



ADARSH CHARITABLE TRUST

X/584-B, Puthiya Road, Opp. Agasthya Ashram,
Kureekad, Ernakulam – 682 305, Kerala

Annual Report Of Adarsh Charitable Trust for the year 2007-08

Dear and esteemed Trustees,

1. I have great pleasure in welcoming you all to this 10th Annual Meeting of the Board of Trustees. This is a very special report as it is being presented soon after the end of 10 years of Adarsh since it was registered as a Charitable Trust on the 23rd of April 1998. As one of the 3 “settlers”, as mentioned in the Trust Deed, and holding the post of Secretary, now re-designated as Secretary General, my memories are varied of the struggles in the beginning stages, the turbulent times we had to go through often for want of resources, and quite often for other reasons and of a sense of pride and happiness at the tremendous progress the institution has made, not merely in numbers but also in the range of its activities. Today, we have reached a stage and have acquired a status, of which all of us can be proud. I take this opportunity to thank all of you for all the support, guidance and wise counsel that I received all these years. I also request that the same level of support is extended in the coming years too.

1.1. We deeply mourn the demise of Dr.C.S.Balaraman, Founder Director and Shri.Jagannathan, Trustee of Adarsh during the year under reporting

2. Abridged Financials

ABRIDGED BALANCE SHEET FOR THE YEAR 2007 - 08			
PARTICULARS	AMOUNT	PARTICULARS	AMOUNT
Corpus Fund	6773339.00	Fixed Asset	9666306.06
Specific Purpose Fund	2604345.00	Current Assets	9400.00
Current Liabilities	80551.49	Deposits & Advances	101476.00
Reserves & Surplus	1665856.49	Cash & Bank Balance	1446909.92
Unsecured Loan	100000.00		
Total	11224091.98	Total	11224091.98

ABRIDGED INCOME & EXPENDITURE STATEMENT FOR 2007-08		
Year	Income (in lakhs)	Expenditure (in lakhs)
1998-99	1.96	1.77
1999-00	7.74	2.34
2000-01	5.06	4.06
2001-02	12.33	6.25
2002-03	8.02	6.53
2003-04	35.04	10.68
2004-05	16.38	42.08
2005-06	16.46	19.75
2006-07	25.00	32.47
2007-08	30.83	37.28

ABRIDGED INCOME & EXPENDITURE FOR THE YEAR 2007 - 08			
EXPENSES	AMOUNT	INCOME	AMOUNT
Direct Expenses	847119.00	Direct Income	2751371.00
Indirect Expense	1846737.34	Indirect Income	332139.09
Depreciation	1034763.00	Excess of Expenses	645109.25
Total	3728619.34	Total	3728619.34

ABRIDGED RECEIPT AND PAYMENTS FOR THE YEAR 2007 - 08			
OPENING BALANCE	873856.87		
CORPUS FUND	700500.00	DIRECT EXPENSES	847119.00
DONATIONS	1975071.00	INDIRECT EXPENSES	1846737.34
INCOME FROM CAPITAL EXPENSES	1180474.55	CAPITAL EXPENSES	921275.25
OTHER INCOME	332139.09	CASH IN HAND	8267.70
		CASH AT BANK	1438642.22
Total	5062041.51	Total	5062041.51

3. Salary & Benefits of the NGO head, the highest paid staff member and the lowest paid staff member

Head of the organization: (including honorarium)	Rs. ZERO per month
Highest paid Full Time regular staff:	Rs. 6248 per month
Lowest paid Full Time regular staff:	Rs. 1100 per month

4. Name of the Board Members and their position on the board

NO.	NAME	Position on the Board
1	K.Neelakantan	Chairman
2	K.P.Padmakumar	Vice Chairman (Fin. & Admin.)
3	Dr.Abraham.K.Paul	Vice Chairman (Tech.)
4	P.R.Mahadevan	Secretary General
5	M.A.Mohammed Ali	Member
6	P.N.Narayanan	Member
7	Pamela Anna Mathew	Member
8	Shahal H.Musaliar	Member
9	V.Sathyanarayan	Member

10	V.Surendran	Member
11	Suresh Gopi	Member

5. All remunerations and re-imbursements to Board Members

NO.	NAME	Gross Remuneration PER ANNUM
1	K.Neelakantan	Zero
2	K.P.Padmakumar	Zero
3	Dr.Abraham.K.Paul	Zero
4	P.R.Mahadevan	Zero
5	M.A.Mohammed Ali	Zero
6	P.N.Narayanan	Zero
7	Pamela Anna Mathew	Zero
8	Shahal H.Musaliar	Zero
9	V.Sathyarayanan	Zero
10	V.Surendran	Zero
11	Suresh Gopi	Zero

6. Decennial Celebrations in April 2008.

6.1. On completion of 10 years and that too, successfully according to our assessment, we had a week long celebration. Though this is strictly not within the year under review, but being very close to it, I feel it would be in order to mention it in this report in some detail. In fact, I have followed this practice at many other places too in this report, as I felt that at this time next year, the matter would have become not so interesting. The Decennial celebrations programme started on the 20th of April at the premises of Adarsh, a day long get together of children, present and past, and their families. Apart from a lunch in which 550 people joined, there were items of song, dance and other variety entertainment programmes. On the following days, there were sports and games for the children and parents, competitions in cultural items, an exhibition of orthotic and assistive devices for persons with any kind of challenge. Items were brought and exhibited by manufacturers from all over India. The idea behind such an exhibition was to bring together doctors & therapists, users and manufacturers, so that newer devices available anywhere in the country become known and available in this part of the country too. Soon, we hope, this network will become the base for research on more user friendly assistive devices and their widespread availability. On the penultimate day, a public meeting was held at which more than 500 people participated including representatives of the people and leaders of society. The celebrations concluded with a "Ganamela" (musical performance by Shri. G.Venugopal and 3 other well known play back singers of Kerala.) A widespread complaint when the President of India visited our institution, a rare honour indeed was that we did not associate many people, particularly representatives of the people. We could not help it then as we had to abide by the protocol regulations. We made up for that by associating a large number of people from all walks of life, representatives of the people, from the educational, cultural and medical fields, and most importantly our well wishers who stood by us at all times.

6.2. Through these programmes, we feel we were able to

i) reward suitably the outstanding performance of some of our staff. 3 Teachers & Head of our CBR group were conferred the "Adarsh Visishta Seva" Medal at the public function.

From the 1st of April 08, the salary scales were revised upwards, raising the pay scales by an average of 30% and introducing 2 additional grades to accommodate administrative cadres.

- ii) spread awareness about the problem of disability in children ,
 - a) its magnitude and nature,
 - b) that the severity of the challenges which children face can be considerably reduced , if identified early and attended to scientifically
 - c) that rehabilitation has to be comprehensive involving medical professionals, therapists, educators and the members of the immediate families.

Wide coverage was given to our institution and its activities in the press and visual media with exposure to many of our staff associated with these activities unlike in the past.

- iii) Generate funds over Rs. 30 lakhs

I thank each one of you for your cooperation in all these ventures.

7. Growth of the institution-numbers

7.1. I mentioned earlier about our growth in numbers. The following figures bring out the position:

No. of children	July 2007	April 08	July 08
Cerebral Palsy	94	110	101
Autism	15	17	30
Multiple Disabilities	23	23	33
Others			14

The figures for July 08 have been indicated to show that the trend is continuing. We have had to increase the number of class rooms and 6 additional class rooms have been provided on the second floor and also increase the staff strength.

No. of staff:

Grades	Beginning of June 07	End of April 08
Physiotherapists	04	05
Speech therapist	01	01
Special Educators	03	05
Teachers	10	08
Teacher Assistants	14	14
Helpers from Parent support group	03	06

7.2 Quality of Training.

A matter of great satisfaction to all of us is the fact that during 2007-08, **6 CHILDREN LEFT US TO JOIN MAINSTREAM SCHOOLS, A REAL TESTIMONIAL TO THE EFFICACY OF OUR TRAINING METHODS.**

We are aware that these children will continue to need our help for therapy and may be even remedial education. Through APOSA (Association of Parents of Old Students of Adarsh)

we have been trying to impress on the parents the need to utilize our facilities to a greater extent. Some children are coming for physiotherapy once a week. We can and should do more. Our efforts will be in that direction.

7.3 Steps taken to improve knowledge level and the quality of training:

- i) An additional Physiotherapist with a Master's degree has been taken in as a consultant. He visits the school once a week and assesses all children seeking admission and also reviews the progress of others.
- ii) Music therapy classes inaugurated on 28/01/08. Music equipments were donated by Centurion Bank. Just a beginning has been made. Further study has to be made. Dr. Srivalsan J Menon, a well known classical vocalist and Dr. Reji Paul, Neurologist, Sunrise hospital have agreed to assist in scientifically studying the effect of music on children with challenges.
- iii) Drawing classes started from June 2007 and over 30 children attend these classes twice a week.
- iii) With the help of 5 computers donated by TCS, proper computer classes have started from 15/02/08. Some modifications have been carried out, to facilitate operation of the mouse by foot as well to enable a child to get at the key board with the help of a sensor pasted on the forehead. Computers have opened a vast area of seemingly unlimited potential. If we are able to tap this potential, even to a small extent, we can help a number of children to find avenues for development, notwithstanding their problems.
- iv) An Autism workshop entitled **“Autism- Healing through Drama”** was conducted in the Auditorium of Sunrise hospital on 19th & 20th of August 07 by Dr. Parasuram Ramamurthy, a member of the faculty of Department of Performing Arts, Madurai Kamaraj University. Apart from our children, parents and teachers, 27 children and their parents/grand parent attended the sessions.
- v) With the help of the authorities of the Rajiv Gandhi indoor stadium, about 15 of our children are regularly attending swimming sessions once a week from November 07. Swimming has been recognized as a very good exercise for muscles and good for CP children.
- vi) Our Principal attended a 4 day seminar in NIMH, Secunderabad in October 2007 along with a special educator.
- vi) 3 Physiotherapists attended a 2 day workshop in NIMHANS, Bengalooru in November 2007
- vii) “Mind & Soul”- A one day workshop was held at Adarsh on 21/01/2008 at which 70 teachers and 120 parents from different schools participated. The sessions were handled by Shri. M.S.Menon, a Management consultant - **“Emotional Intelligence”**
Dr. Prakash Chandran, Clinical Psychologist - **“Coping Strategy”**
- viii) It is a matter of pride for us that through the EDUSAT system, 2 of our teachers, Ms. Vanaja Ramesh and Manjula Jayakumar were asked to take classes for teachers in 7 other special schools in September 07.

8. Academic sessions.

It has to be accepted that all children with challenges cannot cope with the rigours of the traditional academic system of our country. The open school system has been designed to cater, among others, for children with challenges. Right from 2005, we started training our children in this system. Today, we have 77 children studying under this system in classes LKG to 8. I am happy to inform the members that adarsh has been accredited as an agency

for conducting examinations at all levels. We recently(10/03/2008 to 19/03/2008) conducted such an examination for 2nd , 4th and 7th standards, at which 36 students from different schools appeared, under the supervision of teachers from other schools as required by the NIOS. It is a matter of special gratification that even children with Autism are able to attend academic sessions. There are 2 such children.

8.1 Extra Curricular Activities.

During 2007-08 too, our children continued to take part in various activities outside the school with success and a lot of enthusiasm and enjoyment for themselves. Some of the important events were:

- i) Quiz competition for children of special schools on 11/08 at Vinayaka Auditorium. 6 schools participated. Adarsh got the 1st & 2nd prizes in juniors and seniors categories respectively.
- ii) Teachers' Day observed at Adarsh on 05/09/07, with Prof M.K.Sanu as the Chief Guest. Ona Sadya and cultural programmes were arranged by students of NTTF.
- iii) 10 children and 2 teachers participated in the Navy Week celebrations.
- iv) In pursuance of a decision to observe 17th of December as School Day, on that day a cultural programme was put up by our children, parents and staff.
- iv) Our children took part in a cultural programme "Bhavana" organised by Rotary International, at Kochi on 12/01/08 and were declared the runner up team.
- v) DC Books organised a colouring competition on 04/02/08 on Marine Drive. Some of our children participated in this too.

8.2. A challenged child has also the same emotions and feelings like us and respecting these and unearthing their talents and helping in developing them continue to be our goal. All these activities are aimed towards that.

9. Community Based Rehabilitation Projects.

This group under the leadership of Shri Aswany Kumar has been active as in the past years.

9.1 Help in setting up new special schools.

Special schools were set up at the following places with the active help and technical support of our CBR group:

Place	Date of opening	No of children	Remarks.
Little Flower School Udayamperoor	14/11/07	5	A separate section for children with special needs
CDEIRC	03/12/07		A special centre for evaluation of disabilities , also attending to children with learning problems, currently 7 & speech therapy 7
NKM Charitable Trust special school, Kallettunkara,	01/01/08	17	17 children with CP

Technical Support to schools already existing

KIDS Special school, Kannadi, Palakkad	Feb 08	8
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9.2. Risk Baby Unit continued its work in 3 hospitals, with infants born with special needs. These babies need, not merely initial assessment but continuous follow up .In earlier days, the response was not encouraging. The follow up was only 50%. Now the situation has changed. The percentage of follow up is now 85-90, a very encouraging trend. We have been able to examine over 1200 babies so far. We are happy that over 20 babies have shown remarkable improvements with the help of this.

9.3. The Echo Check unit continued their work, in 6 hospitals .It could examine 540 children in 2007-08, out of which only 4 children were detected with problems. They have all been referred to appropriate centers for remedial measures.

9.4 Dr. Deepak Sharan Orthopaedic Surgeon, Bengalooru continues his visits. He visited Kochi 3 times and operated on 10 children. The progress of the children is on expected lines.

10. Vocational Training.

There are children who cannot progress much in academics, even with the exemptions allowed under the NIOS. But many of them are able to do some work, may be of a repetitive mechanical nature. It is to develop these skills that normally all special schools have facilities for skills development of children. We have not made much progress in this area even in the year under review. However, in June 08, we have recruited a teacher with adequate experience in this area. I hope that with her help we will be able to identify children with special skills, look after their interests with extra care and those of others too, to some extent.

The school bag making unit and paper bag making unit are limping along.

11. Financial position.

As detailed accounts are submitted separately, I do not want to elaborate the position. I would, however like to highlight that at the end of June 08, our CORPUS FUND STANDS AT OVER Rs. 24 LAKHS , deposited in 6 different banks, all as FD's with the facility of premature partial withdrawal

This sudden "affluence" has become possible mainly due to the liberal donations from the following people

Shri.C.K.Menon, our Patron	Rs. 5 lakhs
Shri N.Krishnan, Mumbai	Rs. 5 lakhs
Capt. S Gopalakrishnan	Rs. 1 lakh
M/S Countach, Dubai	Rs. 5 lakhs
M/S Vestas India, Chennai	Rs. 1 lakh
Ms. Vinayaka Homes	Rs. 1 lakh
M/s Maruti Homes	Rs. 1 lakh
Valsan Memorial School,Kadavanthra	Rs. 1 lakh

Would members like to suggest a higher target for the current year? Can we also have some suggestions on to how to achieve the new target?

12. For the current year, we have thought of 3 important projects.

- i) A centre for attending to children with learning disorders. We have already started this with a full time special educator and part time speech therapist. 7 children are attending the classes. These are children attending normal schools but who need special attention.
- ii) A school for children with Down syndrome, is being started on 7th July.
- iii) A home based training and therapy programme for about 15 children from three panchayats adjacent to Adarsh, children who cannot attend any school, due to financial or logistic reasons. This has already started in a small way but we hope to have about 15 children covered before the end of July.

It will be our effort to see that these 3 projects take off soon, do well and get settled in the course of the year. Of course, these will be in addition to our ongoing Community Based rehabilitation Project under which, we intend helping in setting up as many schools as possible during 2008-2009.

13. Distribution of staff according to salary levels and gender break up

Slab of gross salary (in Rs) plus benefits paid to staff (per month)	Male staff	Female staff	Total staff
Less than 5000	3	46	49
5,000 – 10,000	1	3	4
10,000 – 25,000			
25,000 – 50,000			
50,000 – 1,00,000			
Greater than 1,00,000			

14. Total cost of international & national travel by all personnel (including volunteers)

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

15. The accounts of our organization are constructed on **Accrual Basis**

16. Conclusion.

I would like to conclude expressing my grateful thanks to all of you and expressing the hope that we have many more years of fruitful service ahead.

30/07/2008

P. R.Mahadevan
Secretary General