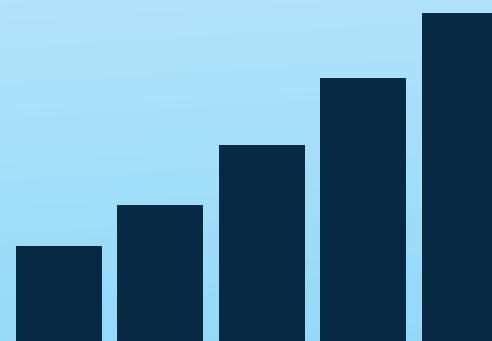
**Gurugram (Sarswati  
Kunj, Sector - 65  
Phase I and II)**

**Delhi (Mahipalpur-  
Sapera Basti,  
Rangpuri Pahadi)**

## Herbalife Nutrition Foundation's Special Initiative

Since 2019, the Herbalife Nutrition Foundation has embarked on a special endeavour to provide nourishing meals to 450 underprivileged children enrolled in the Education on Wheels program across Delhi and Gurugram. This initiative not only addresses the issue of childhood hunger but also monitors their nutritional health, while simultaneously inspiring them to pursue their education. The outcome is evident in the smiles adorning these children's faces, a testament to the positive impact of this initiative.

Targeting children aged 6 to 12, this program aims to address nutritional deficiencies and combat conditions like anemia and malnutrition. Through this concerted effort, the Herbalife Nutrition Foundation plays a vital role in fostering the health and future of these marginalized children.

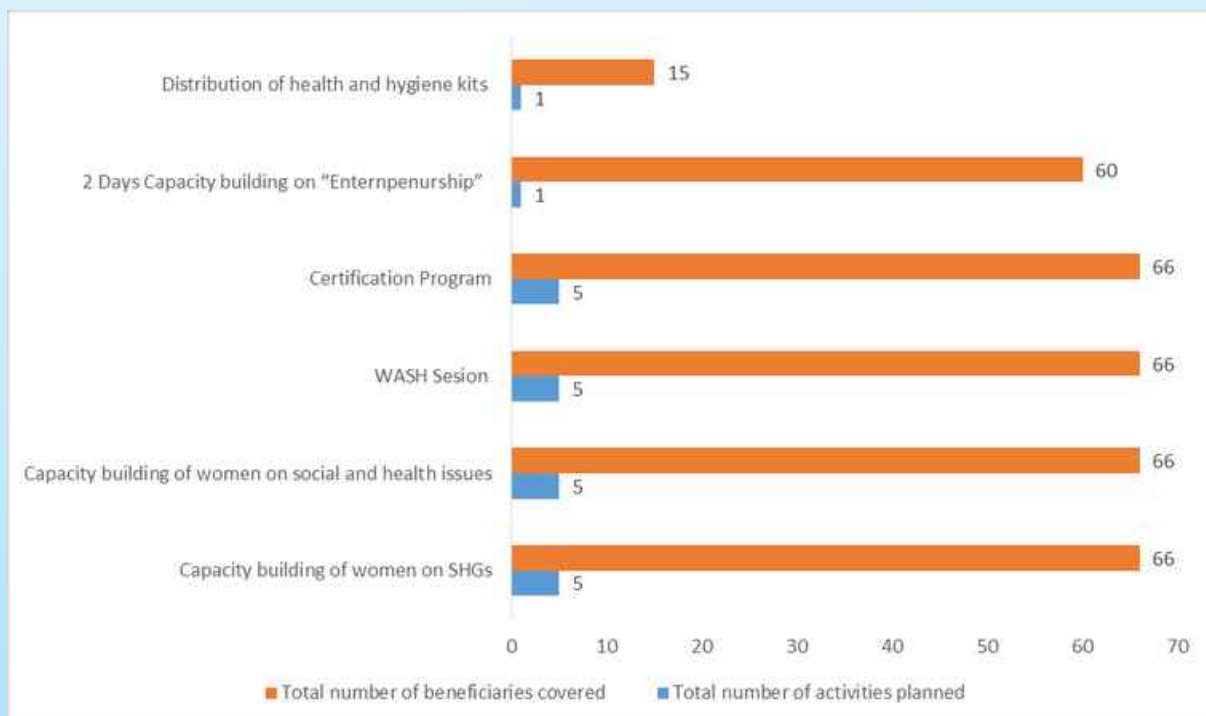




# Women Economic Empowerment of Women Program



Sukarya's flagship program, Empowering Rural Women through Self-Help Groups and Entrepreneurship Building, has been running since 2017 with the objective of providing rural women with socio-economic empowerment through self-help groups, Promotion and livelihood enhancement, and micro-entrepreneurship initiatives. Sukarya has invested in livelihood opportunities for these women, as well as established partnerships, to develop markets for their products such as spices, cereals, pickles, etc. Sukarya has successfully brought out 65 small-scale business women with entrepreneurship skills.



# Best Practice

1

The "Ghar se Shuru" initiative is a transformative approach that empowers care providers and Community Health Workers (CHWs) to become agents of change within their communities. This approach amplifies the ripple effect of transformation and ensures that knowledge and practices are disseminated effectively.

2

Central to Sukarya's methodology is the dedicated focus on improving nutrition through locally available, cost-effective foods. This strategic emphasis significantly enhances the well-being of beneficiaries, particularly mothers and children, and addresses issues of malnutrition and anemia.

3

A key element of Sukarya's approach is the identification and specialized training of LEAD girls within the gender equality program. These LEAD girls emerge as change catalysts, ensuring the enduring sustainability of interventions at the grassroots level. They play a pivotal role in advocating for gender equality and driving positive change within their communities.

4

Under its economic empowerment program, Sukarya actively promotes women's entrepreneurship by facilitating the creation of Self Help Groups, providing initial funding, and establishing bank linkages. This empowers women to become drivers of economic growth and fosters gender parity within communities.



# Maternal Child Health Nutrition



## Choosing a Better Path: Sangeeta's Pursuit of Safe Motherhood Through Institutional Delivery



“Becoming a mother is the world's happiest moment," says Sangeeta, who lives in the Sonia Gandhi camp in Delhi with her husband. Originally from Bharatpur, Rajasthan, she moved to Delhi with her father to find better opportunities. Her family of six struggled as her parents earned very little as daily laborers. Married at 16 to Vedram, Sangeeta became pregnant soon after. Her joy quickly turned to sorrow as her in-laws forced her to work long hours with insu Elcient food, and verbally abused her and her family. Despite her struggles, she delivered her first child at home. Soon after, she became pregnant again, faced the same hardships, and delivered her second child at home. Separated by her in-laws, Sangeeta's husband worked as a rickshaw puller to support the family. When she became pregnant for the third time, her mother-in-law passed away, and her father-in-law, who had TB, demanded her care while continuing his abusive behavior. Worried about her children's health, Sangeeta met with a Community Health Worker (CHW) who provided essential health services and advice on institutional delivery. Against her family's wishes, Sangeeta chose to have her third child in a hospital and underwent a permanent surgery with her husband's support. Her story highlights the importance of knowledge and empowerment in making informed decisions. Now, her youngest child is four months old.

”

## Ms. Nirmal's Journey: Overcoming Anemia and Ensuring a Healthy Delivery Through Community Health Support



“Ms. Nirmal was a 21 years old pregnant woman who settled at Sector-58, from Bengal with her husband in search of a better opportunity. She is now 32 weeks pregnant with her first child when she came to Gurugram. She did not know about the anemia during her pregnancy period and consulted her neighbor for the proper guidance. During this period, she came to close with a Community Health Worker of Sukarya and then she came toknow about the health check-up camp. She does not see any obstetrician and does nottake any vitamins. Community work guided her properly and she visit Sukarya health camp regularly. Physical examination was positive but her hemoglobin was quite low 9.5 gm. Therefore, she came to the clinic regularly and it was seen that her hemoglobin increased from 9.5 gm to 11.5 gm. Under the supervision of a nutritionist, she took a proper diet and took all medicine on time which in turn improved her condition and gave her a healthy female baby at the government hospital. Community health worker support during the delivery and provide all facilities after delivery and started exclusive breastfeeding within one hour. She thankfully to Sukarya and appreciated the work of the organization and sheis spending a happy life with her family.

”



# Gender Program Case Study



## Empowering Dreams: Kirti's Triumph Over Gender Stereotypes Through Tae Kwon Dow



Kirti is a 15-year-old girl in the 10th grade at Sarvodaya Kanya Vidyalaya J Block School, Sangam Vihar, Delhi. She comes from a family of six, including her two sisters and a brother. Her father is a food seller, and her mother is a housewife. The family is classified as below the poverty line. Besides the hardships of poverty, Kirti faces additional challenges due to orthodox thinking and rigid patriarchy, which restrict her life.

Kirti has a keen interest in Tae Kwon Do and aspires to pursue it as a career. However, her relatives do not support her interest, viewing it as a sport meant for boys. Kirti faces challenges in every aspect of her life, including her clothing choices, which negatively impact her aspirations and self-confidence. Fortunately, she enrolled in the Gender Equality Program (GEP) of Sukarya at her school, which helped her understand the importance of gender equality, girls' rights, and the right to choose her career. The training sessions cleared her doubts and encouraged her to pursue her dream of becoming a martial arts specialist. The program's impact is evident in her participation and success in competitions, including winning first place at the National Open Competition of Tae Kwon Do in Firozabad (U.P). Kirti has gained significant self-confidence and is on track to achieve her dreams. She is now active and vocal within her family and community, advocating for her rights. She appreciates the help and knowledge gained from GEP, and we are proud to see her growth and success.



# Testimonials



## MCHN Program



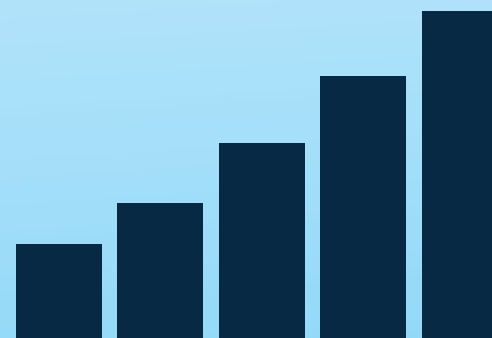
"As the Medical Officer In-Charge (MOIC) in Khandsa, I am privileged to observe firsthand the transformative impact of Sukarya's program aimed at preventing anemia and malnutrition among the women in our community. Sukarya's holistic approach encompasses regular health check-ups and provides invaluable guidance to pregnant and lactating mothers, as well as young children. These services empower women with the knowledge and tools to actively manage their health and the well-being of their infants. Consequently, we have witnessed a notable increase in safe deliveries and healthier newborns. I wholeheartedly endorse Sukarya's unwavering dedication to improving health outcomes and strongly recommend their dietary supplements. Moreover, their health clinic, which offers essential tests such as hemoglobin assessments, blood group identification, blood pressure monitoring, and the provision of necessary medicines, has been instrumental in advancing the overall health of our community. Sukarya's commitment to our community's health is commendable, and I encourage others to avail themselves of their services for a healthier and brighter future."

Dr. Ravi, UPHC Khandsa, Gurugram

## Gender Equality Program

"A few months ago, a team from Sukarya NGO visited our school as part of their Gender Equality Program. They provided important information to our young girls about personal hygiene, how to protect themselves from exploitation, and the importance of education and career development for their future. This program is truly commendable and has been very helpful for our students".

Ms. Pushpa-Teacher-Govt. Girls Senior Secondary School, Badshahpur, Gurugram



# Credibility Alliance Norms Compliance Report

## Identity:

Sukarya is registered as a not-for-profit Trust under the Indian Trusts Act (Registration Number: 7373, Dated August 3, 2000)

We are registered U/S 12A of the Income Tax Act 1961, Registration Number: 645 dated 15<sup>th</sup> January 2001 and under section 80 G Registration Number: DIT (E)/2011-12/S-2784/3338

FCRA Registration No.: 231660689 dated 31st March 2006

Name and Address of the Auditors: Gagan Mehra & Associates 8731, 14B, Shidhipura, Karol Bagh, New Delhi. 110005

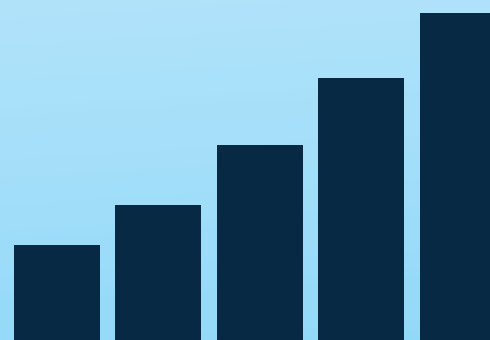
Name and Address of Banker: Axis Bank Ltd., 29 CC, Basant Lok Complex, Vasant Vihar, New Delhi

## Vision and Mission Vision:

The vision of Sukarya is health for all. "Better Health, Better Society"; a society in which citizens enjoy holistic health and their well-being. Healthy and Successful citizens contribute actively to overall growth of their family, Community and the society.

## Mission:

- To improve maternal and child health
- To advocate, promote and sensitise communities on Primary Health Care, Reproductive Child Health and Family Planning.
- To advocate, encourage and guide positive 'health-seeking behaviour with special emphasis on physical, mental and social well-being.
- To empower women by strengthening their physical, emotional well-being and economic stability.





## Details of Board of Trustees - Governing body

| S. No. | NAME               | AGE | GENDER | Position in the Board | Total amount paid in the financial year | Form of payment Salary/Consultancy/Honorarium/Sitting Fee/other (Specify) |
|--------|--------------------|-----|--------|-----------------------|-----------------------------------------|---------------------------------------------------------------------------|
| 1.     | Ms. Meera Satpathy | 71  | Female | Chairperson           | 0                                       | 0                                                                         |
| 2.     | Ms. Renu Sood      | 61  | Female | Trustee               | 0                                       | 0                                                                         |
| 3.     | Mr. D S Kataria    | 60  | Male   | Trustee               | 0                                       | 0                                                                         |

Total Cost of international Travel by all personnel - NIL

## STAFF Details as on 31st March 2024

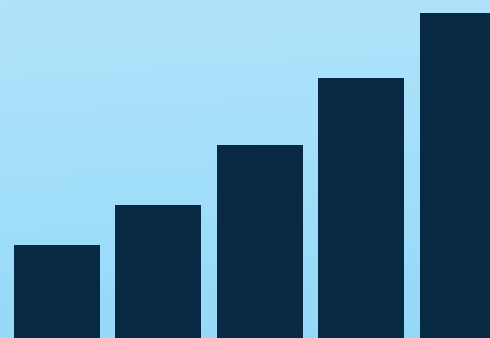
|                                                                      | Male staff | Female staff | Total staff |
|----------------------------------------------------------------------|------------|--------------|-------------|
| Slab of gross salary (in Rs) plus benefits paid to staff (per month) |            |              |             |
| Less than 5000                                                       |            |              |             |
| 5,000 - 10,000                                                       |            |              | 0           |
| 10,000 - 25,000                                                      | 10         | 7            | 17          |
| 25,000 - 50,000                                                      | 2          | 3            | 5           |
| 50,000 - 1,00,000                                                    | 1          | 1            | 2           |
| Greater than 1,00,000                                                |            |              | 0           |

Remuneration of Highest paid staff: Rs 55000/-

Remuneration of the lowest paid staff : 12000/-

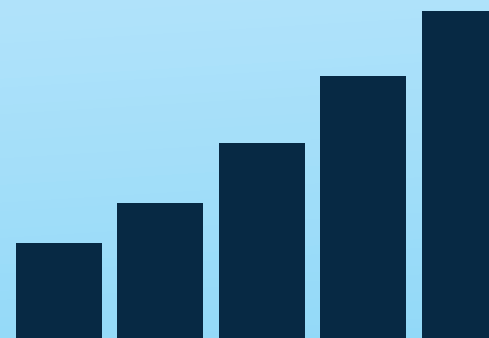
### Paid Volunteer

| Slab of Paid Volunteer | Male | Female | Total |
|------------------------|------|--------|-------|
| Less than 5000         |      | 83     | 83    |
| 5,000 - 10,000         |      |        |       |
| 10,000 - 25,000        |      |        |       |
| 25,000 - 50,000        |      |        |       |
| 50,000 - 1,00,000      |      |        |       |
| Greater than 1,00,000  |      |        |       |



# FINANCIAL

|                                                       | 2022-23              |           | 2023-24              |           |
|-------------------------------------------------------|----------------------|-----------|----------------------|-----------|
| <b>Total Revenue</b>                                  | <b>31,719,697.69</b> | <b>%</b>  | <b>37,868,924.87</b> | <b>%</b>  |
| Grants Received Indian Institution                    | 14,518,547.49        | 45.77     | 19,571,385.48        | 51.68     |
| Grants Received from foregin Donors Under FCRA 20.88  | 9,573,036.40         | 30.18     | 7,906,137.77         |           |
| General Donation                                      | 5,152,508.80         | 16.24     | 6,956,999.62         | 18.37     |
| Self Generated funds                                  | 140,990.00           | 0.44      | -                    | -         |
| Interest & Other Receipts                             | 2,334,615.00         | 7.36      | 3,434,402.00         | 9.07      |
| <b>Total Expenditure</b>                              | <b>29,381,417.58</b> | <b>-%</b> | <b>31,780,547.98</b> | <b>-%</b> |
| On Projects                                           | 24,015,198.00        | 81.74     | 27,670,846.45        | 87.07     |
| On self Generation Program                            | 464,404.00           | 1.58      | -                    | -         |
| Other Administrative expenditure                      | 4,901,815.58         | 16.68     | 4,109,701.53         | 12.93     |
| <b><u>Project Expenditure on Field wise</u></b>       |                      | <b>-%</b> |                      | <b>-%</b> |
| Education On Wheels                                   | 3,049,622.00         | 12.70     | 3,160,258.97         | 11.42     |
| Basic Health Care (Slum Health)                       | 493,262.00           | 2.05      | 1,539,815.00         | 5.56      |
| Prevention & control of Anemia & Malnutrition Project | 11,951,726.00        | 49.77     | 17,294,154.48        | 62.50     |
| Women Empowerment Project                             | 1,021,634.00         | 4.25      | 1,174,719.00         | 4.25      |
| Nutrition Supplements for Slum Children               | 2,324,705.00         | 9.68      | 818,880.00           | 2.96      |
| Covid-19 Relief activities                            | 6,600.00             | 0.03      | -                    | -         |
| Gender Equality & Leadership Program                  | 5,167,649.00         | 21.52     | 3,683,019.00         | 13.31     |
| <b>Total Assets</b>                                   | <b>36,398,389.71</b> | <b>-%</b> | <b>36,439,409.98</b> | <b>-%</b> |
| Fixed Assets                                          | 4,680,824.00         | 12.86     | 4,747,830.15         | 13.03     |
| Cash & Bank balance                                   | 10,335,476.71        | 28.40     | 9,185,481.83         | 25.21     |
| investment- Fixed Deposit in Bank                     | 21,271,161.00        | 58.44     | 22,186,567.00        | 60.89     |
| in Other Current Assets                               | 110,928.00           | 0.30      | 319,531.00           | 0.88      |



# Contact Us



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## Contact Us

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