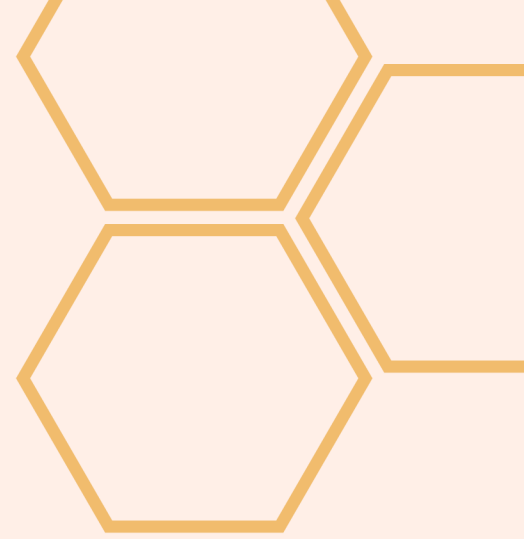


Bembala Foundation

ANNUAL REPORT 2025



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INTRODUCTION

Violence against women and children continues to remain one of the most urgent social concerns across the world. The World Health Organization estimates that nearly 1 in 3 women globally experience physical or sexual violence in their lifetime. In India, official data from the National Crime Records Bureau reports over 4.48 lakh cases of crimes against women in 2023, along with more than 1.77 lakh cases of crimes against children; numbers that have shown a steady rise in recent years. These figures represent only reported cases, and studies consistently indicate that a large proportion of abuse and domestic violence remains unreported.

Karnataka, like many other states, continues to record thousands of complaints each year related to domestic violence, assault, harassment, and family cruelty, reflecting the ongoing need for accessible crisis support, awareness, and coordinated response systems. Against this backdrop, the work of community-based support centres remains critical.

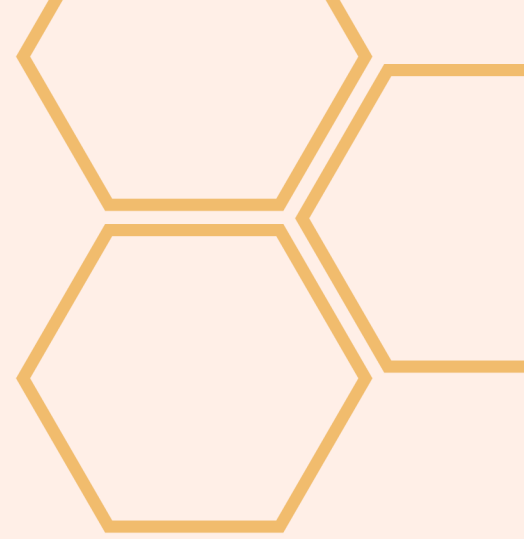
In **2025**, Bembala Foundation continued to provide free and confidential support to women and children through its centre at Vydehi Hospital, Bangalore, responding to helpline calls, walk-ins, hospital referrals, and community requests for assistance. Alongside crisis intervention, the year saw strong engagement with institutions, healthcare workers, schools, and community organisations to strengthen awareness and early response.

A key milestone this year was Bembala's participation in co-organising the **Karnataka Domestic Violence Stakeholders' Summit**, which brought together government bodies, NGOs, and other stakeholders to discuss coordinated strategies for survivor support. During the **16 Days of Activism against Gender-Based Violence** global campaign, Bembala conducted a **Self-Defence Awareness Programme in collaboration with Red Brigade, Lucknow**, reaching over a hundred students through multiple sessions in the Thubarahalli community and nearby schools, combining physical self-defence training with discussions on safety, confidence, and speaking up.

Throughout the year, Bembala also conducted antenatal emotional wellness sessions at Vydehi Hospital, POSH and gender-equality trainings, community health associate trainings, and awareness programmes with local organisations, migrant worker groups, and mental-health networks, reinforcing the belief that crisis support must be accompanied by sustained community awareness.

As we reflect on 2025, the numbers remind us why this work is necessary, and the people we meet remind us why it must continue. With the support of our volunteers, partners, donors, and Vydehi Hospital, Bembala remains committed to ensuring that no one facing distress has to do so alone.

VISION AND MISSION



Vision

Our Vision is a community with zero tolerance towards violence; a community that supports survivors of all forms of abuse/distress regardless of socio-economic, cultural or religious background. We aspire to create an easily accessible network of support services across Bangalore.

Mission

Our Mission is a coordinated and well-informed approach to violence, abuse, and distress faced by women and children, with sufficient interventions that lead to safe communities and families in Bangalore.

REACH AND IMPACT

Bembala’s Intervention Model uses a three-pillar strategy:

- **Crisis Intervention** – providing emotional support and guidance through our befriending services.
- **Ecosystem Support** – facilitating access to our referral partners, including the police, shelter homes, counsellors, vocational trainers, lawyers, etc.
- **Awareness and Training** – conducting community outreach, sensitisation programmes, and training initiatives to strengthen awareness, prevention, and early intervention.

The year 2025 marked a significant milestone for the Foundation. For the first time since its inception, Bembala supported **over 200 survivors within a single calendar year**. In total, **we extended support to 254 women, children, and men in 2025**, of whom 26 survivors received extended support through our specialised ecosystem. In addition, 5 women were rescued and supported in transitioning to safer living situations and new beginnings.

SERVICE OFFERED	REACH AND IMPACT METRICS
Direct Survivor Support <i>Crisis Intervention</i>	Provided befriending services to 254 survivors , with an average of 3 sessions per person.
Police Liaison <i>Ecosystem Support</i>	Accompanied 11 survivors to police stations, to assist with formal complaints, for a total of 22 visits .
Mental Health Support <i>Ecosystem Support</i>	Facilitated 25 professional counselling sessions for 10 survivors , delivered by a team of 4 volunteer counsellors .
Shelter Home Support <i>Ecosystem Support</i>	Facilitated 7 shelter home placements for survivors requiring immediate access to safe housing and protection.

Fig. 1: Nature of Service

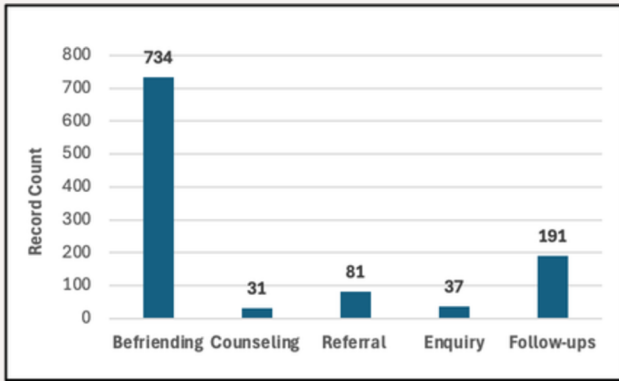
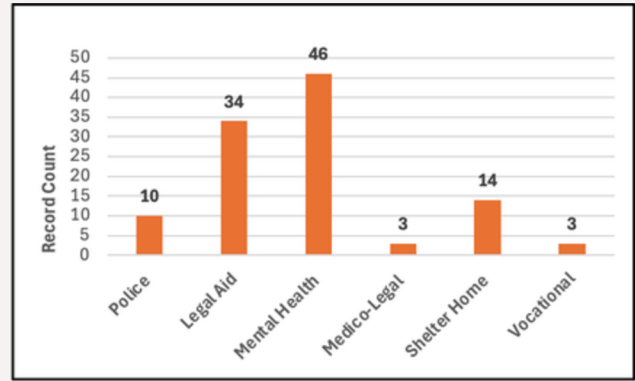


Fig. 2: Referred To



In 2025, the Foundation continued to provide vital support through befriending, counselling, and referral services, as illustrated in **Figure 1**. A total of over **734 befriending sessions** were conducted through the year – in-person at the centre, through our helpline, and at various community venues – extending support to women, children, and men in distress.

Figure 2 highlights the Foundation’s **referral network** and ecosystem-based support approach. Survivors were connected to a range of additional resources and partner services, including the police, legal aid, mental health professionals, shelter homes, vocational trainers, and other partner organisations.

Fig. 3: Nature of Abuse

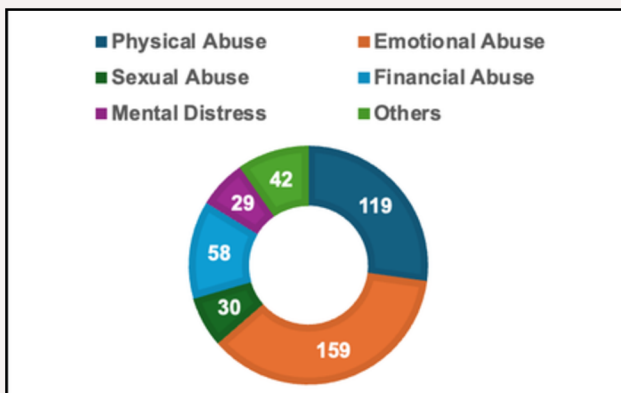


Fig. 4: Primary Presenting Problem

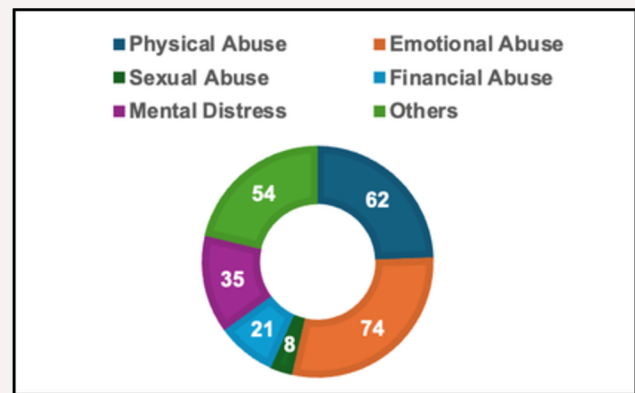


Figure 3 illustrates the different forms of abuse and distress reported by **254 survivors**. Many of them experienced multiple forms of abuse simultaneously, resulting in a cumulative total of **437 recorded instances** captured in the chart.

To better understand the immediate concerns faced by survivors, the **primary presenting problem** for each individual has been separately identified in **Figure 4**. The analysis reveals that emotional abuse was the most common “primary concern” among survivors. At the same time, a significant number of cases fell under the “Others” category, reflecting the evolving and diverse nature of distress faced by individuals reaching out to Bembala. These included concerns related to elder abuse, property disputes, abandonment, and other forms of distress.

EVENTS AND TRAININGS

Through our awareness and community outreach initiatives, we reached over **1,500 individuals** across diverse programs. These programs focused on equipping communities with both the knowledge to identify abuse, and the physical skills to ensure personal safety. Some key events of 2025 are highlighted below.

Karnataka Domestic Violence Stakeholders' Summit

The summit was **co-organised by Invisible Scars Foundation and Bembala Foundation** on 26 April 2025 at Vydehi Institute of Medical Sciences & Research Centre, Bangalore.

The full-day summit brought together over **85 professionals, experts, and key stakeholders from across Karnataka** for outcome-oriented dialogue, collaboration, and knowledge exchange around domestic violence response systems. The event was a significant step towards catalysing structural change through cross-sector engagement between NGOs, legal experts, healthcare practitioners, and social workers. The insights and recommendations emerging from the summit were consolidated into a **comprehensive white paper**, to be submitted to the **Ministry of Women and Child Development, Delhi**, to inform future policy and program design.



Community Awareness and Training Programmes

Bembala conducted or participated in **16 awareness and training sessions** across various communities in Bangalore, reaching an audience of over **750 individuals**. These sessions served as a platform to discuss critical social issues, including child safety, women's rights, gender equality, domestic violence awareness, and the support services offered by Bembala. Other topics related to health and well-being were also discussed, like mental health, alcoholism, and de-addiction strategies.



On **8 March**, Bembala conducted a **Women's Day awareness session** on gender equality at **Vidya Foundation** for 40 women participants.



On **19 March**, Bembala participated in an awareness program conducted by **APSA** for 100 women participants.



In **July**, Bembala trained 12 Community Health Associates from **Thanal** over a 3-day program on domestic violence and survivor support.



In **April**, Bembala Foundation was felicitated at a function in Kolar for our contributions towards women's safety, empowerment, and community support. Our work was recognised by **TATA Electronics** and members of the Kolar community.



Bembala conducted **antenatal wellness sessions** for expectant mothers at the Ob-Gyn Department of **Vydehi Hospital**.



On **9 October**, Bembala conducted a POSH training session for 30 **CBSE board staff members**.



Bembala co-conducted an awareness session with **NIMHANS** for **Anganwadi children and their parents** on **17 October**, where 35 parents participated. NIMHANS conducted an activity on parent-child relationships and spoke about stress management. We spoke about Bembala's support services and distributed bags and informational brochures.



On **29 October**, Bembala conducted 2 awareness sessions in collaboration with **Alcoholics Anonymous** and **Vidya Foundation** for about 100 participants from Gunjur and Kodathi communities.

Antenatal Care Program

Conducted at the Ob-Gyn Department of **Vydehi Hospital**, this preventive program is focused on maternal health, nutrition, emotional well-being, and identifying early signs of distress during pregnancy. There were **20 educational sessions** during the year with **120 pregnant women** registered for the program. Through the trust built in these sessions, one participant felt safe enough to reach out for specialised support for post-partum depression.

Self-defence Training

As part of the global 16 Days of Activism Against Gender-based Violence campaign, Bembala collaborated with **Red Brigade, Lucknow** to conduct self-defence training sessions for women and girls.



This specialised three-day self-defence program reached over **120 students** across the Thanal supported Thubrahalli community, Spark Public School- a TFI partner school, and Vidya Foundation's program students.

Capacity-building with medical professionals

Starting in **June 2025**, Bembala trained about **100 interns and resident doctors** at **Vydehi Hospital** this academic year. We also conducted sensitisation and training sessions for over **75 college students** from other institutions.

Network expansion

Bembala strengthened its support ecosystem by adding **20 new referral partners**, including One Stop Centres across Tier II and Tier III cities in Karnataka, legal aid centres, skilling centres, and women's and children's support organisations. We also started collaborations with **Alcoholics Anonymous** to conduct community-based awareness sessions in Greater Mahadevapura. Our partnership with **Nyaaya** continues to support survivors through legal awareness and accessible information, helping individuals better understand their rights and legal options. And finally, our **police network** now extends to stations in Hebbala, Amruthanagar, Nirbhaya (Majestic), Bandelpalya, Masti, Banasawadi, Yelahanka, K R Pura Nirbhaya center, and Aduodi.

FINANCIALS

Following is the summary of Bembala Foundation's financials for the period of 1 January 2025 to 31 December 2025.

Donations/Receipts (in INR)	₹11,00,083
Operational Costs (in INR)	₹10,28,696

ADVISORY

Bembala's Advisory Board comprises eminent professionals, domain experts, and long-standing partners-representatives.

Dr. Jagadeesh N is Vice Principal, and HOD of Forensic Medicine at Vydehi Institute of Medical Sciences, Bangalore.

Dr. Vidya Sathyanarayanan is a Consultant Clinical Psychologist, and former Professor of Clinical Psychology in the Department of Psychiatry at St. John's Medical College Hospital, Bangalore.

Ms. Christy Abraham has for over 30 years worked in the areas of gender justice, women's rights, and with people with disabilities.

Ms. Nitya Ramakrishnan, a Certified Public Accountant (USA) and Cost & Works Accountant (India), is a founder of the citizen-led movement called Whitefield Rising.

Ms. Sumithra Acharya is an established lawyer who works closely with women facing abuse, and is also involved with victims of acid attacks.



Bembala Foundation

Ob-Gyn Department, Ground Floor
Vydehi Institute of Medical Sciences and Research Centre,
82 EPIP Area, Whitefield, Bangalore - 560 066.

Timings: Monday to Saturday, 9:30 am - 4:30 pm
[Closed on 1st and 3rd Saturdays of the month]

Phone No.: +91-80-43775561

Helpline: +91 99806 60548 / 1 800 103 9548

bembalainfo@whitefieldrising.org

www.bembalafoundation.org

GENERAL HELPLINE NUMBERS

Police/All Emergency	112
National Commission for Women	14490
Elder Helpline	14567 / 1090
Child Helpline	1098
NIMHANS/TELE-MANAS	14416

Safety Apps:



My Safety Pin



Suraksha (Bengaluru City Police)