

ANNUAL REPORT PRESENTED BY THE SECRETARY TO THE BOARD OF TRUSTEES OF ADARSH CHARITABLE TRUST AT ITS 19<sup>TH</sup> ANNUAL GENERAL BODY MEETING AT VARMA AND VARMA CHARTERED ACCOUNTANTS, VYTTILA, COCHIN ON 09/07/2017 AT 11 AM 12 NOON.

## 1. Introduction

Chairman Emeritus, Chairman, Vice Chairman, Treasurer, Fellow GC & EC Members and Trustees,

It is my privilege to present before you the Annual Report for the year 2016-17. I am happy that as in the previous years, the reporting period also saw a lot of activities on all fronts of our extended services. We could introduce many innovative programmes and also could lay foundation for many during the reporting period. I am extremely happy to report that we could send 4 children to normal stream during the reporting period. That is something which give all of us lot of satisfaction. We had attempted several methods to make our centre a centre of excellence and to some extend we have succeeded in it. Very innovative programme like Sensory Integration Room, Virtual Rehabilitation, Sensory Balancing Board etc. are some of this. They are either implemented or in the final stages of implementation. Many experts visited our centre and shared their expertise in the related line to our team of staff members. And wherever possible we have shared this with our peer group so that the benefits of their expertise reach to all who need this.

In the financial front though with much difficulty we have managed to go through the year without much deficit. Thanks to abundant support from our well wishers which includes individuals like Sri. N Krishnan, Sri.Simon John, Shri Nelson, Shri P N Narayanan, Shri K P Padmakumar et al and Corporates like HDFC Ltd, BPCL, etc. We could make our programme running in the best way possible. We are also indebted to Government of Kerala for their support with grant in aid. There are many who continuously support us all through these years and without them I am sure we could not have achieved what we had. The efforts by many of our Trustees in garnering the support of various persons and individuals are worth mentioning. The contribution from our Chairman Emeritus, Chairman, Vice Chairman need special mention. Without their support I am sure we could not have achieved what we had. Similarly, the support we received from members of staff lead by Aswin and Bincy also need a special mention. The support of parents

was something unparalleled and without all these I am sure adarsh could have reached this level.

Friends, I am happy that God had bestowed me this opportunity to present a report of a Trust like that of ours. It is my proud privilege to do the same. That too if somebody is getting this opportunity for continuously for 19 years is something which is incredible. I am indebted to God, to you, to my staff, to my parents and to the society as a whole.

## 2. Adarsh Charitable Trust

'Adarsh', a charitable Trust, an NGO registered under the Registration Act, 1908, was established in 1998 with an objective to Rehabilitate Persons with Mental and Physical challenges. Since then the Trust has been providing rehabilitation services to children affected by Cerebral Palsy, later extended to those affected by other challenges like Autism, Down syndrome and Learning Disorders also.

### a. Registration details of the Trust:

Charitable Trust	Indian Trust Act, 1882	78/IV 22/04/1998	Permanently valid
National Trust	National Trust Act	1457/CP-MD/2004	To be renewed
Rehabilitation Centre	PWD Act	265/08/2014	Valid till 20/12/2017
12 A & 80 G	Income Tax Act	CIT/CHN/12A/Tech.11/98-99	Permanently valid
Foreign Contribution	Foreign Contribution (Regulation) Act, 1976	052850473	Valid till 18/11/2021
Food Safety	Food Safety and Standard Act 2006	21314053002707	Valid till 07/06/2017

### b. The Trust has its registered office at **X/548 B, OppAgasthya Ashram, Kureekad PO Ernakulam**. It is in Chottanikkara Panchayat (13 Kms from Ernakulam Town) of

Ernakulam District in Kerala State. It owns land of 40 cents and a disabled friendly building of around 20000 sqft for the rehabilitation of challenged children

### 3. OBJECTIVES, VISION, MISSION and MOTTO

#### a. OBJECTIVES

- i. For helping physically handicapped and mentally retarded persons;
- ii. To rehabilitate patients with Cerebral Palsy and persons with other disabilities;
- iii. To give medical assistance and relief to those who are poor and have become mentally and physically retarded through accidents or other calamities;
- iv. To establish and/or construct, run and aid institutions, medical relief centres for this purpose;
- v. To promote research in the field for Community Based Rehabilitation programmes; and
- vi. To do any and all other lawful things as the Trust may deem fit for the attainment of all or any of its objectives, make rules and bylaws, amend, vary or rescind from time to time.

#### b. Vision, Mission and Motto:

##### VISION

To become an institution par excellence, providing comprehensive habilitation measures and pioneering efforts for enriching the lives of challenged individuals.

##### MISSION

To help every challenged child by

- Reaching medical and therapeutic assistance
- Imparting academic training appropriate to specific needs
- Equipping with appropriate Vocational skills
- Creating necessary social and physical support infrastructure that empowers the child to lead a life of independence and dignity in adulthood.

##### MOTTO

A man is never as tall as when he kneels to help a child

### 4. GOVERNANCE

- a. Adarsh Charitable Trust has a Board of Trustees with 25 members. The main office bearers of the Trust are

Chairman Emeritus : Shri K Neelakantan  
 Chairman : Shri K P Padmakumar  
 Vice Chairman : Shri V Sathyanarayanan  
 Secretary : Shri P R Mahadevan  
 Treasurer : Shri O M Mahadevan  
 Chief Patron : Shri C K Menon  
 Patron : Shri. N Krishnan  
 Brand Ambassador : Shri Suresh Gopi

- b. Governance of the Trust is entrusted to two bodies, namely Governing Council and Executive Committee. Governing Council (GC) has 11 members. The council generally meets once in 2 months. Executive Committee (EC) has 6 members, out of these, 3 of them are also members of the Governing council. During 2016-17 both the Governing Council and Executive Committee met 4 times.
- c. Remunerations and re-imburements to Board Members

No.	Name	Gross Remuneration PER ANNUM (Rs.)
1	K.P.Padmakumar	Zero
2	V.Sathyanarayan	Zero
3	P.R.Mahadevan	Zero
4	O M Mahadevan	Zero
5	Dr.Abraham K Paul	Zero
6	P.I.Gopinath	Zero
7	M.A.Mohammed Ali	Zero
8	Riaz Ahmed	Zero
9	Dr.SachidanandaKamath	Zero
10	Simon John	Zero
11	K.Vijayan	Zero
12	N Satheeskumar	Zero
13	K Venugopal	Zero
14	K G Unnikrishnan	Zero

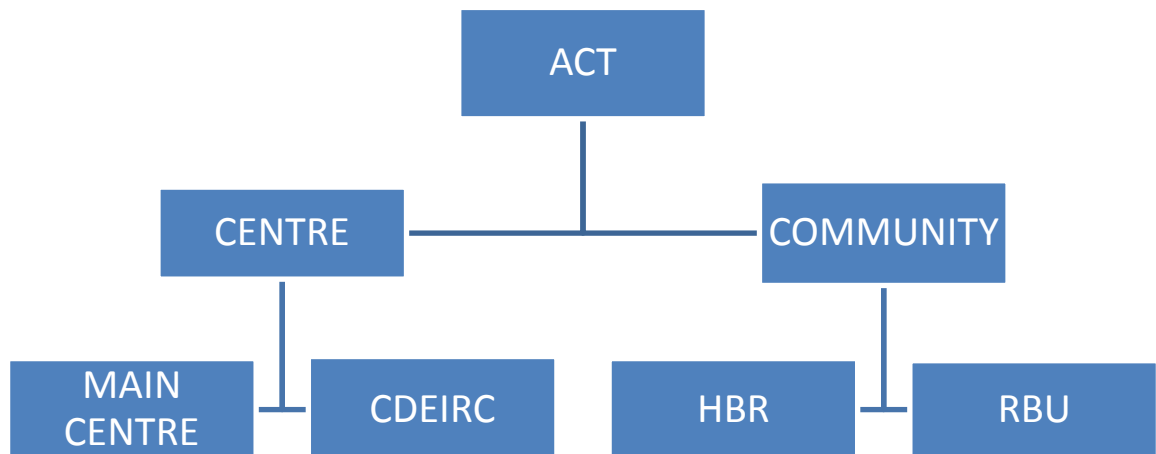
d. Total cost of international & national travel by all Board Members

1	International Travel	Rs. 0
2	Domestic Travel	Rs. 0

## 5. Operations Report

### a. Structure of the organization

The organization has 2 sections of activities, a centre based and a community based activities. Centre based activities include the main rehabilitation centre at Kureekkad and the Child Development Evaluation Intervention and Research Centre, Vennala, Ernakulam.



- i. Adarsh Special School is the main rehabilitation centre of the Trust. It was established in 1998. It was started with 7 children affected with Cerebral Palsy. Initially only children with Cerebral Palsy were admitted and that system continued till 2003 when a separate section for Autism was added. Like that, gradually sections for Down syndrome and those with learning disorders (2008) were also started.
- ii. Child Development Evaluation Intervention and Research Centre was started on 3<sup>rd</sup> December 2007 with an intention to provide relief for parents of challenged children who are finding it very difficult in undertaking their children's comprehensive evaluation of their problems.

The centre received a wide range of acceptance from all the people who are connected with the rehabilitation of children with challenges. Even children from faraway places are utilizing the facilities for evaluation and guidance at the centre. Though the main objective of the centre is for the evaluation of developmental problems in children, remedial education for children with learning problems, need based Physiotherapy, Speech therapy, Occupational therapy, Psychotherapy etc are also being provided with.

iii. Home Based Rehabilitation Programme

As the name indicates, this is an innovative rehabilitation programme for unattended challenged children, where these children are rehabilitated at their houses. Those are children who due to various personal and logistical reasons, unable to attend any rehabilitation centre or schools for their therapy and training. Here we adhere to the principle that if the child is not able to go to a school, the school goes to the child. Adarsh has 3 units under HBR programme which covers 11 panchayats and 110 children in and around the main centre school.

iv. Risk Baby Unit

This is a hospital oriented programme where babies who are born with risk factors like Low Birth Weight, Prematurity, etc., are dealt with necessary development assessment, early stimulation, and early therapy programmes with the help of a Developmental therapist. The unit functions in 4 major hospitals in the town and helps around 60 babies on an average in a month.

v. We have a full fledged section exclusively for administration, transportations etc.

**b. Human Resources**

i. Organization and Staff structure

Staff members are the integral part of any organization. The growth and development of Adarsh can be directly linked with the efficiency of its staff members, of all levels. Since its inception, Adarsh has been lucky enough to have dedicated and sincere staff members whose diligent efforts have produced wonderful changes in many children's life. That process still continues. Not only their work, but their attitude and

approach towards the wards and their parents make the atmosphere inside the school like a family. Over all happiness is one of the guaranteed results a child and his/her family can expect from Adarsh and that can be easily attributed to these selfless efforts of these staff members.

ii. Categories of staff – The list is given below

Category	Number of staff and other supporting members as on	
	30.04.2016	30.04.2017
Medical Doctors (Consultants)	1	1
Psychologist	2	3
Developmental Therapist	1	1
Physiotherapist	10	9
Speech Therapist	6	3
Occupational Therapist	0	1
Social Worker	0	1
Dietician	0	1
Special Educators	27	33
Teachers	13	7
Teacher Assistants	43	42
Bus In Charge	8	9
Drivers	4	4
Office Staff	12	13

Kitchen	2	2
Voluntary Staff	3	3
<b>TOTAL</b>	<b>132</b>	<b>133</b>

iii. New appointments and resignations

14 members of staff have been appointed and 4 resigned due to their personal issues during the year 2016-17. The major appointments include 2 Speech therapists, 2 Physiotherapists, One Occupational therapists, 3 Special educators, a Social Worker, 4 Teacher assistants, a Family Counsellor, a Dietician, an Instrument Music Teacher and a dance teacher. Resigned members of staff include 2 Physiotherapists, a Speech therapist and an Assistant Teacher. Except the post of a Speech therapist all the appointments were made against vacancies which arose due to increase in new admission of children. During the reporting period 2 members of staff have completed their service in Adarsh and retired from the service on 30<sup>th</sup> April 2017

iv. Appreciation and reward

In 2016-17 so many innovative and dynamic changes were introduced in the rehabilitation services extended to the children under the leadership of selected members of staff. I am glad to mention some:

1. Mrs. Vanaja Ramesh and her team of the Early Intervention Unit deserve appreciation for their intensive effort in producing changes in young and very small children with challenges. 2016-17 witnessed successful rehabilitation of 4 children and they were sent to the mainstream school.
2. Mrs. Sumavalli and her staff members in the Autism department produced wonderful and creative changes in the various activities of their unit. One of their initiatives is "My Sweet home" a concept where children can feel a homely atmosphere to do various life skill oriented activities. She and her team deserves appreciation and reward too.



3. Shri. Liju Mon with his productive thinking and excellent application of mind is instrumental in bringing changes in various mental and physical aspects of our children. Radio FM (an in house radio platform) is an example. His amiable nature and charming attitude helped him to achieve full support from the staff as well as the parents. He too deserves appreciation.

The above are a few examples of exemplary and dedicated work done by our staff. There are many more to mention. Generally as has been mentioned we could achieve tremendous result only because of the selfless and dedicated service of our members of staff. Of course in some cases we do notice lack of experience or knowledge. This is taken care of by giving adequate training. I place on record my special appreciation to Shri. Aswin Kumar our Executive Secretary who head the staff. He has done wonderful job by his excellent and devoted service.

**Distribution of staff according to salary levels and gender break up**

<b>Slab of gross salary (in Rs) including benefits paid to staff (per month)</b>	<b>Male staff</b>	<b>Female staff</b>	<b>Total staff</b>
Less than 5000	1	34	35
5,000 – 10,000	7	69	76
10,000 – 30,000	4	11	15
<b>TOTAL</b>			<b>126</b>

c. Beneficiary details

i. Types of children

Right from the inception in 1998, till date Adarsh has been very careful in the selection or admission of children with challenges. As everybody knows, the centre started for children with Cerebral Palsy only. Later in 2003 and 2008 section for children with Autism and Down syndrome were added. Trust is very keen on its principle that each disability should be

identified and dealt separately. Similarly the centre has separate facilities for all the three disabilities which we presently take care off. Along with these disabilities there is another group of children who have combination of above three disabilities. They are children with Multiple Disabilities. The main rehabilitation centre of Adarsh helps children with Cerebral Palsy, Autism, Down syndrome and Multiple Disabilities. In 2016-17, at the main rehabilitation centre 67 children joined for different rehabilitation programs. Total strength as on 30<sup>th</sup> April 2017 is 253. The Child Developmental Evaluation Centre of Adarsh provides remedial education and need based therapies to children with Learning Disorders. The Home Based Rehabilitation programme of Adarsh Charitable Trust takes care of children with all kinds of common disabilities except Visual and Hearing Impairment. The Risk Baby Unit screens all new born babies who are born with risk irrespective of their problems.

Disability wise distribution of children in Adarsh:

Project	CP	ASD	DS	MD	LD	OTHERS	TOTAL
Main Centre	95	40	23	110	-	-	268
CDEIRC	6	4	2	-	35	-	47
HBR	34	4	14	49	-	-	101
RBU	-	-	-	-	-	-	586

ii. Achievements of the year

In 2016-17, Adarsh has so many achievements to its credit. One of the biggest and most cherished achievement is that we could send 6 children to normal mainstream school. This makes the total number of children sent to normal school to 72. Apart from that, children of Adarsh have won so many prizes in various competitions organized in different parts of the District. More details are available in the following paragraphs.

iii. Success stories of 4 students

a. Bhadra: Bhadra has Multiple Sclerosis. Due to that all her activities were slow and her milestones were delayed. With the support of intensive early intervention training programmes she started showing

fast changes, especially in her mobility, coordination, balance etc. We could send her to an Anganawaadi within a period of 1 year of her joining at Adarsh.

- b. Adidev Arun: Adidev Arun joined Adarsh at the age of 1 year. At the time of admission all his motor as well as functional milestones were delayed. He was not able to sit independently, his speech was underdeveloped. With the help of intensive Early Intervention programme Adidev showed sudden changes in his motor abilities as well as in the communication area. At the age of 3 he joined an Anganawaadi near to his house where he does almost all of his activities independently. His pre-school skill is also very good.
- c. Adidev R: Adidev R came to Adarsh at the age of 2 with a problem of bilateral club foot. He was not able to walk independently. Since this was a congenital musculoskeletal problem, it did not take too much time for the correction and Adidev started walking within 3 months and was sent to an Anganawaadi near to his house in April 2017.
- d. Sreyas A: Sreyas A , joined Adarsh at the age of 4 years. He is a child with Attention Deficit Disorder. His motor functions were good and his communication skills, especially eye contact, were underdeveloped. He had poor peer group interaction and his social skills were poor. He was dependent for all his activities of daily life like toileting, feeding, bathing, brushing etc. Except some basic academic skills, he was very poor in learning skills. We gave him intensive Occupational Therapy, Behaviour Therapy and Individualized Education Programme for 2 years. At the age of 7, on a trial basis we put him in an Anganawaadi near to Adarsh for 2 days a week. Gradually he showed improvement and in February 2017 he joined a normal mainstream school as a regular student. At the time of leaving, his communication and peer group interaction are improved. He does all his activities of daily life independently except dressing where he needs slight support in buttoning.

## 6. Activity information

### A. Major activities of the year

#### i. Projects

- a. Chappathi Making Unit: This is a vocational project intended mainly for the children above the age of 18 years. Capable children below 18 also do the activity with support and guidance. The machineries for the unit were bought with the help of, one of the regular benefactors of Adarsh, Shri Jayakumar B from USA. Undoubtedly it is one of the very useful and innovative projects introduced during last year for the children and their parents. Due to obvious reasons, in 2016-17 the unit could make only around 36000 chappathees, which as per our calculation is low and that the involvement of children as a part of their vocational training was minimal. As in any new projects, we are well aware of these problems and are taking remedial actions to achieve the target which we have in our mind.
- b. Agro Based Rehabilitation: Adarsh launched the Agriculture based training programme for the children. This was done in association with Sterling Group of Companies, Tripunithura. The programme was officially launched on 16<sup>th</sup> June 2016 by Shri. Dinesh Thampi, Centre Head of TCS Cochin. Shri. Sivadas B Menon, Managing Director Sterling talked to parents about the project. Around 110 agro bag with saplings of Lady Finger were given by the company. The project is coordinated by Mrs. Ambily K, Special Educator. The first phase of the project went off really well with the help and guidance from the company. The staff members from Sterling were regularly following up the project. At the end of first phase we could harvest around 5-6 Kgms of Lady Finger which were used in the Kitchen of Adarsh to prepare food for the children. As part of the project, the company also donated educational Kit for around 15 children to understand the principal of Horticulture. This project is being restarted in the new academic year as Horticulture Therapy in a more scientific way. We are hopeful of achieving more results this year.
- c. New administrative block and Library:  
Library: a room to read was a dream come true for Adarsh. It was launched with the help of DC Books. Around 200 books were donated

by them. Rotary Club of Mulanthurthy, through its president Shri. Suresh helped us to buy 50-60 books to the Library. Similarly Shri.K. P Padmakumar Chairman of Adarsh also donated around 100 books. Now the Library has a collection of around 500 books of various famous authors in all related areas like novels, stories, auto biographies etc. Children, parents and members of staff use the books regularly and the project is getting a good feedback. The Project was inaugurated by Shri.Ravi Decee in the presence of Shri. C Balagopal IAS (Retd). On the same day new and spacious office rooms were also inaugurated. Our librarian Shri. Akhil Babu is our alumni.

- d. Finding that number of children above the age of 18 years is increasing, the Trust decided to start a separate wing for vocational training. Subsequently a house very close to Adarsh was taken on lease. Almost 30 children undergo and do various prevocational and vocational training under the supervision of trained Special Educator and a vocational teacher. Candle Making, Paper Bag making, Ornaments making, Sandwich making, Phenoyl making etc. are some of them. Apart from these activities, selected children are allowed to make chappatthees. Various other products like candles, phenoyl etc. are also sold to local people and other organizations based on their requirements.
- e. Sensory Room: Relatively a new concept for the people working in a Special Schools though it is well known among the professionals and therapists especially in the western countries. A few years back, it was a dream for all of us. To give an effective Sensory Integration Therapy, a sensory room was essential. Finally, with the help of HT Parekh Foundation Mumbai, an HDFC initiative, a good fully equipped sensory room was opened in Adarsh on 3<sup>rd</sup> December 2016. Shri Ignatius C V, Centre Head & DGM of HDFC Kerala was instrumental in getting the help from HT Parekh Foundation. Honorable District Collector Shri K Moahammed Y Safirulla inaugurated the Sensory Room on 3<sup>rd</sup> December 2016. Under this programme now almost 20-30 selected children make use of this facility to get themselves rehabilitated with help of a trained Occupational Therapist. This is a room where all the

sensory functions are enhanced and stimulated with the help of specially designed and imported devices. Apart from the 5 common senses, vestibular and proprioception functions (their dysfunctions are usually found in children with Autism) are also managed here.

- f. My Sweet Home: Another new and innovative project, though started exclusively for children with Autism, can be used for other children too. Majority of parents worry about their child's behaviour and attitude in their homes. At the same time they behave normally or without showing any tantrums or any other abnormality in the school. My Sweet Home is an answer to these problems. Here a live atmosphere resembling to a typical house is provided with. Here they have bedroom, toilets, Library, Kitchen, drawing room etc where training is provided to make them conversant with each activities as is required in that group. Since its launch, the feedback received are encouraging

ii. School activities in 2016-17

- a. 2016-17 academic year started with a 'Pravesanolsavam' on 1<sup>st</sup> June 2016. The function was inaugurated by Shri. M Swaraj MLA. On the day, Shri. Prakash P P, Vice President of Malayala Manorama launched the Chappathi making unit for the vocational training.
- b. Important days and their observations
  - i. World Environmental Day was observed on 5<sup>th</sup> June 2016. Part of the celebration, saplings of various trees were planted at the school premises as well as on the road side from Puthiyakavu to Kureekkad.
  - ii. International Day for reading was observed as Vayanavaram. Reading competitions were held for children, staff and parents.
  - iii. Independence day was celebrated with the children on 15<sup>th</sup> August 2016. Shri. P R Mahadevan, Secretary of Adarsh hoisted national flag and distributed sweets to all the children, parents and staff present.
  - iv. Teachers Day was observed at the school on 5<sup>th</sup> September 2016. On the day the entire assembly activities were managed by the parents for the teachers.

- v. Children's Day was observed on 14<sup>th</sup> November 2017. Part of the celebration, children of Adarsh attended the function organized by Centre for Empowerment and Enrichment at Fine Arts Hall which was inaugurated by Honorable Governor of Kerala Shri. P Sadasivam. In Adarsh Children's day celebration was filled with a week long programmes. That included exhibition of old nostalgic products like Olappeppi, Olappanthu, Kattadietc, Painting competitions etc. Master Gourav Menon, Child Cine Actor, Shri Sreejith IPS, Ernakulam Range IG, Shri Badusha well known Cartoonist et al were the chief guests of these programmes.
  - vi. World Disability Day was on 3<sup>rd</sup> December. As usual Adarsh started a new Sensory Integration Therapy room for the children. It was inaugurated by Shri H Moahammed Y Safirulla IAS in the presence of Shri C V Igantius DGM of HDFC Ravipuram. (Details available in the earlier paragraphs)
  - vii. International Day for Down syndrome was celebrated on 21<sup>st</sup> March 2017 by the children with Down syndrome of Adarsh. The day was filled with cultural programmes of the children from that unit.
  - viii. Autism Awareness day was observed on 2<sup>nd</sup> April 2017. Part of the celebration, children from Autism unit conducted a food court in Adarsh. All the food products sold at the venue were prepared by the children themselves with minimal support from their parents and teachers. They also presented different cultural programmes at Sunrise Hospital.
- c. Festivals and celebrations
- i. Ramadan was on 12<sup>th</sup> July 2016. The day was celebrated with cultural programmes by the children, their parents and staff members
  - ii. Ramayana Month was observed on 29<sup>th</sup> July by the musical concert by the children of Adarsh. All the children performed well and got wide range of appreciation.

- iii. Onam 2016 was very colourful as usual. The celebrations started with Athamchamayam at Tripunithura. As part of the celebration, children of Adarsh presented a Comedy Skit at Tripunithura Municipal Auditorium (Layam Koothambalam). Onam Celebration was organized on 9<sup>th</sup> September 2016. Shri Saju Navodaya (Pashaanam Shaji) was the chief guest of the day. Shri Shivdas B Menon, MD of Sterling Group of Companies was also at the function along with Shri K P Padmakumar and P R Mahadevan Chairman and Secretary of Adarsh Charitable Trust respectively.
- iv. Christmas celebration was on 23<sup>rd</sup> December 2016. The Chief Guests of the function were Padmashree G Shankar, renowned Architect, and cine actors like Ms. Neena Kururp and Shri Anoop Chandran. Various cultural programmes of the children were organized on the day.
- d. Part of SWACHH BHARAT campaign children, their parents, and the staff members cleaned the premises of Adarsh Charitable Trust.
- e. 6<sup>th</sup> Family Meet of Home Based Rehabilitation programme was organized on 8<sup>th</sup> October 2016. Around 40 children and their family members attended the function. Earlier the day was inaugurated by Ms. Ancy Johnson from BPCL. Awareness programmes for the children, psychological evaluation, dental consultation etc were organized for the children on the day. Parents shared their experiences.
- f. TCS Cochin, their social service team donated study items and stationery items for the children for the 8<sup>th</sup> consecutive year. Thanks to all the members of the team from TCS.
- g. Department of Health and Hygiene from the Health Ministry conducted an awareness class on menstrual hygiene for the parents and teachers.
- h. Federal Bank Thiruvamkulam Branch donated Rs 50000 at a function organized in the school. The amount was donated to procure therapy and teaching materials for the children of Adarsh.



- i. SNDP Higher Secondary School Udayamperoor part of their NALLAPADAM project raised Rs.50000 as the rehabilitation expenses of 25 children of Adarsh Charitable Trust. The amount was handed over to Shri. P R Mahadevan by Shri Vellappally Natesan at a function organised at SNDP school. Trust appreciated the efforts of all the students and teachers of SNDP HSS especially their Principal Shri Babu.
- j. Important visitors of the year
  - i. First major visit was by the members of Rotary Club of Cochin Land End. The visit was arranged by Shri Halim one of the benefactors of Adarsh. Around 6 members from the unit visited the centre and arranged a feast for the children of Adarsh.
  - ii. Part of the cultural exchange programmes students from St Paul's School visited Adarsh and interacted with the children.
  - iii. Largest individual benefactor of Adarsh Shri N Krishnan from Mumbai visited Adarsh and observed all the activities of Adarsh.
  - iv. Founder President of Care and Share USA, Shri Tony Devassy visited Adarsh and observed all the activities.
  - v. Dr Ramnarayan a Neuro Surgeon from Chennai visited Adarsh and talked to our teachers and parents about a new surgical method Baclofen Pump.
  - vi. Ms. Ancy Johnson and 27 Executive Trainees from BPCL visited Adarsh and Home Based Rehabilitation programme to understand the nature of activities of Adarsh.
  - vii. Children from Euro Kids Chottanikkara visited Adarsh and shared and interacted with the children of Adarsh. Later children of Adarsh visited Euro Kids also.
  - viii. Similarly children from Global Public School Chottanikkara visited Adarsh and shared their experience with the children of Adarsh. Our children when visited Global School, performed namely John Thomas played keyboard, Sarath Mohan sang song, EldhoseKuriakose with his dance and mimicry and received a loud round of applause.
- k. Enjoyment and Entertainment

- i. Sreeragam Music Club Tripunithura organized a Ganamela at Adarsh for the children of Adarsh. Singer of Adarsh Shri Sarath Mohan also sang. All the children enjoyed the music really well.
  - ii. Children were taken to movies like Pulimurugan, Thoppil Joppan etc
  - iii. A One day Picnic was organized for the children to Shri Halim's house at Eloor, Tripunithura. The house was built near a lake and children really enjoyed the visit.
  - iv. Staff members went to Ezhattumugham for a one day picnic
  - v. At the end of the academic year Ever Green music troupe conducted a Nandanpattu for the children. That too was very good and the response was too good that they came once again before the school closed for summer vacation.
- I. Events and Competitions
- i. Annual Day was celebrated on 23<sup>rd</sup> December 2016 along with Christmas Celebration. Architect G Shankar was the chief guest. Along with him Ms. Neena Kururp and Shri Anoop Chandran were also present.
  - ii. PTA day was celebrated on 23<sup>rd</sup> February 2017. As usual it was a befitting function with cultural programmes of staff and parents. Shri K L Mohanavarma, famous writer and Mrs.Thara Kalyan Cine Actress were the chief guests of the day.
  - iii. Children of Adarsh participated in Bhavana Cultural Fest 2017 and captured Runners Up trophy under the physically challenged category.
  - iv. Annual Sports competition for the children of Adarsh was organized in January 2017. Almost all the children participated in the event and all of them received prizes too.
  - v. All Kerala Special School Kalotsvam – Chilamboli 2017 was held in Ernakulam from 3<sup>rd</sup> to 5<sup>th</sup> February 2017 at Bharat Matha College. Children of Adarsh participated in various events like Group Song, Group Dance, Drawing etc
  - vi. Amrita Institute of Arts and Science organized a Quiz competition for the challenged children of Ernakulam District.

Children of Adarsh stood first in Senior and Super Senior categories and second in Junior category.

m. Seminar and Training

- i. Adarsh- CDEIRC organized a one day seminar of ADHD in October 2016. The seminar was conducted at Shivapoorana Auditorium of Kerala Brahmana Sabha Tripunithura. Dr. Bela from Centre for Disability Studies, Trivandrum, Dr. Chalam Das, Psychiatrist, Sun Rise Hospital, Ms. Anu John, Occupational Therapist, Sun Rise Hospital, Dr. Shamsudhin, Dental Surgeon ESI Hospital, Ms. Zhyleshia, Psychologist Renai medicity Ernakulam, Shri. Suman Ravi John et al were the main speakers for the seminar. Around 40 professionals from different field of rehabilitation attended the seminar and the feedback was very good.
- ii. Mrs. Krishnamani a retired teacher from Choice School took a one day session on Positive Thinking for the parents as well as the teachers of Adarsh Special school.
- iii. Part of the World Disability Day, a legal awareness programme was organized jointly by District Legal Service Society and Kanayannur Taluk Legal Service Society. Shri Kausar Edappagath District Judge and Chairman of KTLSS talked to the parents. Along with him Shri. Mohith Secretary of DLSA also talked.
- iv. In February 2017, from 13<sup>th</sup> to 24<sup>th</sup> for a period of 2 weeks, 2 Occupational Therapists from US visited Adarsh and examined children of Adarsh and trained all the Occupational Therapists and teachers of Adarsh. On 25<sup>th</sup> February 2017, a public seminar was organized for the professionals working outside in the field of rehabilitation at IMA Hall Ernakulam. 25 professionals attended the seminar. The entire programme was coordinated by Mr. Justin Loveland from US. Being a volunteer, he raised funds for their visit and all their expenses including travel and accommodation. Care and Share US also helped him for the programme.

iii. Parent Teacher Association

PTA as always was helpful for the functioning of the centre. They support the Trust in all its activities both physically as well as financially. The present PTA has 23 members and committee heads by Shri Unnikrishanan Kaloor as its President. Its Secretary is Ms. Sumavally. Treasure of the PTA is Ms Seena Ashok. Their Tenure will end in 2018.

a. Projects on the anvil

i. Technical Upgradation

Efforts are on to make Adarsh a centre of excellence in the field of Rehabilitation. One of the areas to be enhanced is the technical wing of Adarsh Rehabilitation Centre. The centre has a fully equipped Physiotherapy and Occupational therapy unit with advanced equipment and has competent and experienced professionals to help the children. Recently it is found that there some programmes like Virtual Reality programme, Digital Balance Training, EMG biofeedback programme etc are useful and effective for the challenged children. Hence with the help of TCS a Virtual Reality System is planned to be installed at the main rehabilitation centre in the (next) current academic year. Along with that a digital balance trainer and EMG biofeedback system will be provided for the effective rehabilitation of children. It is found that Virtual Reality helps children especially with Autism to improve their coordination and balance. It is also proved that children with Cerebral Palsy can enhance their motor coordination and balance with the system. The advantage of the system is that each child's data can be stored for any research or study purpose.

ii. Vocational Unit

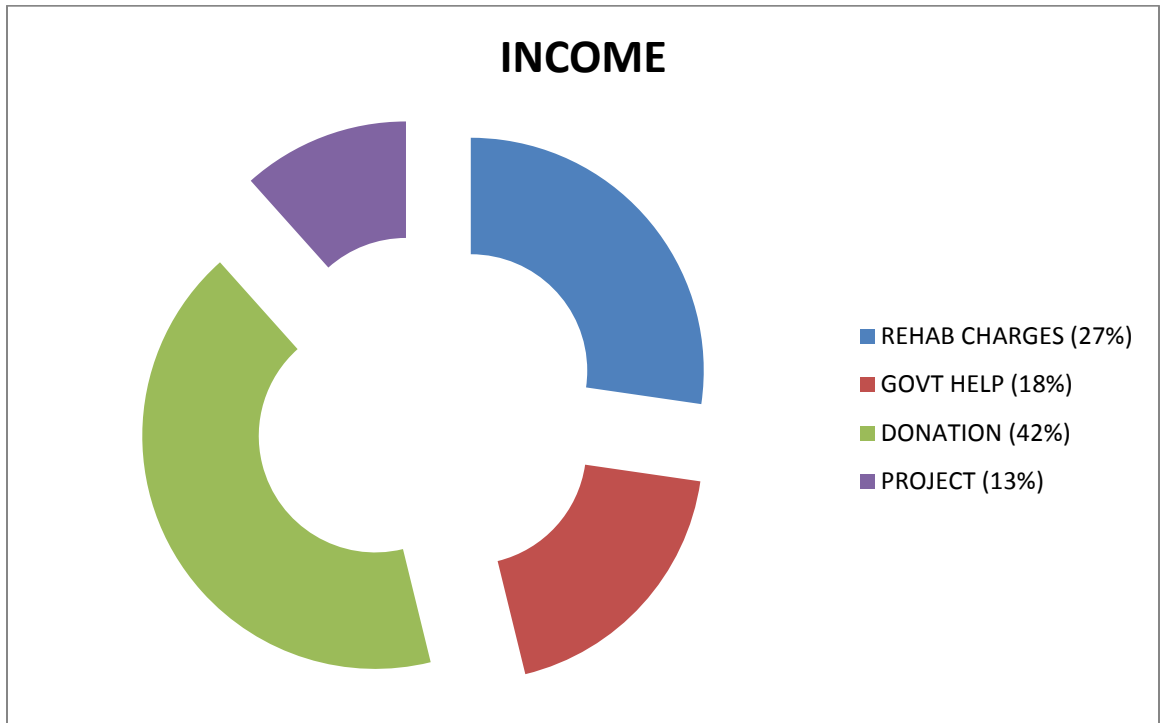
Vocational Rehabilitation is the most discussed topic in the society now. Since the number of children above the age of 18 years is increasing day by day and their rehabilitation is a biggest challenge for both Govt. of Kerala as well as for the NGOs. Important point is that various Governmental and Non-governmental agencies are conducting different skill based self-help programmes for these children to make them independent in their adult life and thus to help them to lead a dignified life even in the absence of their parents. Adarsh has proposed a project

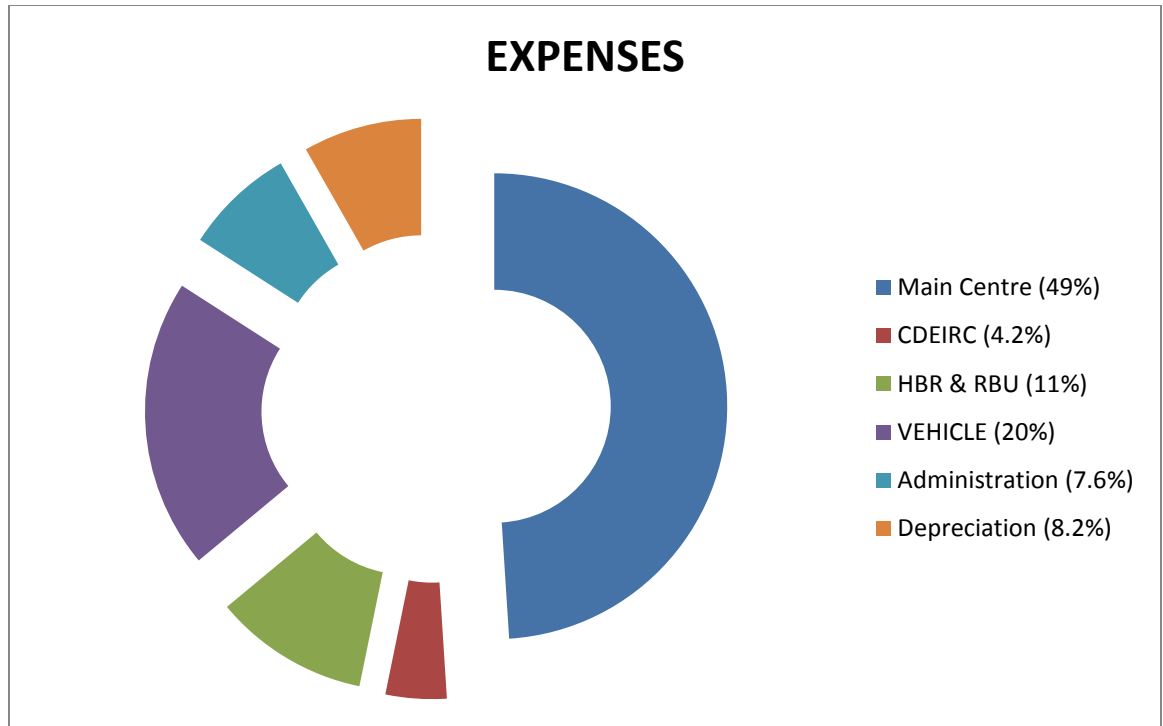
exclusively for such children to Govt. of Kerala. If it is approved, it would be a novel and model programme in the State for such children.

## 5 Financial Report

### a. Basic Financial Analysis

Audited Financial Report for the FY 2016-17 is available for your reference. Annual deficit for the year was Rs. 16 Lakhs which is after the depreciation of Rs.16.24 Lakhs. Hence Trust has no cash loss which is an encouraging point as far as the financial statement is concerned. When we take the income and expenditure statement, almost 85% of the total expenses of the Trust is spent directly for the rehabilitation of children. Rest 15% includes depreciation and administrative expenses. Also in the income side, 27% of income is from the charges levied from the beneficiaries for the rehabilitation expenses. 18% is from the Govt. of Kerala as grant in aid. Rest 55% of total expenses were met using the donations received from individual and corporate organizations. A graphical representation of income and expenses of the Trust for the FY 2016-17 is shown below.





- b. Audited Financial Report  
 i. Income and Expenditure

<b>ABRIDGED INCOME &amp; EXPENDITURE FOR THE YEAR 2016-17</b>			
<b>INCOME</b>	<b>AMOUNT in Rs.</b>	<b>EXPENSES</b>	<b>AMOUNT in Rs.</b>
FROM BENEFICIARIES	5055216	REHABILITATION CENTRE	9856700
FRM GOVT OF KERALA	3497132	CHILD DEVELOPMENT EVALUATION INTERVENTION & RESEARCH CENTRE	852046

COMMUNITY BASED REHABILITATION	1899525	COMMUNITY BASED REHABILITATION	2163610
DONATIONS	5338390	VEHICLE EXPENSES	4049844
GIVE INDIA	605479	ADMINISTRATIVE EXPENSE	1406313
INTEREST FROM BANKS	694397	INTEREST & BANK CHARGE	33005
OTHER INCOME	1432490	MISCELLANEOUS EXPENSES	136864
		DEPRECIATION	1624748
<b>TOTAL</b>	<b>18522629</b>	<b>TOTAL</b>	<b>20123129</b>

ii. Abridged Balance Sheet

<b>Abridged Balance Sheet 2016-17</b>	
<b>PARTICULARS</b>	<b>AMOUNT in Rs</b>
Fixed Assets	18119602
Current Assets	12728607
Corpus Fund	1500000
Current Liabilities	678768

Loans & Advances	220083
Cash & Bank Balance	9171083

c. Major future financial implications

Apart from the increase in salary and allowances for staff members, as of now there will not be any major recurring expenditure for the coming financial year. Existing projects like CDEIRC HBR, RBU etc. are almost self-sufficient. New projects like vocational rehabilitation and technical upgradation of the centre has to be implemented will need financial support from other sources.

d. Accounts of the organization are constructed on Accrual Basis

7. Acknowledgement of donors

a. List of donors and the utilization of their donation

i. HT Parekh Foundation, Mumbai donated Rs.22 Lakhs

HT Parekh Foundation is an initiative of HDFC Ltd. Shri C V Ignatius, DGM and Centre Head of HDFC Ltd, Ravipuram Branch was instrumental in getting such a large contribution from HT Parekh Foundation. Of the total 22 Lakhs received, 15 Lakhs was deposited in the Corpus Fund of the Trust as child month support and balance 7 Lakhs were used for setting up a Sensory Integration Therapy room for children of Adarsh. The room was inaugurated by Shri K Mohammed Y Safirulla, District Collector, Ernakulam. Shri C V Ignatius was a Chief Guest of the function. Around 30 children are being trained using the system.

ii. Bharat Petroleum Corporation Ltd supported over Rs.17 Lakhs

Since June 2010, BPCL has been supporting the Home Based Rehabilitation project of Adarsh. The entire amount was utilized for running the 3 HBR units of the Trust. This in turn helped around 110 challenged children, who are otherwise unattended and kept idle in their homes. These children are helped at their homes with necessary therapy and training on a need based manner. We are always thankful to BPCL

iii. Gamesa Wind Turbines Pvt. Ltd, Chennai donated Rs.5 Lakhs

Shri. Ramesh Kymal, Managing Director of Gamesa Wind Turbines Ltd is the main link for Adarsh. He has been an exemplary friend of Adarsh right



from the day he got introduced to us. During the reporting period the company donated Rs.5 Lakhs towards the annual rehabilitation expenses of 20 poor children.

- iv. Care and Share USA donated just over Rs.5 Lakhs (\$7500)

We are indeed very lucky to have an association with Care and Share US. Last year they raised around \$7500 through a Bicycle Rally from Seattle to Portland(STP). We owe to each and every members of Care and Share who participated in the vent and raised funds for Adarsh. The amount was utilized for the recurring expenditure of the Trust. In addition they supported Mr Justin Loveland a volunteer from US who coordinated the visit of 2 Occupational Therapists from US. Care and Share supported financially for the expenses of the team in India.

- v. Esquire Plastic Pvt Ltd, Kalamassery contributed Rs.4.2 Lakhs (Rs.35000 every month)

There is no word to thank Shri Nelson, Managing Director of Esquire Plastics who has been helping Adarsh from January 2012 onwards with a contribution of Rs.35000 every month. Trust wholeheartedly extends its gratitude to Shri Nelson for his magnanimous help. The amount is highly useful to meet the running expenses of the Trust.

- vi. Parkott Maritima Agencies Pvt. Ltd, Goa donated Rs.2.7 Lakhs

Shri Vinod Parkott is the main person in the company to help Adarsh with their CSR fund. The amount was utilized for procuring Libra- a digital balance training device and a Laptop for the children to improve their motor skills. Shri Vinod Parkott is a regular donor of Adarsh. We thank Shri Vinod Parkott for the great help.

- vii. Smt. Padmaja Alaganandan from Bengaluru donated Rs.3 Lakhs

Smt. Padmaja Aalaganandan and Shri Alaganandan Balaraman are regular benefactors of Adarsh. The 3 Lakhs they donated used for the recurring expenses of the Trust.

- viii. Shri K P Padmakumar is the Chairman of Adarsh Charitable Trust. He helps Adarsh every year apart from bringing other donations to Trust. In 2016-17 he donated Rs.2 Lakhs towards the annual rehabilitation expenses of 9 children.

- ix. Teejan Foods Pvt Ltd donated Rs.1.4 Lakhs  
They have been helping Adarsh for the last 10 years. Started with 4000 a month, now donate Rs.16000 a month. We thank Shri Simon John for extending this help to Adarsh.
- x. Shri Jayakumar Bhaskaran, USA donated Rs.1.5 Lakhs.  
Being a regular well-wisher of Adarsh, he is very much interested in upgrading the technical as well as training standard of Adarsh. His donation was mainly utilized for the annual rehabilitation expenditure of 5 children and setting up a cake making unit in the vocational unit of Adarsh.
- xi. Muthoot M George Foundation extended Rs. 1,20,000  
This charity foundation of Muthoot Finance is a regular source of help for Adarsh for the last 5 years. They contribute Rs.10000 every month. This amount too uses for meeting the running expenses of the Trust.
- xii. Shri Narayanan Sankaran, USA donated Rs.1 Lakh  
The amount was utilized for the annual rehabilitation expenditure of 5 challenged children of Adarsh. He too had helped Adarsh in the past.
- xiii. P N Narayanan, as usual donated Rs.60000 towards medical assistance for the children. He has been doing this help for the last several years. He deserves special appreciation for his regular and generous support.
- xiv. Smt B Sathi, SShri A K Halim, Abdul Hamid et al are also in the list of regular donors of Adarsh who donated Rs.50000 each last year.

The names mentioned above only are a few among a large number of donors. We are indebted to all of our benefactors for their help and are looking forward to getting the same in future too. One thing we can assure all of our benefactors is that each and every single pie will be used very judiciously and used only for the welfare of the challenged children of Adarsh.

#### 8. Some of the prominent guests of Adarsh during 2016-17 and their comments

##### a. "A satisfying experience"

– Shri P Parakash, Vice President, Materials, MalayalaManorama on 01/06/2016

- b. "Excellent work! Proud to see the work that Adarsh is doing and the notable progress in each unit. Keep it up."
  - Shri N Krishnan, Mumbai on 20/06/2016
  
- c. "Excellent institution, well run and well managed".
  - Shri Tony Devassy, Founder President, Care and Share, USA on 04/07/2016
  
- d. "I am deeply moved by the spirit of service of the ADARSH staff and the devotion and love of the parents. ADARSH should focus public attention on the plight of families that have differently abled children who today have to shoulder all the burden. I am glad that members of public are supporting ADARSH"
  - Shri C Balagopal IAS, Trivandrum On 17/08/2016
  
- e. "Really touched by the activities of Adarsh Trust; especially the kind attention to the minutest details of grooming the children, the kind of empathy, emotional link between the 'Trust' and the children. Definitely "Adarsh Trust' is a unique model in caring for children and to make them capable and to develop them into mainstream activities"
  - Shri Ravi DC, CEO, DC Books on 17/08/2016
  
- f. "Keep up the great job"
  - Shri B Jayakumar – USA on 06/09/2016
  
- g. "A wonderful afternoon with all these people who are perceived as 'lesser mortals'! Indeed they are greater people with the kind of talents and personal care that they get here! Hats off to all there behind these people. All the very best!"
  - Shri S Sreejith IPS, IG of Police Ernakulam on 16/11/2016
  
- h. "Excellent work done staff and Management here. I strongly believe this would be an example for other institute in our State."
  - Shri K Moahammed Y Safirulla, District Collector Ernakulam on 03/12/2016
  
- i. "You are doing a wonderful job. The children are so well taken care of that I found all of them smiling. A very unusual thing I find in this institution."

– Shri K L Mohana Varma, Writer, Ernakulam on 23/02/2017

j. "Had an unplanned visit of institution while on way from Kottayam to Kochi. Deeply appreciate the excellent work being done by the institution. Wish MrMahadevan and his dedicated team to continue the great work for 'abbling' children with special needs".

- Lt.Col. Dube (Retd.), General Manager ALIMCO (GOI) Kanpur on 18/02/2017

## 9. Courtesy

We are thankful to one and all who stood with us in our relentless journey for the rehabilitation of children with challenges. I owe to all the parents of children who supported us all our endeavor for the children. Staff members are the back bone of Adarsh and their selfless and dedicated effort helps Adarsh to grow faster. Courtesy various print and visual media who promoted the activities of Adarsh to create awareness about the programme among the society.

## 10. Conclusion

11. Friends, as has been mentioned above, we have passed through yet another year with full of activities. It has been generally a very satisfying year for all of us. In the service we extent, in our ability to mainstream kids, in reaching out to those very needy kids in remote areas and for the matter in all our activities, we could achieve what we envisaged. For this we are thankful to a large number of people and to the society as a whole. Our deficit of 55 Lakhs was wiped off with the help of so many corporates and individuals. The support we received from staff was something unparalleled. The support from our parents is something which requires special mention. And last not the least the support I received from our Chairman, Vice Chairman, Treasurer, Members of Trustees, our Auditors, Government Agencies especially Chottanikkara Panchayat and from Mr. Aswin is something which is highly motivational and is something driven me forward.

Thank you

P R Mahadevan

Secretary

