

Annual Report of the Secretary General of Adarsh Charitable Trust for the year 2009-10

1. 1. I have pleasure to present this report for the 12th year in succession, i.e. from the starting of Adarsh Charitable Trust. I am aware that I have started the previous reports also, more or less, with these words but I cannot help it. This is a rare privilege, which very few people are given to enjoy. Even if I change the wordings here and there, I cannot change the underlying sense and the sentiments. The year under review, again showed 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 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, and a few others, very major and regular contributors. Shri CKMenon has been our biggest benefactor, having donated over Rs. 80 Lakhs and whose record may, therefore be difficult for anybody else to even equal. 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.

1.2 Apart from Shri. CK Menon, some of the others who have contributed significantly are:

- Shri. N.Krishnan, Executive Director, CLSA, Mumbai Rs. 5 Lakhs, taking his total contribution to Rs 25 Lakhs.
- Give India Foundation, Mumbai- They have contributed Rs 2.70 lakhs, in the reporting period alone (April 2009 to March 2010). Right from the time of our enlistment with them in 2006, they have been a regular and dependable source of funds for us. During the reporting period apart from the regular donation which is mentioned earlier, we have received over Rs 10 lakhs from Think India Foundation, Dallas, USA through this Foundation, specifically for putting up an additional 5 class rooms as an extension to our existing building at Kureekad.
- Ms.Anna Joykutty from American Heritage School, Florida continues her selfless effort to help Adarsh. She has collected over a lakh rupees from among her friends this year alone for supporting our cause. The Trust appreciates and thanks her benevolent support.

2. Abridged Financials.

ABRIDGED BALANCE SHEET FOR THE YEAR 2009 - 10			
PARTICULARS	AMOUNT	PARTICULARS	AMOUNT
Fixed Asset	9518129	Corpus Fund	550000
Current Assets	4956388	Current Liabilities	56089
Deposits & Advances	61031	Cash & Bank Balance	4951446
Reserves & Surplus	1071636	Work in Progress	521983
Mutual Fund	1071636	Specific purpose fund	4186732
Total	17078707	Total	17078707

ABRIDGED INCOME & EXPENDITURE STATEMENT FOR 2009-10		
Year	Income (in lakhs)	Expenditure (in lakhs)
1998-99	01.96	01.77
1999-00	07.74	02.34
2000-01	05.06	04.06
2001-02	12.33	06.25
2002-03	08.02	06.53
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
2008-09	45.01	58.45
2009-10	44.50	58.45

ABRIDGED INCOME & EXPENDITURE FOR THE YEAR 2009 - 10			
EXPENSES	AMOUNT	INCOME	AMOUNT
Direct Expenses	3609701	Direct Income	3425309
Indirect Expense	1090429	Indirect Income	1025492
Depreciation	1145091	Excess of Expenses	1394419
Total	5845221	Total	4450802

ABRIDGED RECEIPT AND PAYMENTS FOR THE YEAR 2009 -10			
OPENING BALANCE	704129		
CORPUS FUND	550000	DIRECT EXPENSES	3773809
DONATIONS	1487712	INDIRECT EXPENSES	1092917
INCOME FROM CAPITAL EXPENSES	6563629	CAPITAL EXPENSES	2006467
OTHER INCOME	1038650	CASH IN HAND	1110
		CASH AT BANK	282621

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. 160056 per annum
Lowest paid Full Time regular staff:	Rs. 22543 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
3	P.R.Mahadevan	Secretary General
4	P.I.Gopinath	Member
5	Dr.Mathew Abraham	Member
6	M.A.Mohammed Ali	Member
7	P.N.Narayanan	Member
8	Pamela Anna Mathew	Member
9	Shahal H.Musaliar	Member
10	V.Sathyanarayan	Member
11	A.S.Shenoy	Member

5. All remunerations and re-imburements to Board Members

No.	Name	Gross Remuneration PER ANNUM
1	K.Neelakantan	Zero
2	K.P.Padmakumar	Zero
3	P.R.Mahadevan	Zero

4	P.I.Gopinath	Zero
5	Dr.Mathew Abraham	Zero
6	M.A.Mohammed Ali	Zero
7	P.N.Narayanan	Zero
8	Pamela Anna Mathew	Zero
9	Shahal H.Musaliar	Zero
10	V.Sathyanarayan	Zero
11	A.S.Shenoy	Zero

6. Financial Statement

6.1 Abridged Financials of Special School/Administration (un- audited)

A. Rehabilitation Centre for	Income (in Rs)	Expenditure (in Rs)	Deficit (in Rs)
○ Cerebral Palsy	3,02,750	8,16,459	5,13,709
○ Autism	2,39,750	2,37,190	+2,560
○ Down syndrome & Learning Disorders under CDEIRC	3,85,700	4,49,632	63,932
○ General School Expenses		3,49,257	3,49,257
A.TOTAL	9,28,200	18,52,538	9,24,338
B. Community Based Rehabilitation Projects			
○ General		87,550	87,550
○ RBU*	60,000	72,000	12,000
○ NBHU*	91,160	35,275	+55,885
○ HBR*	1,800	24,800	23,000
B.TOTAL	1,52,960	2,19,625	66,665

C. Administration			
○ Salaries and allowances		5,80,281	5,80,281
○ Consultation fees		1,19,714	1,19,714
○ Others		58,337	58,337
C. TOTAL		7,58,332	7,58,332

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

6.2 VEHICLES

D.VEHICLES	Income from Fees (in Rs.)	Expenditure (in Rs.)	Deficit (in Rs.)
OWN	4,12,800	7,67,127	3,54,327
HIRED	2,11,050	3,86,885	1,75,835
D.TOTAL	6,23,850	11,54,012	5,30,162

Total deficit for the year 2009-10 is Rs.22,79, 497/- (A+B+C+D)

Note: These deficits are being met, mainly from donations, sponsorship by Local self Govt. Bodies and Give India Foundation, the details of which are as follows:

➤ Building Fund Donation	30,11,963
➤ Donations from individual donors	12,37,979
➤ Support from Give India Foundation	2,49,732
➤ Support from Local Self Govt. Bodies	5,49,680*
➤ Income from misc. sources	2,93,932

***Out of this, an amount of Rs.59, 250/-has been paid back to the children.**

7. Growth of the Institution

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

No. of children	End of April 2009	Beginning of June 09	End of April 2010
Cerebral Palsy	111	98	89
Autism	39	49	41

Multiple Disabilities	33	34	58
Down Syndrome	8	10	10
Learning Disability	26	17	29
TOTAL	209	198	227

7.2 Students training

We continue providing very advanced training programme for children with Cerebral Palsy, Autism, Down syndrome and Learning Disorders. Intensive Physiotherapy with the help of 3 regular Physiotherapists and 2 consultants, Occupational therapy with the help of qualified occupational therapist assisted by trained mothers, Early Developmental Therapy, Speech Therapy, Behavior Therapy with the help of a Clinical Psychologist etc. are the major activities under the therapeutic section. Music Therapy, Computer Education, Hydrotherapy are some of the other important training programmes extended in Adarsh.

7.3 Staff

Category	As on 1st June 09	As on 30 th April 10
Physiotherapists	06	08
Speech therapists	03	02
Clinical Psychologist	01	01
Special Educators	10	11
Teachers	12	10
Teacher Assistants	17	16
Helpers from Parent support group	13	15

7.4 Academic training

As a part of comprehensive rehabilitation programme we have been providing academic training to those children who, we feel, are able to pursue the same. During the reporting period, out of 91 children undergoing academic training, from LKG to Class X, 16 appeared for OBE examination including 6 for the Secondary level examination.

*For the first time, 6 students from Adarsh appeared for NIOS secondary level examination. The centre of examination was at Kendriya Vidyalaya, Naval Base, Ernakulam. We place on record our sincere thanks for the efforts taken by Our Ex-Principal and her team of staff for this.

7.5 Extra Curricular activities

- a. A permanent tie up has been made with Dr.Jacob for a weekly Dental check up of our children at his clinic, J & S Dental Care, Thiruvankulam.

- b. Various training cum awareness programme for our staff and parents were held. Some of the important items were, a seminar by Dr.Lissamma Joseph, Senior Gynecologist from EMC on “Puberty in Teenage” (?), a talk by Dr.Jacob on Dental protection, a very interesting session by Mr.Vijay Menon on “Positive Thinking” and a clinical presentation by Dr.Biju Nirmal Jacob on general awareness about physiotherapy.
- c. Our teachers took classes through Edusat sessions on various subjects related to disabilities and its rehabilitation. All those sessions were well appreciated.
- d. This year too, the Onam celebrations ,including a lunch for all the children, teachers and parents and variety entertainment programmes were organized and sponsored by staff and students of NTTF, Mulanthuruthy. We deeply appreciate the efforts of the staff and students of NTTF.
- e. Two students Ms.Kavya and Rosmine of Stella Mary’s College, Chennai organized a one day social programme for our children including a Ganamela by the Idea Star singers Shri.Rahul, Rakesh and Balagopal.
- f. Quiz programmes for the parents were conducted as part of an awareness programme.
- g. Our students and staff took part in the Navy week and coast guard week celebration at the naval base. This was organized by the Indian Navy in the month of December in connection with the World Disability Day and is being organized every year.
- h. CDEIRC celebrated its 2nd Anniversary on 3/12/09. During the occasion various programmes were organized by the Autism Society of Kerala and the Parents-teachers Association of CDEIRC. Two new projects namely the “Neuro Visual Rehabilitation” and “Influence of Music in challenged children- a Pilot study” were launched on that day. Smt.Jayashree Padmakumar kindly donated Rs 50,000/ for setting up and running the Neuro Visual Rehabilitation unit. We are deeply grateful to Smt.Padmakumar.
- i. Dr.Prashant Pillai of Sharaf Hospital, Ernakulam with support of Rotary Club has offered help for the maxillo-facial surgery for the needy children from our school. Initial screening of 5 children for the same is over and the surgery is expected to be performed in the month of June 2010 .While the cost of the surgery for 4 of these children, who are from Adarsh, will be met by the Rotary club of Cochin Mid Town & Saraf Hospital and for the 5th child, the cost will be borne by BPCL-KR.
- j. Adarsh celebrated its Annual day on 17th December 2009 which is the school day. Shri.M.J.Jacob, MLA was our chief guest. Various cultural programmes by our students, parents and staff of Adarsh were also organized during the occasion.
- k. A district level painting competition was conducted by TCS in our centre and our students won the over all trophy. A total of eight special schools participated in the competition.
- l. The Annual Sports and cultural programmes were conducted as usual. Our children were also participated in various competition held outside Adarsh.

We also celebrated important occasions like Independence Day, Republic Day, Onam, Children’s Day, Xmas, in a befitting manner.

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
- Neuro Visual Developmental Therapy

8.1 Home Based Rehabilitation scheme, which was introduced in November 08th 2008 is one of our best project which is continuing smoothly. The scheme was started with the idea of extending our services to a section of the society which till now was unable to avail of the facilities available even in a special school due to lack of awareness, financial difficulties, logistic problems etc. The unit which started with 4 children is now training over 9 children under this project. As reported earlier, under our CBR project we have recently undertaken a project namely “Disability Screening and Early Intervention” for extending the comprehensive rehabilitation programme to four near by Panchayaths Chottanikkara, Thiruvamkulam, Thiruvaniyoor and Vadavucode/Puthencruz.. Starting with an initial survey and a Disability Screening Camp on 14th March 2010 at Amabalamugal Medical Aid Society for a detailed evaluation by a team of specialists from the relevant field, it has been possible to arrange for:

- i. Home Based Training for 21 children.
- ii. Training, including therapy through Anganwadis or health centres-6 children.
- iii. Surgery of different types -8 children.

The project will be implemented by Adarsh Charitable Trust with the financial help from BPCL and National Rural Health Mission (NRHM), Ernakulam unit. Later on, as more experience is gained, some day we may be able to extend the scheme to the whole of District Ernakulam. The extent of the problem and its spread can be gauged from the following figures: Number of children in each Panchayat:

i. Results of Initial Survey:

No.	Name of Panchayat	No. of Anganwadis	No of children screened	No. with disability
1	Puthencruz	27	531	48
2	Thiruvaniyoor	25	395	51
3	Thiruvankulam	22	269	47
4	Chottanikkara	22	306	41
TOTAL		96	1501	187 (12.46%)

ii. Number of children ,disability-wise

Total No. of Anganwaadis	Total no. of children screened	Challenged children in the Anaganwaadi	Challenged children in that area	CP* & OH	ASD*	MR*	LD*	SPEECH & HI*	VI*
96	1501	22	165	55	22	54	9	37	10
		187							

CP-Cerebral Palsy OH-Orthopedic Handicap ASD-Autism Spectrum Disorders MR-Mental Retardation LD-Learning Disorders HI-Hearing Impairment VI-Visual Impairment

iii. Final figures after Medical camp

AREA	SEX		DISABILITY						
	MALE	FEMALE	CP	MR	AUTISM	LD	HI	VI	OTHERS
CHOTTANIKKARA	18	13	19	1	7	-	4	-	-
PUTHENCRUZE	9	20	7	3	5	1	5	1	7
THIRUVANIYOOR	4	4	4	1	1	-	-	-	2
THIRUVAMKULAM	10	8	6	4	6	-	1	-	1
TOTAL*	41	45	36	9	19	1	10	1	10

* Total number of children attended the camp was 89, but unfortunately we have reports of 86 children

8.2 Risk Baby Unit- This is yet another ambitious project of Adarsh. Under this project, at the beginning of June 2008, we were providing this service to 4 hospitals. Now this is limited to 2 major hospitals in Ernakulam. Our developmental therapist works in two hospitals in Ernakulam, (Lakshmi Hospital and Ernakulam Medical Centre) co ordinating with the neonatal units of those hospitals covering on an average about 50 children a month. Arrangements are also being made in following them up as per the requirement in each case. We have a plan of extending this service to two more hospitals shortly.

8.3 New Born hearing check unit: The new born screening unit set up as a joint project of Adarsh and Indian Academy of Pediatrics and Childhood disability group is working on accessing the new born on their hearing related problems at 6 hospitals in the city. Under this project we have examined over 600 children during the reporting period.

8.4. Orthopaedic Surgical assistance: Dr. Deepak Sharan from Bangalore continues to render his services by conducting surgery for our students at Recoup, Bangalore. For post operational therapy arrangements are made at his centre in Bangalore. Another set of three of our children will be undergoing surgery this May.

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

This is another project about which we all can legitimately be proud. Again a project started on the world Disability day of 2007 it has come out of its teething problem

and has reached a stage where it is used as a referral central by many across the state of Kerala. We are hopeful of making this centre as a quality referral point for children with various disabilities, and training centre, particularly for children with Down syndrome and Learning Disabilities.

The facilities provided at this centre are as follows:

9.1 Two doctors visit the centre regularly- a Psychiatrist (Once a week) and a Developmental Pediatrician (average 6 visits per month)

9.2 Evaluation by a Clinical Psychologist–Total no. of children evaluated: 306 of which 189 came for follow up.

9.3 Other facilities: IQ assessment, Assessment of Learning Disorder and counseling, for children and parents.

10. Major Events

10.1 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.

10.2 We could send 5 children to normal school this year- Mstr.Devanandan, Mstr.AsgarMujeeb, Mstr.ShivDharsh, Mstr.Prajwal Krishna, Mstr. Adarsh Chandra.

11. Achievements & Accolades

11.1 Foundation Stone for the new block was laid by Mrs.Jayasree Menon.

11.2 Adarsh participated in the Bhavana 2010 cultural competition at ToCH public school, Vytilla.

11.3 Our children won the overall championship for Neurologically Challenged Category Annual Sports meet at Angamaly organized by Lions Club.

11.4 Our student Mstr.Asgar Mujeeb has made his debut in a music album “Mayamadhavam” which was released by Shri.Madhubalakrishnan.

11.5 FRIENDS OF ADARSH: We were able to bring in more people specially youngsters into our Friends of Adarsh (FOA) forum. To make this forum more active a core committee has been formed and it meets once a month. This group is now on the job of upgrading the web site and to make the brochure.

11.6. We place on record our sincere thanks for the efforts of Shri.Jayashankar Chairman, Projects of The Rotary Club of Cochin Mid Town and all the other members of the club who had been kind enough to sanction a Mahindra Tourister 17 seater school bus to our institution. This will reduce our deficit in running vehicles significantly, as we will be able to replace one of the hired vehicles. Shri AS Shenoy, our Trustee assisted considerably in this.

11.7 Two of our senior staff namely Smt.Jalaja S.K and Smt.Kumary P.S were honoured for their continuous services in Adarsh for over 10 years

12. ADARSH OBSERVED "JOY OF GIVING WEEK" WITH A SONG ON THE LIPS AND MAGIC IN HANDS

The Joy of Giving, an idea conceptualized imaginatively by Give India foundation, Mumbai and widely publicized by them with indefatigable energy and infectious enthusiasm, was observed from the 27th of September. Give India foundation has been a sheet anchor of support for us ever since we got enlisted by them in August 2006. The idea behind observing a week of 7 days, starting on a Sunday in the last week of September but not earlier than the 25th and going on till next Saturday (the idea is to ensure that the week definitely includes the 2nd of October, the birthday of the greatest Indian of recent centuries) is to focus attention on the aspect that there is **a great degree of joy in giving**- perhaps a timely reminder of a permanent truth, very relevant to the present acquisitive society. Give India had put forth a variety of ideas from which NGOs could pick up items suitable to them. They had also suggested a number of practical steps. Adarsh picked up a few ideas out of these.

I. We arranged 3 dinner parties at 3 well known hotels in Ernakulam , the first one on 27/09/09 at **The Mercy** for about 300 people. Apart from a detailed presentation , generally ,on the problems faced by parents and NGOs working in the field of Disability in children and in particular about Adarsh , to make the programme lively, we had arranged the presence of Shri. Gopinath Muthukad, a reputed magician and his colleague Shri Chandrasenan Nair. Shri Gopinath , in a brief speech explained how everybody can GIVE , irrespective of his or her status or worldly possessions. The example he gave of a firefly undertaking to illumine the world when the Sun had set and the stars , moon and other planets could do nothing much, touched the hearts of the audience .They also presented a few items which were highly appreciated by all, young and old alike.

The second dinner was at Abad Plaza on 30/09/2009, an even better known hotel for 250 people. At this dinner, Shri. G.Venugopal , a famous play back singer was the chief guest. In addition to a few songs, he gave a brief but moving speech on facing problems in life with courage. The audience was further entertained by Ms.Remya Nambeesan, a young Malayalam film actress and Kalabhavan Jinto & his team of mimicry artistes. At both these dinners, we had given to all the guests a leaflet explaining the activities of Adarsh in the special school but also in the community. The participation would have been even more but for certain factors like Pooja Celebrations, bank accounts closing etc. At both these dinners, as elite clientele were present, we feel that we have been able to widen our group of "**Friends of Adarsh**", a group which has been helping us in many ways.

The third dinner was at Hotel BTH Sarovaram on 28/11/2009. Shri.Srikanth Nampoothiri, an amateur magician performed a magic show to entertain the guests. One of our students, Master Ashkar Mujeeb's devotional video album was also showed for the audience. On that day, the Friends of Adarsh group was re-formed with the induction of young vibrant individuals from different educational as well as occupational backgrounds.

II. Shenoy's, a cinema theatre in the city contributed a portion of their earnings, on one day. In addition, they arranged a free show for the children of Adarsh, their parents and teachers on Gandhi Jayanti day.

III. 2 mobile phone communication companies were contacted-Idea Cellular and Tata Indicom. Tata Indicom arranged for auction of 2 paintings of Anjan Satish, a former student of ours and now a teacher with us and donated the earnings to us. Also, greetings cards based on his paintings have been purchased by them for sale to their employees.

On the whole, organizing these programmes has been a rich (pun not intended) and rewarding experience. We are now confident that the experience gained and the new contacts established will stand us in good stead. In fact, from the people who attended the dinners, we have already received offers for sponsoring education of 3 children.

13. Financial help

13.1 Growth of the magnitude pointed out earlier would not have been possible without substantial financial help. In the current year, the following major contributions have been received:

- Cognizant Foundation: 2,78,422/- for procuring advanced physiotherapy equipments
- Rotary Club of Tripunithura: 1, 80,000/- for procuring modified computer devices.

13.2 Kerala Govt. has recently sanctioned an amount of Rs.10 Lakhs for procuring therapy equipments and solar power system. Utilization of the funds has been done effectively and the report has been submitted to the government with all supporting documents.

14. Future Projects.

14.1 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 transferred Rs. 10 lakhs to us for this purpose. The plan is 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 is being provided. A proper kitchen, canteen and a store room as well as an office room for the Chairman with a conference hall. Shri PKR Menon, who designed our present building, has been kind enough to oversee this work too. It is estimated that the provision of the ground floor alone will cost about Rs. 30 lakhs. Apart from Think India Foundation, Dallas, USA, which provided Rs 10 lakhs, the rest of the amount has been provided by Shri.C.K. Menon.

15. 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	5	43	48
5,000 – 10,000	1	9	10
10,000 – 25,000	1	1	2
25,000 – 50,000			
50,000 – 1,00,000			
Greater than 1,00,000			

16. Total cost of international & national travel by all personnel (including volunteers) and Board Members

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

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

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

P.R.MAHDEVAN
SECRETARY