

**Secretary General's Annual Report of Adarsh Charitable Trust for the year  
2008-09**

1. I have pleasure to present this report for the 11th year in succession, i.e. from the starting of Adarsh Charitable Trust. I am aware that it is a rare privilege, which very few people are given to enjoy. It is a double privilege for me that this period happens to cover a period of tremendous growth of Adarsh, both quantitatively and qualitatively. The quantitative growth can be gauged from the increase in the number of children getting trained, and correspondingly in the number of teachers and therapists employed for this training, in the growth of assets of the organization by way of a beautiful and functionally designed building, a lift with a backup generator, the therapy equipments procured and used, in the number of vans the Trust owns today etc. The qualitative improvement is reflected in the much larger spread of the Trust's activities and in the much larger range of its activities. The details are mentioned in subsequent relevant paragraphs. For this growth of Adarsh, so many individuals, corporate bodies, technical professionals and our own staff and parents of many children have contributed substantially. At this stage, I would limit myself to referring to the invaluable contribution of Shri CK Menon, who has been our biggest benefactor, having donated over Rs. 60 lakhs and whose record may, therefore be difficult for anybody else to even equal. It is a matter of great joy for all of us that Shri. Menon was conferred the honour of "Padmashri" by the President of India in March this year. I am grateful to the Trustees who have reposed full confidence in me and cooperated in all my efforts, without which I could not have achieved anything.

2. Abridged Financials.

<b>ABRIDGED BALANCE SHEET FOR THE YEAR 2008 - 09</b>			
<b>PARTICULARS</b>	<b>AMOUNT</b>	<b>PARTICULARS</b>	<b>AMOUNT</b>
Corpus Fund	9505840	Fixed Asset	9565433
Specific Purpose Fund	2836135	Current Assets	439300
Current Liabilities	641480	Deposits & Advances	106287
Reserves & Surplus	322783	Cash & Bank Balance	3295218
Unsecured Loan	100000.00		
<b>Total</b>	<b>13406238</b>	<b>Total</b>	<b>13406238</b>

<b>ABRIDGED INCOME &amp; EXPENDITURE STATEMENT FOR 2008-09</b>		
<b>Year</b>	<b>Income (in lakhs)</b>	<b>Expenditure (in lakhs)</b>
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
<b>2008-09</b>	<b>45.01</b>	<b>58.45</b>

<b>ABRIDGED INCOME &amp; EXPENDITURE FOR THE YEAR 2008 - 09</b>			
<b>EXPENSES</b>	<b>AMOUNT</b>	<b>INCOME</b>	<b>AMOUNT</b>
Direct Expenses	1160111	Direct Income	3658865
Indirect Expense	3618861	Indirect Income	842608
Depreciation	1065574	<b>Excess of Expenses</b>	<b>1343073</b>
<b>Total</b>	<b>5844546</b>	<b>Total</b>	<b>4501473</b>

<b>ABRIDGED RECEIPT AND PAYMENTS FOR THE YEAR 2008 - 09</b>			
OPENING BALANCE	774890		
CORPUS FUND	2732501	DIRECT EXPENSES	1160111
DONATIONS	2507515	INDIRECT EXPENSES	3618861
INCOME FROM CAPITAL EXPENSES	1403140	CAPITAL EXPENSES	964702
OTHER INCOME	842607	CASH IN HAND	10739
		CASH AT BANK	3284479

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. 12150 per month
Lowest paid Full Time regular staff:	Rs. 1620 per month

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

<b>NO.</b>	<b>NAME</b>	<b>Position on the Board</b>
<b>1</b>	K.Neelakantan	Chairman
<b>2</b>	K.P.Padmakumar	Vice Chairman (Fin. & Admin.)
<b>3</b>	Dr.Abraham.K.Paul	Vice Chairman (Tech.)
<b>4</b>	P.R.Mahadevan	Secretary General
<b>5</b>	M.A.Mohammed Ali	Member
<b>6</b>	P.N.Narayanan	Member
<b>7</b>	Pamela Anna Mathew	Member
<b>8</b>	Shahal H.Musaliar	Member
<b>9</b>	V.Sathyanarayan	Member
<b>10</b>	A.S.Shenoy	Member
<b>11</b>	Suresh Gopi	Member

5. All remunerations and re-imbursements to Board Members

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

6.1 Abridged Financials of Special School

<b>Special School for</b>	<b>Income (in Rs)</b>	<b>Expenditure (in Rs)</b>	<b>Deficit (in Rs)</b>
○ <b>Cerebral Palsy</b>	4,35,850	11,67,987	616427
○ <b>Autism</b>	1,65,700	3,05,449	101179
○ <b>Down syndrome &amp; Learning Disorders under CDEIRC</b>	2,78,600	3,49,847	71247

<b>Community Based Rehabilitation Projects</b>	1,21,500	2,19,574	98,074
○ <b>General</b>		93,760	
○ <b>RBU*</b>	64,000	82,194	18,194
○ <b>NBHU*</b>	57,500	33,120	24,380
○ <b>HBR*</b>	600	10,500	9,900
<b>Administration (including vehicle)</b>	Donation Mentioned Below	27,32,344	

RBU\*-Risk Baby Unit, NBHU\*-New Born Hearing Unit, HBR\*-Home Based Rehabilitation

**Note:** This deficit is being met, mainly out of donations, sponsorship by Local self Govt. Bodies and Give India Foundation, Mumbai as follows:

➤ <b>Donations</b>	<b>9,61,979</b>
➤ <b>Give India Foundation</b>	<b>3,02,060</b>
➤ <b>Local Self Govt. Bodies</b>	<b>10,41,726 *</b>
➤ <b>Other income</b>	<b>6,64,279</b>

\* Out of this, an amount of Rs. 101140 has been paid back to the children.

## 2.2 VEHICLES

<b>VEHICLES</b>	<b>Income as Fee (in Rs.)</b>	<b>Expenditure (in Rs.)</b>	<b>Deficit (in Rs.)</b>
<b>OWN</b>	3,69,500	7,30,482	3,60,982
<b>HIRED</b>	1,38,600	3,34,792	1,96,192

## 7. Growth of the Institution

7.1 The number of children getting trained in Adarsh was as follows:

<b>No. of children</b>	<b>Beginning of June 08</b>	<b>End of April 2009</b>	<b>Beginning of June 09</b>
<b>Cerebral Palsy</b>	115	111	98
<b>Autism</b>	30	39	49
<b>Multiple Disabilities</b>	33	33	34
<b>TOTAL</b>	178	183	181

**Note:** The steady increase in the number of children affected by Autism may please be noted. This trend continues this year too.

## **7.2 Students training**

We provide very advanced training programme for children with Cerebral Palsy and Autism. Intensive Physiotherapy with the help of 3 regular Physiotherapist and 2 consultants, Occupational therapy with the help of trained mothers, Early Developmental Therapy, Speech Therapy, Behavior Therapy with the help of a Clinical Psychologist, Music Therapy, Computer Education, Hydrotherapy are some of the important training programmes in Adarsh.

Recently, we have procured two new equipments for children with Cerebral Palsy: EMG Biofeedback and Hippotherapy (Thanks to the munificence of Cognizant foundation)

## **7.3 Staff**

<b>Category</b>	<b>Beginning of June 08</b>	<b>End of April 09</b>
<b>Physiotherapists</b>	06	08
<b>Speech therapists</b>	01	02
<b>Clinical Psychologist</b>	01	01
<b>Special Educators</b>	06	10
<b>Teachers</b>	08	12
<b>Teacher Assistants</b>	14	17
<b>Helpers from Parent support group</b>	07	13

## **7.4 Staff Training**

As in the past, this year also we sent our staff for different training programmes. 3 day training at Mathrumandir for children with Down syndrome (2 staff), 1 week training at Vidyasagar, Chennai (1 staff), 2 day workshop on Autism at Hyderabad in November (2 staff)

Several seminars were conducted in the school for staff to motivate them.

## **7.5 Academic training**

Last year, from LKG to Std-VIII, a total of 87 children appeared for examination under A, B & C levels. Of these, only 20 were from Adarsh and the rest from 5 other schools. We took help from the Little Flower English Medium School to provide scribes for our children.

## **7.6 Extra Curricular activities**

The Annual Sports and cultural programmes were conducted as usual. Our children also participated in various competition held outside Adarsh. We celebrated important occasions like Independence Day, Republic Day, Onam, X-Mas, etc.

**8. Community Based Rehabilitation projects.** The major activities under this group are:

- Home Based Rehabilitation project.

- Risk Baby Unit
- New Born Hearing Screening &
- Orthopedic Surgical Assistance

**8.1 Home Based Rehabilitation scheme**, which was introduced this year is going on smoothly. The scheme is for those children whose financial or logistic conditions do not permit them to avail of even the services of our special schools. The unit started functioning in November 2008 with 4 children; now we train over 9 children through this project. 3 more will be added to this group soon.

**8.2 Risk Baby Unit-** At the beginning of June 2008, we were providing this service to 4 hospitals, now it is only in 2 major hospitals. We could examine 529 new born babies, of which 287 came for follow up.

**4.3 New Born hearing check unit:** We have been extending this service to 6 hospitals. During the year 719 new borns were checked with 40 children being brought for follow up.

**8.3 Orthopaedic Surgical assistance-** Dr. Deepak Sharan from Bangalore continues to visit Kochi. During 3 visits, of the 32 cases he examined, surgery was performed on 16. Those operated on are being given intensive physiotherapy in our school and are progressing on anticipated lines.

**4.4 New Projects & Technical support:** No new special school has come up during last year but we could extend technical support to one special school at Koothattukulam (Pratheeksha Bhavan)

## **9. Child Developmental Evaluation Intervention and Research Centre (CDEIRC).**

A special mention has to be made about this centre which started functioning from a rented building from 03/12/2007. This too has grown quite well and the response from the parents of the children getting attended to here (those affected by Downs Syndrome and Learning Problems) is encouraging us to go forward in anticipation of a further increase in number of children. That is what prompted us to look for a larger accommodation. I feel we were lucky to get these premises at a lower rent with capacity to accommodate more children.

**9.1** Two doctors are visiting the centre regularly- a Psychiatrist ( Once a week) and a Developmental Pediatrician ( average 8 visits per month)

**9.2** Evaluation by a Clinical Psychologist–Total no. of children evaluated: 377 of which 178 came for follow up.

**9.3 Learning Disorders.** At the beginning of June 2008 : 11  
At the end of May 2009 : 26

**9.4 Down Syndrome:** Started in July 2008 with 5 children, now the strength is 15. A Physiotherapist and special educators for the older children, attend to them

**9.5 Other facilities:** We provided IQ assessment, Assessment of Learning Disorder and counseling, for 41, 48 and 6 children/parents respectively.

## **10. Major Events**

### **10.1 A word about our Decennial Celebration 2008**

Though in my last report, I had covered extensively the details of the Decennial Celebrations, for ease of reference, with your permission, I would like to extract the relevant extracts from last year's report:

"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 20<sup>th</sup> 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".

**10.2.** 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 1<sup>st</sup> 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.”

**10.3** Large inflow of children for Admission- Total 78 new admissions. During the year, there were drop outs too and that explains the absence of a corresponding increase in the numbers on roll at the end of the year.

**10.4** Commencement of two new projects- Section for children with Down Syndrome at CDEIRC ( July 7, 2008) and Home Based Rehabilitation project ( November 17, 2008)

**10.5** Another project for adult children was organized on a trial basis, called “**Nammude Veedu**”- for 3 group of children in 3 different months. The idea is to train these children in slightly more independent ways in daily life, something which they may not be getting in the overprotective environment in a normal Indian home. Different teachers and parents were in charge of each camp. The general feeling was that the camps opened up a new area for the children and pointed to areas which they could be trained at home too.

**10.6** Anjan Satheesh, who was a student of Adarsh a few years back, was appointed as our Drawing/Computer teacher. Subsequent to his leaving Adarsh, he passed his SSLC and also got a diploma in computer 3D-Animation from Toonz Academy in Thiruvananthapuram. In the last 6 months that he has been with adarsh, he has made an impact.

**10.7** We could send only one child to normal school this year- Treesa Biju

**10.8** One of our students of APOSA, Divya Dinesan passed SSLC with 93% and also was selected as best outgoing student of her school

## **11. Achievements & Accolades**

**11.1 CK Menon, our Chief Patron got Padmashree award this year.**

**11.2** Our Principal, Smt. Nithya Gopalakrishnan is now a M Phil Degree holder, awarded by the Alagappa University for her thesis on “.....”

**11.3** Adarsh were the runners up in the Bhavana cultural fest organized by Rotary Club of Cochin International

**11.4** Our children won several prizes in Annual Sports meet at Maharajas College ground organized by Lions Club

**11.5** Our students displayed their skills in various items on Kochi FM, in a programme called “**Vidarunna Mottukal**”

**11.6** Our own Adarsh Geetham-prayer song was introduced during the year. This was composed by Shri Vijayakumar, a Manager of Indian Bank and set to tune by our music teacher Shri Arun Kumar.

**11.7** Out of 90 students enrolled under the NIOS syllabus, 87 appeared for examination under A, B & C level. Only 20 of them were from Adarsh and the rest from 5 other schools

## **12. Financial help**

**12.1** Growth of the magnitude pointed out earlier would not have been possible without substantial financial help. A lot of people have helped, the most substantial contributions are mentioned below:

- N.Krishnan- Executive Director, CLSA, Mumbai, Rs. 5 Lakhs



- Unni Bhaskar- Managing Director, Countach, Dubai 2 Lakhs
- Give India- Rs. 3, 020,60/- ( 1<sup>st</sup> April 2008 to 31<sup>st</sup> March 2009)

**12.2** The Decennial Celebrations held in April 2008 , over a period of a week helped us to generate substantial funds, with the result we were able to set apart a sum of Rs. 25 lakhs towards our Corpus fund.

**12.3** In the current year, the following major contributions have been received:

- Think India Foundation, Dallas, Texas, USA (10, 11963 for constructing 5 additional classrooms for children, in May 2009)
- Cognizant Foundation: 2, 78, 422/- for procuring advanced physiotherapy equipments

**12.4** Kerala Govt. has recently sanctioned an amount of Rs.10 Lakhs for procuring equipments. The details, as desired by them have all been provided. It is expected that the amount will become available in a month or two.

### **13. Future Projects.**

#### **13.1 Extension of School Building.**

A couple of years back, we had floated a proposal for constructing 5 additional class rooms. Seeing this proposal, in our website, a charity foundation called “Think India Foundation”, based in Dallas, Texas, USA got in touch with Give India Foundation, Mumbai and has already transferred Rs. 10 lakhs to us for this purpose. We have made a plan to extend the present building at the back, in a 3 storey structure, each floor of about 3000 sq ft. For the present, only the foundation for 3 floors and the ground floor will be there. Also, we have been able to provide for a ramp upto the 1<sup>st</sup> floor, to reduce the use of the lift, a proper kitchen, canteen and a store room as well as a room for the Chairman with a conference hall. Shri PKR Menon, who designed our present building has kindly agreed to oversee this work too. A contractor too has been identified. It is estimated that the provision of the ground floor alone will cost about Rs. 30- 35 lakhs. Shri CK Menon is fully in the picture and has agreed to release funds in installments of Rs 5 lakhs. Trustees are requested to help by mobilizing funds for this major work.

**13.2** As mentioned earlier, the parents of the children who are getting trained at CDEIRC are very happy at the training we are giving. Space constraint is a major problem at the present centre, though its location is ideal from the point of view of accessibility. We were lucky to locate this building, which is much more commodious and has enough room outside to organize a play ground for children, a long felt need. We intend organizing a proper school for children with learning disorders as well as an outdoor play activity centre for smaller children.

**13.3 Adult Rehabilitation project- “Nammude Veedu”.** A very limited experiment , mentione in para 6.5 above, having been successful, we have to consider expansion of this idea into a full fledged “hostel ”type arrangement for longer stretches of time- 5 days every week for 3 or 6 moths. This idea was copied from Spastic Society, Bangalore, where this is the pattern adopted.

14. 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	4	42	46
5,000 - 10,000	0	8	8
10,000 - 25,000	1	0	1
25,000 - 50,000			
50,000 - 1,00,000			
Greater than 1,00,000			

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

1	International Travel	Rs. 0
2	Domestic Travel	Rs. 10138

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

17. In conclusion, I thank each one of you for your cooperation throughout the year.



P.R.MAHADEVAN  
SECRETARY GENERAL

28-11-2009