

ANNUAL REPORT PRESENTED BY THE SECRETARY TO THE BOARD OF TRUSTEES OF ADARSH CHARITABLE TRUST (ACT) AT ITS 22ND ANNUAL GENERAL BODY MEETING AT GOOGLE MEET PLATFORM ON 19/07/2020 AT 11 AM

1. Introduction

Good morning to all.

Friends we have passed yet another eventful year at Adarsh. Unlike previous years this year was really eventful with lot of positives to starts with. The year culminated with the challenge of COVID19. Ever since it started we have been facing the situation in the best way possible. Many corporates and individual and all of our Trustees are strongly with us during this most difficult period. We are grateful to all of them for their support. As your founder secretary it gives immense pleasure for me to welcome all for this 22nd Annual General Body meeting. I am thankful to all our Trustees for bestowing the confidence in me that too continuously for twenty-two long years. I am grateful to all of you.

Friends, with utmost sorrow I report the demise of two of our Trustees and close associates

Shri. P.S. Raman, who was our newly elected GC member always supported us whenever we requested for the same. As a philanthropist he was involved in various cultural and social activities in and around Kochi. We lost a great friend of Adarsh by his demise.

Shri. C.K. Menon was a support for Adarsh especially in our most difficult period. His huge contribution made during the construction of our main building was the most appropriate and timely help to our organization. We are sure that without that gesture we could not have finished our Main Building within the schedule time. Shri. C.K. Menon and his family used to visit Adarsh whenever they found time. His whole family was very close to our heart and close to the children of Adarsh. With his demise we lost a strong supporter of Adarsh. He was our Chief Patron.

We also report the demise of Kum Priya Pradeep, a student from Multiple Disability unit, Shri Ranji Mathew (Father of Mathew Ranji from Autism Unit), Shri Rajesh Unni (Father of Rahul Unni from Autism Unit) and Smt Akkamma (Grandmother of Minu Manilal from Sr. Secondary class) during the reporting period. ACT deeply mourns the demise of the above people and we all pray for their soul may rest in peace.

We the members of Adarsh family deeply mourn the sudden demises of two of our Trustees.

With these few words let's turn our attention to the main activities of our Trust which is explained for you in the following pages.

2. Adarsh Charitable Trust

'Adarsh', a non-profit charitable Trust, 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	Registration Act 1908	78/IV 22/04/1998	Permanently valid
National Trust	National Trust Act	1457/CP-MD/2004	To be renewed
Rehabilitation Centre	PWD Act	265/12/2017	Valid till 30/12/2020
12 A & 80 G	Income Tax Act	CIT/CHN/12A/Tech.11/98-99	To be renewed in 2020
Foreign Contribution	Foreign Contribution (Regulation) Act, 1976	052850473	Valid till 18/11/2021
Food Safety	Food Safety and Standard Act 2006	21314053002707	To be renewed in July 2020

- b. The Trust has its registered office **at XIV/547 B& C, Opp. Agasthya Ashram, Kureekkad P. O., Ernakulam**. It is in Chottanikkara Panchayat (13 Kms from Ernakulam Town) of Ernakulam District in Kerala State. It owns a land of 40 cents and a disabled friendly building of around 20000 sq.ft., for the rehabilitation of children with challenges. The Child Development Evaluation Intervention and Research Centre functions at Vyttila, Ernakulam in a rented building since 2007.

3. OBJECTIVES, VISION, MISSION and MOTTO.

a. Objectives

- For helping physically handicapped and mentally challenged persons;
- To rehabilitate persons with Cerebral Palsy and persons with other disabilities;
- To give medical assistance and relief to those who are poor and have become mentally and physically challenged through accidents or other calamities;
- 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 26 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. C V Ignatius
Patron	: Shri. N Krishnan

- b. Governance of the Trust is entrusted to two bodies, namely Governing Council and Executive Committee. Governing Council (GC) has 14 members. The council generally meets once in 2 months. Executive Committee (EC) has 7 members, out of

these, 3 of them are also members of the Governing council. During 2019-20 both the Governing Council and Executive Committee met 4 times.

c. Remunerations and re-imbursements 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	C.V. Ignatius	Zero
5	Dr.Abraham K. Paul	Zero
6	Dinesh P. Thampi	Zero
7	P.I.Gopinath	Zero
8	M.A.Mohammed Ali	Zero
9	Riaz Ahmed	Zero
10	Dr.SachidanandaKamath	Zero
11	Simon John	Zero
12	M.D. Varghese	Zero
13	P.N. Narayanan	Zero
14	K. Vijayan	Zero
15	O.M. Mahadevan	Zero
16	K. Venugopal	Zero
17	K.G. Unnikrishnan	Zero
18	N. Satheesh Kumar	Zero

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

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

- e. The Governing Council and Executive Committee members of Adarsh Charitable Trust are unrelated by blood or marriage
- f. There are **material transactions** involving **conflict of interest** between a Board member of our organization. The details of the same are noted below:

Name of organization	Bill No.	Bill Amount Rs.	Remarks
Sai Rehab Pvt. Limited	SRPL/001/19-20	12,105.00	Purchase
M/s. Sai Rehabilitation	SR/0355/19-20	9,056.00	Purchase
-do-	SR/0414/19-20	21,556.00	Purchase
-do-	SR/0474/19-20	9,720.00	Purchase

Name of organization	Bill No.	Bill Amount Rs.	Remarks
M/s. Sai Rehabilitation	SR/0550/19-20	2,59,870.00	Purchase
-do-	SR/1008/19-20	5,60,321.00	Purchase
-do-	SR/1303/19-20	2,42,055.00	Purchase

All the above have been specifically approved in the Board Meeting held on 09/01/2020 mentioning reasons for undertaking the above transactions. Details are available in the minutes of the meeting.

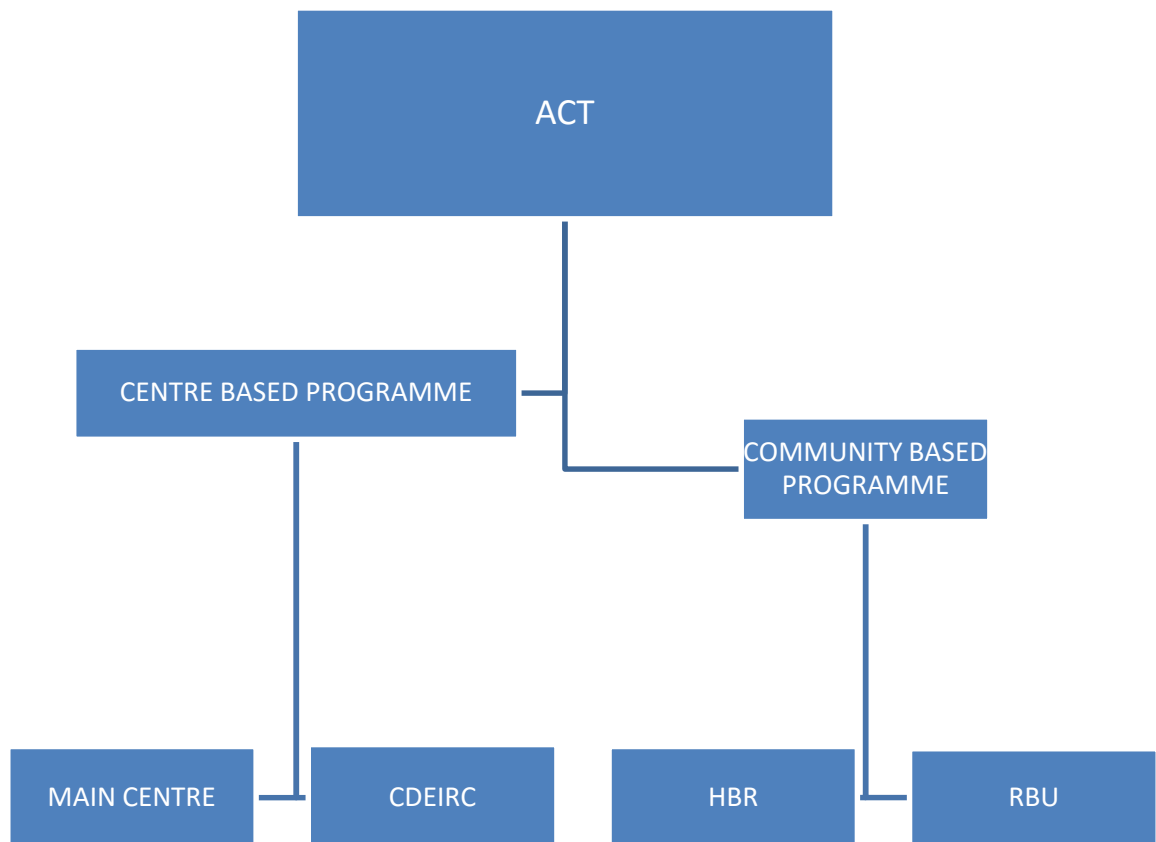
- g. Governing Body of ACT meets **at least twice** in a financial year, suitably spaced (at least 3 months apart), with quorum as stipulated in its Trust Deed
- h. **Minutes** of Governing Body meetings for ACT are **documented** and **circulated** among Board members
- i. Board of ACT approved organizations programmes, annual budget, annual report, audited financial report and also the Board ensures ACT's compliance with its own rules, regulations and byelaws
- j. The Board also ensures ACT's compliance with statutory Govt. laws and regulations.

5. Operations Report

a. Structure of the organization

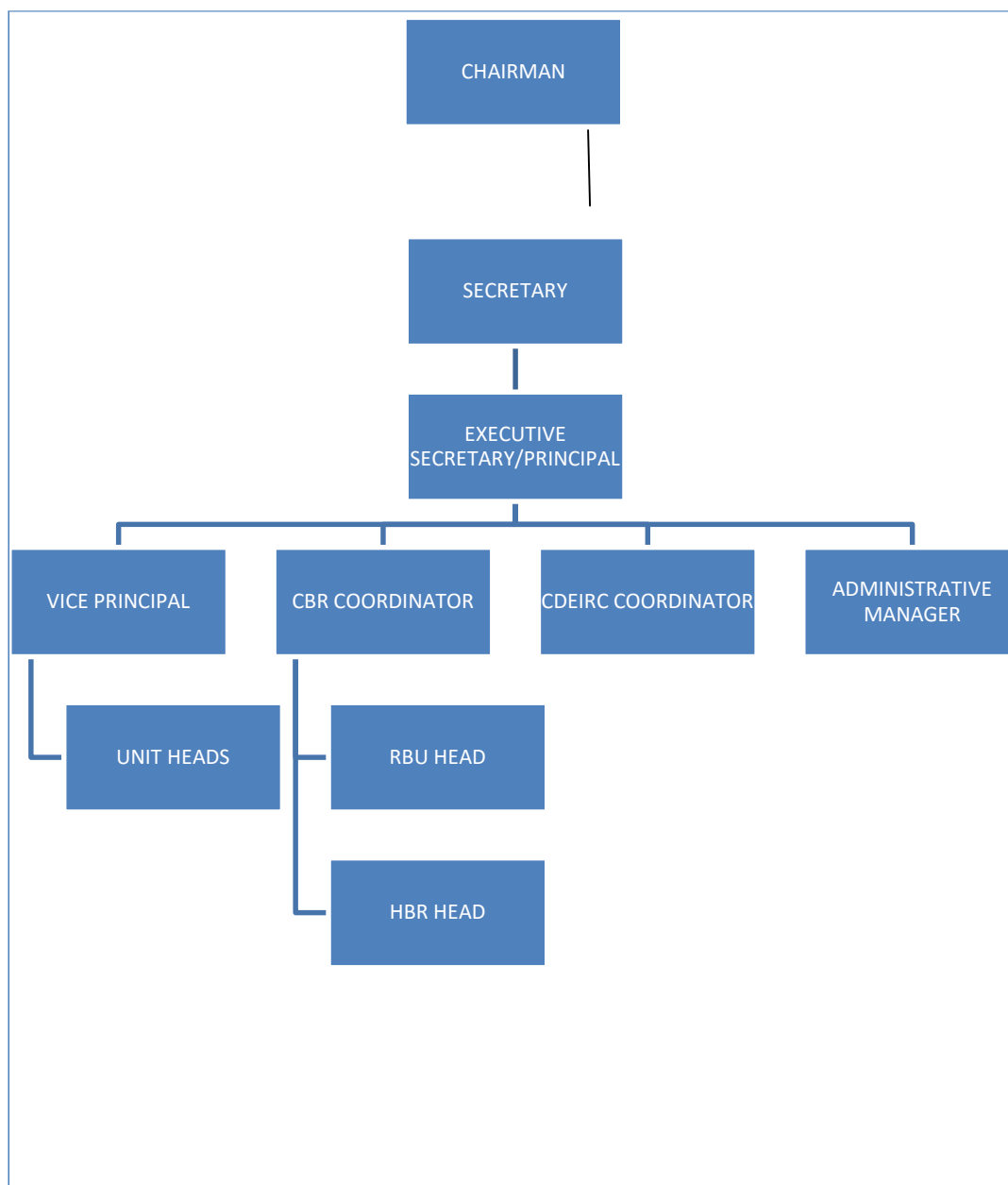
ACT has both centers based as well as community based programmes which are strictly based on the objectives of the Trust. Started with 7 children affected by Cerebral Palsy, the main rehabilitation centre has now over 284 children (as on 30/04/2020). In December 2007, another centre for comprehensive evaluation of all developmental disorders was started under the name Child Development

Evaluation Intervention and Research Centre (CDEIRC). The first community activity was started in 2003. Now under this head there are 2 projects, a Risk Baby Unit and Home Based Rehabilitation programme. Over all administration of these projects are controlled by Executive Secretary. The main rehabilitation centre has a Principal, Vice Principal, Coordinator and 103 staff members to take care of day to day activities.



ACT- Adarsh Charitable Trust, **CDEIRC-** Child Development Evaluation Intervention and Research Centre, **HBR-** Home Based Rehabilitation, **RBU-** Risk Baby Unit

Reporting Structure



CBR- Community Based Rehabilitation, **CDEIRC-** Child Development Evaluation Intervention and Research Centre, **RBV-** Risk Baby Unit, **HBR-** Home Based Rehabilitation

b. Human Resources

i. Organization Staff structure

Quality of every organization mainly depends on its human resource. Similarly, staff members are the pillars behind the success of ACT. In order to maintain the quality of service to the beneficiary ACT maintains a high staff student ratio of 3:1. At the main rehabilitation centre the Principal and the Vice Principal supervise all activities and control 103 staff members which include teaching, non-teaching, therapy and voluntary staff. The entire activities are segregated into 10 major units for easy control and for effective rehabilitation. This is based on the type of children, their disability and their functional abilities. In addition, there are technical units and a unit for extracurricular activities. Thus we maintain a student teacher ratio of 3:1. Each class has around 8-10 children and to look after them there is a full time special educator and an assistant. 3-6 such class rooms forms a unit and each unit has a Unit head. So there are 8 units and 28 classes at the main rehabilitation centre. All head teachers report to Vice Principal, who in turn reports to the Principal. The principal will report to Secretary and the Secretary to the Trust. In addition, the center has 2 drivers and 9 bus assistants. At Child Development Evaluation Intervention and Research Centre, a Coordinator supervises 5 staff members and their activities. In the community projects, we have a Developmental therapist who solely manages Risk Baby Unit and there are 18 staff members in 5 Home Based Rehabilitation units. They all in turn report to Executive Secretary and then to the Secretary. ACT is very meticulous in selecting our staff giving thrust for their experience and more to their attitude to the society. Even our Ex. President, His Excellency Dr. A.P.J. Abdul Kalam had appreciated this after his personal experience in our Centre when he visited us on 2005.

ii. Categories of staff – The list is given below

Category	Number of staff and other supporting members as on	
	01-06-2019	01-06-2020

Medical Doctors (Consultants)	1	2
Psychologist	2	2
Developmental Therapist	1	1
Physiotherapist	14	17
Speech Therapist	5	3
Occupational Therapist	-	1
Social Worker	1	1
Dietician	1	1
Special Educators	38	43
Teachers	7	6
Teacher Assistants	49	44
Bus In Charge	9	9
Drivers	5	5
Office Staff	13	13
Kitchen	1	1
Voluntary Staff	2	2
TOTAL	149	151

iii. New appointments and resignations

During the reporting period 14 new staff members were appointed by ACT to the main rehabilitation centre, CDEIRC and to Home Based Rehabilitation programme against 16 resignations.

iv. Retirement

During the academic year, there were 4 retirements. All the 4 were Teacher Assistants namely Smt. Jalaja, Smt. Prema, Smt. Tessy and Smt Roseline.

v. Appreciation and reward

- 7 staff members namely Ms. Amini Sennan, Shri. Anjan Satheesh, Ms. Latha Rajesh, Ms. Raji Ratheesh, Ms. Saritha Reji, Ms. Sunu Martin and Ms. Shara Rajeevan were awarded “**Visishta Sewa Puraskaram**” for completing 10 years of selfless service in Adarsh Charitable Trust.
- Bhavana 2020, a cultural event organized by Rotary Cochin International gave meritorious award to Smt. Bindu P C. and Smt. Shyamala for their exemplary work in the field of rehabilitation.

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

Slab of gross salary/honorarium (in Rs.) including benefits paid to staff (per month) – Full and part time.	Male staff	Female staff	Total staff
Less than 5000	2	10	12
5,000 – 10,000	6	65	71
10,000 – 30,000	7	60	67
Above 30000	1	0	1
TOTAL	16	135	151

c. Beneficiary details

i. Types of children

Right from the inception and even now Adarsh has a very clear focus on admitting children with Cerebral Palsy. Later, in addition to Cerebral Palsy, Adarsh started admitting children with Autism, Down syndrome and Multiple Disability too. As of now Adarsh has 284 children at the Main Centre. Disability wise beneficiary details are available below.

The same focus is extended to our Centre at the city namely CDEIRC and CBR. Even though it is coming under CBR at CDEIRC our focus is on the evaluation and learning disorder where majority of children attend to regular school.

ii. **Disability wise details of children in Adarsh:**

PROJECT	CP	ASD	DS/MR	MD	LD	OTHERS	TOTAL
Main Centre	98	48	26	112			284
CDEIRC					45	55	100
HBR	42	9	35			74	160
RBU						476	476

iii. **Achievements of the year**

We are proud that we could send 3 children to normal stream. Here again as in the majority of cases they fall into early intervention unit, thereby reiterating the importance of the early intervention. Adarsh is among a few organizations which appreciate this aspect and had started to address this right from the start. Till date we have been able to send 82 children to main stream.

iv. **Success stories**

1. Adon Eldhose

Adon joined Adarsh at the age of 1½ years with a complaint of not attaining developmental milestones appropriate to age, except head control and creeping function. He was admitted in Early Intervention Unit of Adarsh and with the help of intensive early developmental therapy, he achieved all the delayed milestones mainly crawling, sitting, standing and few steps of walking. Apart from these motor developments he has achieved good verbal communication skills and good functional skills. He is able to follow normal Montessori education and was found to be an ideal child to attend to a normal school. But we feel even after joining normal stream he may need to continue Physiotherapy to maintain his physical functions.

2. Adith Krishna

Adith Krishna, now 6 years is planning to join in LKG in their native place in Malappuram. He joined Adarsh at the age of 3 years with a complaint

of weakness in one side of his body. On assessment it was found that he is a child with hemiplegia on right side and had associated attention issues and hyperactivity. He was not able to walk independently at the time of admission. He had good communication skills. With the help of intensive developmental therapy his attention issues is reduced and his sitting tolerance is improved. He started using his affected hand and leg. Now when he is able to attend to a normal school, he is taking a few steps independently and we feel that will be improved gradually with the help of regular physiotherapy.

3. Adam Amrin

Adam Amrin from Kothamangalam came to Adarsh with the complaint of hyperactivity and irritability. His sister is also a student of Adarsh. She has Cerebral Palsy. On evaluation it was revealed that he has features of Autism and has no eye contact. With the help of intensive Early Intervention programme especially in the group and Individualized Education Programme his eye contact is improved with sitting tolerance. After 6 months of training, he was advised to join in a play school for 3 days and to spend the rest of the days in Adarsh. Our intention here is to improve his communication and social skills.

6. Major projects/activities of the year.

6.1. Main Rehabilitation Centre

The main rehabilitation centre looks after children afflicted with Cerebral Palsy, Down syndrome, Autism and Multiple Disability. It functions as a full-fledged special school with all facilities under one umbrella. At the time of Pravesanotsavam 2019, there were 276 children on the rolls at the centre. During the reporting period, 44 children took admission and 38 children discontinued their training due to various technical as well as personal reasons. At the end of the end of the academic year, Adarsh has a total 290 children in the Main Centre. To take care of these children Adarsh has a team of 107 trained and experienced staff members at the main centre. That team includes 29 Special Educators, 8 Physiotherapists, 4 Speech therapists and 2 Psychotherapists, 3 Medical doctors, and other non-teaching staff members. All the children were adequately provided with necessary therapy and training programmes, based on the problems and requirements. Parents of around 80% of children accompany their wards during their rehabilitation programme in Adarsh, which is one of the specialties of the centre. Staff members were regularly provided with

hands on training programmes. Opportunities were also given to attend workshops and seminars to upgrade their technical and training expertise. Last year they attended the following seminars and workshops.

- i. Special Curriculum Training organized by Education Department, Govt. of Kerala for all the qualified special educators.
- ii. Staff members especially teachers and Psychologists attended a half day seminar on Finger Print analysis on children with challenges by Ms Jesna in January 2020.

The centre has an initial comprehensive evaluation process followed by prescribed training and therapies on a classroom basis. During the academic year apart from the initial evaluation, each child was assessed twice and parents were called twice for an open discussion based on the evaluation report.

6.1.1. National Institute of Open Schooling (NIOS)

ACT is an accredited centre for Open Basic Education of NIOS since 2005. ACT admits children only with special needs. Children from other special schools register with Adarsh and appear examination conducted by Adarsh in the OBE level. Apart from the OBE(Open Basic Education) programme, Adarsh has facilities for teaching children in the Secondary and Senior Secondary level. During the reporting period 7 children from ACT passed out Senior Secondary level. During the reporting period, 55 children from 8 other schools attended examinations under OBE level. This is in addition to 44 children of Adarsh. Children with mild to moderate level of Mental Retardation, children with Cerebral Palsy, children with Autism can study academic syllabus using NIOS as it has many advantages as far as the challenged children are concerned. Facility of 5 years duration to complete a level, options of selecting interesting subject etc. are some of them. As already mentioned since 2005, Adarsh has been extending this service to the challenged children. This facility is not extended for children exclusively from Adarsh alone but, for any child who need the same.

6.1.2. Vocational Rehabilitation Programmes

It is only 3-4 years that Adarsh started vocational activities for its children. Main reason was that Adarsh has majority of children with Cerebral Palsy and they do not have the physical and functional skills to perform any vocational activity. But gradually children with Multiple Disability increased and ACT started vocational activities for them. Initially we started with school bag

making and later added paper bag making, candle making etc. But due to lack of training and awareness vocational activities were not that successful as we wish, though we continued it for the sake of rehabilitation. But from 2017 we gave more focus on this segment to bring in more professionalism and the result was quite encouraging.

Chappathi Making Unit

This is one of the income generating vocational units of Adarsh. Thanks to Shri Jayakumar Bhaskaran from USA who donated the machine to support Adarsh, now around 8 children are able to make Chappathi independently with a slight help of a staff member especially on cooking. In 2019-20, production was considerably low due to lack of demand, but still every day we used to make 90-100 chappathees. Last year we made a net profit of Rs.1575. We have a plan to establish a full-fledged Unit, the details of which are noted in the later part of the report.

Cake making Unit

This is another income generating vocational unit which was started in 2018. With the involvement of 2-3 students, the unit made a net profit of Rs.66,469/-. Finding the potential of this unit, ACT envisaged to set up a full-fledged cake baking unit in 2019-20. Unfortunately, it could not materialize due to various technical issues. But it is confirmed that the unit will start functioning in first or second quarter of 2020-21. The details are noted in the later part of this report.

Candle Making Unit

Like Chappathi and cake making unit, candles do not have that demand in the market as there are more people and organizations involved in candle making. Also churches who are the main clients for candles, do have their own resources for making candles. Hence in 2019-20, there was a considerable decrease in candle production and correspondingly in its income also. We made only a marginal profit of Rs.6,534/- from this Unit.

6.1.3. Sensory Integration Therapy (SIT)

In 2017-18, with the help of HT Parekh Foundation Mumbai (HDFC Ltd) Adarsh had set up a full-fledged Sensory Integration Therapy room. Special thanks to Shri C V Ignatius for being instrumental in getting the support from HDFC. On an average around 120 children are being given regular Sensory Integration Therapy every month. SIT is mainly useful for children with Autism where children show various sensory processing disorders including

visual, auditory, tactile, vestibular, proprioceptive, olfactory disturbances. It also helps children with Cerebral Palsy and Down syndrome. It is one of the extremely useful therapy programmes of ACT.

6.1.4. Family Counseling programme

Started in 2017-18, this programme emerged as one of the most useful programmes of the centre. Though it was intended for parents of children, a good number of teachers and assistant teachers also utilized this service. During the reporting period 170 sessions of counseling were conducted. Apart from the counseling programme Ms Vimina Sujith, the Counselor took awareness class on topics like waste management, time management etc. All these programmes add value to the general attitude of our staff.

6.1.5. Mini Supermarket

In order to introduce the concept of small business and financial transaction, the concept of “Bubble” a mini super market was introduced. But when its viability was in question, we were forced to close it. But as the concept gave a real shopping experience for our kids this was re-introduced inside the school building. A small change in our concept and change of place and its accessibility made a sea change to this project. It is now running extremely well where we are exposing four of our kids. Thanks to Ms. Manjula who took real interest in this.

6.1.6. Medical and Surgical Assistance

ACT has been extending medical and surgical assistance ever since its inception in 1998. Finding the importance of the medical aspect of rehabilitation in challenged children, ACT always meticulously arranged tie ups with medical doctors and hospitals for medical assistance and surgical help. Today ACT has tie ups with Indo American Hospitals for Brain and Spinal Cord for Neurology, Giridhar Hospital for Eye, Aster Medcity for Ortho, Dr Krishnakumar for Dental, Dr Jyothi for General Medicine, Dr Mathews P George for ENT etc. In addition, ACT takes help from Dr Vinod Padmanabhan of Sudheendra Medical Centre and Aster Medcity for Orthopedic Surgery, Dr Raja Sabhapathi of Ganga Hospital Coimbatore for Hand Surgery etc. 2 children underwent hand surgeries last year at Ganga Hospital Coimbatore. Giridhar Eye Clinic screened over 120 children, Dr. Krishnakumar helped 64 children with Dental problems during the FY 2019-20. ACT also has Dr Chalam Das, a Consultant Psychiatrist who visits the centre on every Wednesday. He screened 34 children during the reporting period. ACT also extends financial assistance to around 15-20 poor children for procuring

medicines every month. Each child gets maximum Rs. 500 a month for their medical expenses.

6.1.7. Rehabilitation through magic

This programme was launched on 3rd December 2017 by Shri Gopinath Muthukad. Since then, ACT has been giving regular training in magic with the help of Shri SK Thirumulpad and Adv Hari Raj. After 2 years of successful training, 15 students of Adarsh performed their first official stage show at Hotel Abad Plaza on 3rd December 2019 as part of Vicennial Celebration of ACT. Before that these children had a trial stage show at Cochin Shipyard, Layam Koothambalam, Tripunithura during Athachamayam etc. Very happy to note that one of the students from the group has joined Different Arts Centre(DAC) of Shri Gopinath Muthukad, Trivandrum for full time arts training that includes Dance and Magic. ACT is hopeful that he will scale new heights and may probably find a productive vocation by the help of this academy.

6.1.8. Virtual Realty Programme.

It is a software based digital programme where an artificial environment is created to get the student a real life experience through which their mobility and functional skills are enhanced. Started with 4 children 2018, the unit helped over 24 children in the year 2019-20. Along with this, ACT also provides advanced digital technology programmes like Sensamov Cervical Coordination programme, EMG biofeedback programme, Digital Electrical functional stimulation using Xtrainer. These are advanced Physiotherapy equipment. At present around 30 adult children with Cerebral Palsy undergoes this programme. They are showing significant changes in their functional skills with the help of this programmes. ACT expresses special thanks to TCS especially Shri Dinesh Thampi, Shri Robin Tommy and team. ACT places a special note of thanks to Shri Narayanan Kutty, the then President of Rotary Cochin Central for his support in procuring the above mentioned equipment. Rotary Cochin Central like our corporates were always with Adarsh to support our various programme. This year again they are supporting us for our dream project related to Vocational Rehabilitation.

6.2. Child Development Evaluation Intervention and Research Centre (CDEIRC).

ACT started CDEIRC in December 2007. After 13 years of existence, now CDEIRC has a stand in the community especially as a one stop centre for providing remedial education for children with Learning Disorders. Apart from remedial education programmes for children with Learning Disorders,

CDIERC also extends basic therapy programmes like Physiotherapy, Speech therapy and Psychotherapy etc. In 2019-20, CDIERC helped on an average of about 46 children per month in remedial education programme and evaluated 53 children per month with different developmental issues. There are 6 regular staff members and 2 consultants at the centre.

6.3. Risk Baby Unit

Risk Baby Unit is a mobile hospital oriented new born baby disability screening unit which functions in 4 hospitals in town namely Lakshmi Hospital, EMC, Lissie and CIMAR Hospital. This is probably one of the most novel programme we introduced, after realising the importance of early intervention. At the beginning of last year, there was PVS hospital in the list but the contract was cancelled when the hospital stopped functioning. The unit is managed by a Developmental Therapist who is trained and specialized in dealing with small babies who are born with risks like Low Birth Weight, Prematurity, etc. The unit is working under close supervision of a Neonatologist of respective hospital. Each new born baby, born with risk, is thoroughly screened and assessed with the help of scientific evaluation tools to identify potential delay or deviation from normal development and if something unusual is noticed, we intervene immediately and the baby is given regular stimulation and therapies right from the beginning until a change is observed. In 2019-20, the unit screened 399 babies from 4 hospitals and among them 16 babies had delay in developments. So far the unit screened around 7400 babies since its inception in August 2005.

6.4. Home Based Rehabilitation Programme (HBR)

As always Act says this is the most innovative programme, which was started in 2010 with the help of Bharat Petroleum Corporation Ltd. Started with only 1 unit, today Trust has 5 units. Each Home Based Rehabilitation Unit, consist of a Physiotherapist, a Special Educator and an Assistant Teacher. The team goes to selected child's home and provide them with necessary therapy and training. The selected children generally are from financially poor background and they are otherwise not in a position to bring their child to any special centre like Adarsh due to technical, financial as well as logistic problems. An exclusive vehicle is deployed for this service for each unit. All the five units are supported by BPCL. These 5 units helped 160 children last year covering 15 Panchayats and Municipalities of Ernakulam District. The Trust puts on record our sincere thanks to BPCL-KR for their support for this programme which is continuing since its beginning.

7. School activities in 2019-20

a. Important days and their observations.

1. Pravesanotsavam 2019 was held on 6th June 2019. The function was inaugurated by Shri P S Raman, Managing Director of Central Marketing Syndicate. On the day the Trust welcomed 14 new children who took admission. At the function, Shri Jayasankar, Founder Urjja, Shri B Vinod, Manager, Federal Bank, Tripunithura Branch, Chairman of ACT Shri K P Padmakumar, Secretary Shri P R Mahadevan etc. were also participated.
2. World Environmental Day was observed on 5th June 2019 with a pledge to make the premises of ACT a plastic free environment. We still follow it.
3. Adarsh observed Vayanadinam on 19th June 2019. Part of that vayanavaram was celebrated for a week with quiz, coloring, reading competitions for the children
4. Ramayana month was celebrated with Bhajan of Chakkamkulangara Bhajana Samithi. On the day members from Rotary Club of Cochin Harbour visited Adarsh and promised financial help to Adarsh. Shri Devanand, President of the Club inaugurated Ramayana Month celebration. Thanks to Shri. Vinu and his team for organizing the Bajan.
5. Independence Day was celebrated on 15th August 2019. Shri P R Mahadevan, Secretary of ACT hoisted National Flag on the day in the presence of some children and staff members who stay near to Adarsh. Sweets were distributed to all.
6. Teacher's day was observed on 5th June 2019.
7. Sevanavaram was observed by cleaning the premises of ACT by the children, staff and parents.
8. World Cerebral Palsy Day was observed on 8th October 2019. Shri Pramod P Thevanloor, Director of SCMS inaugurated the function. Shri P N Narayanan, Senior Trustee and Governing Council Member, Shri P R Mahadevan, Secretary, Adarsh Charitable Trust, Shri Ignatius, Treasurer were also present at the function. A food court was organized as part of the celebration which was inaugurated by Dr Jyothi, a well-known Physician in Tripunithura.
9. Children's day was celebrated on 14th November 2019 with befitting programmes by the children. It was a week long programme organized as part of the celebration. Selected children from Adarsh participated at the Children's day function organized by Centre for Empowerment and Enrichment of differently abled children at Fine Arts Hall Ernakulam. At the function Shri Aswin Kumar, Principal of ACT was honored for his selfless service in the field of rehabilitation. Part of Children's day celebration, PTA of ACT organized a medical camp for staff and parents. Different

competitions also were held for the children including painting, drawing, memory test etc

10. World Disability Day on 3rd December 2019 was celebrated as the 20th year celebration (Vicennial Celebrations) of ACT at Abad Plaza. More details on the programme are available in the paragraph about Vicennial Celebrations of ACT. As a part of World Disability Day celebration, BPCL organized an exhibition cum sale of vocational products of selected schools from Ernakulam district, including Adarsh.
11. Annual Day celebration of ACT was organized on 20th December 2019 along with Christmas Celebration. The day was filled with dance and songs by children parents and staff members.
12. PTA day was celebrated on 28th February 2020 with colourful cultural programmes by parents and teachers. The function was inaugurated by Shri. Murali Madhavan, Executive Director BPCL. Also present were Shri John Joshi District Social Justice Officer who inaugurated the Athijeevanam Project (A vocational project for children above 18 years) and Shri Ranjin Raj, Music Director of the film "Joseph" who was the chief guest of the day.
13. Due to Covid -19, we could not Celebrate International day of Down syndrome on March 21st, 2020 and World Autism Day on 2nd April 2020. But we did celebrate this through online platform.

b. Festivals and celebrations

1. Ramadan was celebrated with various cultural programmes and activities by the children of Adarsh. A sumptuous food was sponsored for the children by family of student Mohammed Safwan from Vocation unit.
2. Onam 2019 was celebrated on 6th September 2019. Chief guest of the day was Shri Manoj Das, Chief Editor of Times of India, Kochi. Shri Ignatius CV, Shri K P Padmakumar, Shri P R Mahadevan etc. were also there at the event. The day was filled with song and dances of children, staff and parents.
3. Christmas was celebrated on 20th December 2019. The function was inaugurated by Shri Jolly Joseph, a person affected with Paraplegia and Co-Director of Takshan, an initiative to support person affected Paraplegia. Also present Rev Fr. Samson from Felican Centre who delivered Christmas Message to all the children and parents. On the day Shri Sheriff A H, father of Sajid A S a student from Autism Department was honored for his philanthropic gesture for helping us constructing a play area for the children of Adarsh. He sponsored the entire cost of the tress work as well as of the floor tiling. We thank Shri. Sheriff for his magnanimous gesture.

c. Enjoyment and Entertainment

1. Children were taken to Central theatre for watching the movie “Android Kunjappan”. Almost all the children from the centre watched the movie. Shri Suraj Venjaramood and the producer of the film were also present at the theatre to support the children.
2. Part of the promotion work of Malayalam big budget movie Mamankam, a team from the movie, mainly the heroine Ms Prachi Tehlan and Production controller visited Adarsh and spent half a day with the children. Children really enjoyed the day.
3. Entire school, children, parents and their staff went to Farm Sanctuary near Kureekkad for a one day Picnic.
4. Staff members from 5 Home Based Rehabilitation units and selected students from each unit went for a one day picnic to Wagamon

d. Events and Competitions

1. Bank of Baroda, Puthiyakavu Branch (Former Vijaya Bank) donated 4 wheel chairs to students of ACT. It was officially handed over at function organized by PTA on 7th July 2019. Shri. Sajeev, PTA Committee member, and Manager of Bank of Baroda Chottanikkara Branch was instrumental in getting the help.
2. For the inauguration of Union of Sacred Heart College Thevara, they invited our students Eldhose Kuriakose and Sarath Mohan along with Shri Anjan Satheesh, a staff of Adarsh as chief guests of the day.
3. Shri. Ashley Elanjickal and Shri Santhosh Nair from Care and Share USA visited Adarsh on 8th August 2019 and donated 4 motorised wheel chairs to Adarsh. It was brought from the company named Karma who donated 5 ordinary wheel chairs to school as additional support.
4. Dr. Parvathy and Dr Krishnakumar from Perfect Smile Dental clinic, Eroor Tripunithura organized a dental screening camp at Adarsh. 80 children consulted the doctor for their various dental issues.
5. School election was conducted to elect Head Girl, Head Boy, Arts Club Secretary and Sports Captain. Under the leadership of Shri Liju, Psychologist of the centre, entire staff members supported to conduct the event successfully. It was something new to our kids. Probably this was a unique venture in any special school. We appreciate and thank Shri. Liju’s initiative.
6. 30 students and 20 staff members cum parents participated in the Heritage Run organized by Rotary Club of Tripunithura in association with Royal Runners Tripunithura. The entire expenses of the marathon were sponsored by BPCL for all the members of Adarsh. Trust is grateful to BPCL for this great

support and also special thanks to Dr Jyothi who is instrumental in giving our kids a chance to participate in an event like this.

7. Home Based Rehabilitation Family meet was organized on 2nd October 2019. Shri Prasad Panicker was the Chief Guest of the day and he inaugurated the function. At the function live sessions was showed to all the guests present. As usual, after the function children participated in various games and cultural programmes. Representing ACT Shri K P Padmakumar Chairman and Shri P R Mahadevan, Secretary were also present at the function. All the staff members of the unit were honored at the function.
8. PTA of Adarsh special school organized a medical camp for staff and parents in association with VKM Hospital Tripunithura and Rotary Royale Tripunithura. A team under the leadership of Dr Venugopal screened 48 people with various ortho related problems, Dr Jaysree examined 37 Gynecology patients, Clinical Psychologist guided 5 children, Dental doctor screened 22 patients and 118 people checked their Blood Pressure and Blood Glucose level.
9. Association of Chartered Accountants, Ernakulam Chapter organized a drawing competition for all the children of Adarsh. Winners were given prizes and consolation prizes were given to all the children who participated
10. Annual Sports Competition was organized for the children and staff members on 16th and 17th January 2020 respectively
11. LIC Officer's Association, Ernakulam visited Adarsh on 17th January 2020 and donated an Ultrasound Machine and a Static Cycle for the children.
12. Children of Adarsh participated in Bhavana Cultural Fest 2020 at Rajagiri School. Adarsh won the Championship Trophy for the Physically Challenged

e. Seminar and Training

1. During the reporting period, awareness programme on waste management, Electricity, water usage etc. was conducted for entire staff members of the main rehabilitation centre of Adarsh by Ms Vimina and Mr. Lijumon, Psychologists of Adarsh Charitable Trust
2. A Seminar on Psychotherapy based on Finger Print Analysis of children was organized by MS Jesna, Clinical Psychologist. Since it is a new concept, the topic got a mixed response.
3. Part of Skill Acquisition programme, a team of experts including a Psychologist, a Special Educator, a Physiotherapist and a Speech therapist visited Karuna Special School, Nayarambalam & Nirmala Sadan Muvattupuzha and observed the activities & atmosphere there. The intention was to adopt suitable programmes which are useful for children of Adarsh.
4. An awareness programme on Adolescent issues faced by the challenged children by Dr Vivek, Psychiatrist of Renai Medicity, Palarivattom was held on

30th January 2020. The programme was organized by PTA of Adarsh Special School

5. 5 children from Adarsh participated in a Cricket Tournament organized by Mithram Special school, Arakkunnam as part of inclusive co-curriculum activities. Among the 5 students, Grigory Babu of vocational unit received the award for Best Batsman of the tournament.
6. ACT started a front desk at the centre premises as part of training to improve socialization and communication skills

f. Awards and Recognitions

1. ACT received the award for outstanding performance in the field of rehabilitation of challenged children in the NGO category organized by KMA.

g. Important visitors of the year and their comments

“We are very happy to visit this institution. The atmosphere is neat and clean. Staff members are also positive. Thanks a lot for your cooperation.”

- Smt. Shabana Asmy T M
District Programme manager, Kudumbasree

“The visit made me humble and I thank God for what I have. The special skills showcased by students were awesome. Dedication of Adarsh staff is exemplary. Wishing Adarsh team All The Best.”

- Shri. Manoj K Das
Chief Editor Mathrubhumi (He visited Adarsh when he was resident Editor, Times of India, Kerala in 2019)

“Incredible Centre, motivational teachers, privileged to visit here.”

- Yashika & Himanshu Bhatt
Bhatt Surgicals, New Delhi

“An amazing work done by all. Keep up the good work and I would love to be of any help. God bless you all.”

- Dr. Jaganathan Alagarsamy
Psychiatrist, Australia

“Great Experience, unforgettable. May God bless all the men and women behind Adarsh! Shri. K. Neelakantan founder of Adarsh is a great source of inspiration for all of us. Synergy will continue and support Adarsh in our humble way.”

- Dr Jacob, Synergy
Social Welfare trust

“Participated in PTA day celebration. It was an excellent programme. In this occasion, I will appreciate all staff members and management committee members.”

- Shri John Joshi
District Social Welfare Officer, Ernakulam

“Awesome group of students and teachers. Hope we could give you as much joy as you have given us by your magical presence, energetic support and tons of love”.

- Smt. Maya Menon
Assistant Professor, CUSAT, Kalamassery

“It was a wonderful experience, interacting with staff and students. Keep up the good work!!
May God Bless Everyone!

- Shri. Jayakumar Bhaskar
Florida, USA

“A divine experience to interact with teachers and students of Adarsh. A highly professional and purposeful programmes for the benefit of specially aided children. God bless everybody here.”!!

- Capt. S. Gopalakrishnan
Chairman, Mrudula Sparsham Special School

h. The following organizations visited Adarsh as part of their training or cultural exchange programme in 2019-20

1. BCF college of Nursing, Chemmanakary, Vaikom
2. Lourde College of Nursing, Ernakulam
3. Medical Trust College of Nursing, Ernakulam
4. 3rd year and 4th year students of Bachelor of Physiotherapy students from BCF College of Physiotherapy

5. Dr Jacob and team from Synergy Social Trust
6. President and Secretary of different Local Self Govt. bodies.
7. Students from Cochin University

7.1. Parent Teacher Association (PTA)

PTA involved in all the major activities of the Trust. Being an integral part of the main rehabilitation centre, PTA extended financial support for an additional curry and salad with meal. PTA also joined with the Trust to celebrate all major occasions last year. In addition, PTA organized a medical camp for staff and parents, arranged a seminar on adolescent issues in the children by Dr Vivek from Renai Medcity. PTA celebrated PTA day on 29th February 2020 at the school premises. Shri Murali Madhavan, Executive Director of BPCL was the chief guest of the function. Shri John Joshi, District Social Justice Officer, Shri Ranjin Raj, Music Director were also present at the function. The day was filled with colourful programmes by the staff as well as by parents. We thank Shri Murali Madhavan, Shri John Joshi and Shri Ranjin Raj for their gracious presence for the programme. ACT extends its sincere thanks to all the PTA members especially the President, Shri Tony Chettiyakunnel.

7.2. Major achievements of 2019-20

a. Vicennial Celebration of ACT

On 3rd December 2019, as part of World Disability Day, Adarsh celebrated the 20th year of its existence, the Vicennial Celebrations 2019. The function was inaugurated by Shri Prasad Panickar, Executive Director of BPCL, Kochi. On the day various other programmes were also held. Details are as follows:

- i. Souvenir 2020 was released by Shri Neelakantan, MD of Petronet, Cochin
- ii. Shri Raju Hormis handed over the CSR help of Rs.5.5 L worth teaching and Learning materials for the children of Adarsh.
- iii. A book on Adarsh Charitable Trust – “Resolutely Towards an Adarsh” authored by Shri K Neelakantan, Former Chairman and present Chairman Emeritus of Adarsh Charitable Trust was released by Shri Murali Madhavan, Executive Director, BPCL, Kochi.
- iv. Heart to Herat chat with the leaders - a chat programme in which Shri K N Raghavan, Former International Umpire and present Chairman, Rubber Board, was the moderator had a nice chat with Shri K Neelakantan, Shri K P Padmakumar, and Shri P R Mahadevan. The programme was well appreciated by the audience. The manner which Shri K N Raghavan anchored the programme received full ovation.

- v. Selected 12 children of Adarsh performed their first official stage magic show at the function. That too was widely accepted and appreciated by all the audience. Thanks to Shri. Muthukad. Shri. Tirumulpad and Adv. Hari for helping us in this. At the end, to entertain the parents, a Ganamela was organized led by Shri Ganesh Sundaram Malayalam Film Play Back Singer. Thanks to Shri. Reghu our Trustee for organizing the above programme. The programme was conducted at Abad Plaza. The entire expenses at Abad was sponsored by Shri. Riaz Ahammed, Managing Director, Abad Group. He is one of our GC Member. The Trust puts on record our sincere thanks to him.

b. Athijeevanam – A skill oriented vocational training unit of ACT

In the year 2019-20, with the support of Social Justice Department, Govt. of Kerala, ACT got the sanction to run a vocational skill oriented training unit to train 50 children above the age of 18 years. It is going on well.

c. Hand Surgery

2 children from Adarsh underwent specialized hand surgeries at Ganga Hospital, Coimbatore by Dr Raja Sabhapathy, a well-known Plastic Surgeon. A team from Ganga Hospital had visited Adarsh and shortlisted children who can be benefitted with the surgery. Subsequently ACT selected 2 children who are financially very poor. ACT also identified 2 donors for sponsoring the surgery expenses at the hospital. Both the children, one from the main rehabilitation Centre, Mstr. Jibin Binu and another from Home Based Rehabilitation programme Kum. Sruthi Reji achieved good result after the surgery. Both of them have started using their hand function well. Earlier it was not possible. ACT places on record its sincere gratitude to Shri. V Karunakaran and Shri P R Mahadevan for the financial support which helped the children to undergo surgery.

d. The Breakfast Revolution – A project to reduce malnutrition among the children of Adarsh

The project was officially approved in the year 2018-19. Due to various technical issues it got delayed for implementation. But finally in August 2019, the project was officially launched for the children in Adarsh. Based on the average attendance of the centre, the project is initiated for 200 children in which 70 children are below the age of 6 years and rest above 6 years. These children are given nutritious food supplements in the form of High protein, Bajra, Soya Masala, Khatta Meeta Kurmure, Namkeen etc to reduce the malnutrition among them. This will help to improve their immunity power against common cold, cough and fever. Also it helps

them to undergo vigorous therapy programmes which are required for their problems. The feedback from the children as well as from their parents are excellent. It will take a minimum of 6 months to 1 year to get a valid feedback on the health wise improvement in children. As mentioned children really enjoy the snack every day. All products are of good quality, tasty and healthy. Most of our kids find these products tasty to munch. We hope these power packed snacks will help to bridge the nutrition gap in our children leading to improve physical strength. As per our dietician's report, children below 5 years are getting more benefit with this programme than children above 5 years. We place on record our sincere thanks to Dr Pankaj Jethwani, CEO of Decimal Foundation and Shri N Krishnan through him decimal foundation was introduced to Adarsh. ACT also extends its sincere thanks to Shri. P. N. Narayanan for whole heartedly supporting this entire project.

7.3. Projects for 2019-20

a. New Vocational Training Centre

Adarsh is always blessed that we find abundant help coming to us at the most appropriate time. We have been pondering our heads to accommodate new children as our main Centre was packed with children and activities. Even after engaging special cabin of Chairman and Secretary, lack of space was an impediment to even think of new project. The most worrying part in that was the presence of more than 130 children above the age of 18 who could be only put through some vocational programme. Situation being so, we are so fortunate that Shri. Mathews (Parent of a child from Adarsh) suddenly on a day surprised all of us by donating two floors of a newly constructed Shopping Complex right at the highway with a big swimming pool and some land for agricultural development. We are planning a very big project exclusively for adult kids in the New Centre. There will be a big Chappathi Making Unit, Cake Baking Unit, Vocational Computer Lab., Agri. based Rehabilitation supported by Kerala Agricultural University and Dr. Bala (who is an expert in this), Sensory Swimming Pool, Paper Plate Unit, etc. Even after this, we understand that there will be around 30-40 kids who could not be put in any of the vocation due to their severity of problems. For them we are going to have a Day Care Centre joining with Udayamperoor Panchayat. We are going to have one show room in the Complex to show case and sell our products. Our sincere thanks to Shri. Mathews whose kind gesture surpass all our expectations. Only

because of this, we are now able to plan a very big project for adults. We place on record our sincere thanks. God bless his family.

b. Project with Rotary Cochin Central and ACT to support procuring machineries for the new vocational centre.

It's a 50 Lakhs worth project.

1. Semi Cooked Chappathi.
2. Cake baking.
3. Sanitary Napkin making.
4. Paper Plate making.
5. ICT based training unit – computers for the unit

Official agreement is made and now we are waiting for the approval to procure machineries. On this occasion special thanks is extended to Shri Roopesh Rajagopal, President of Rotary Cochin Central for taking all the efforts to implement for the project. Also special mention to Shri V. Sathyanarayanan, Vice Chairman of ACT and also a member of the club for the support to get the project sanctioned. We hope to start the activities at our new Centre once the situation becomes normal.

c. Digital Class Rooms.

In the last year, we have tried to digitalize our class rooms with the help of Interactive Boards in three classes. This was a major success as the Interactive Boards were operated just by touch. This enabled even the least mobile child to use this. On this note we have given a proposal to Kochi Shipyard to digitalize 10 of our class rooms in the Main Centre. This was gladly accepted by them and we are going to utilize their support to digitalize 7 rooms in Main Centre and 3 in the Vocational New Unit. ACT places on record its sincere thanks to Kochi Shipyard who were always there to support Adarsh right from its inception. We thank Shri. Ramesh, General Manager, Shipyard and Shri. Sampath, Dy. General Manager, Shipyard for taking the initiative. Shri. Varghese, their ex. General Manager and who is one of GC Members also was a guiding force for this. ACT appreciate and sincerely thank Shri. Varghese for his support.

d. Risk Baby Unit and Early Intervention Unit – Revamping

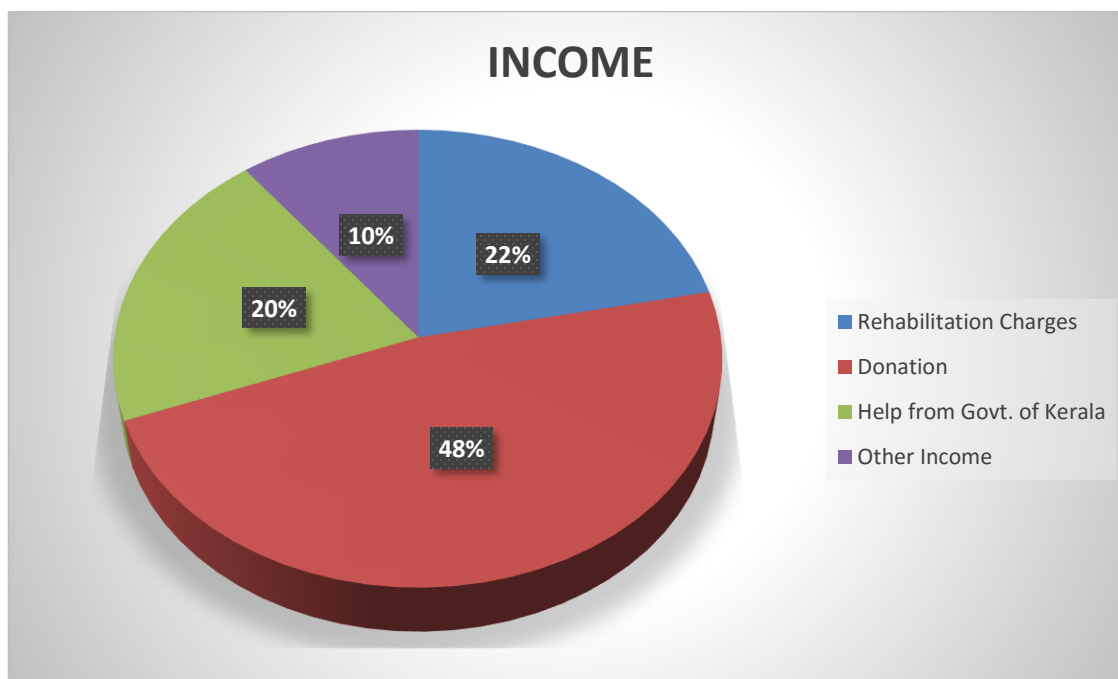
Early Identification and Early Intervention are the integral part of rehabilitation of challenged children. ACT has provisions for both. Early identification is possible through the Risk Baby Unit, where new born babies who are born with any risk are screened at the earliest to identify potential deviation from the normal. At the Early Intervention unit is where intensive

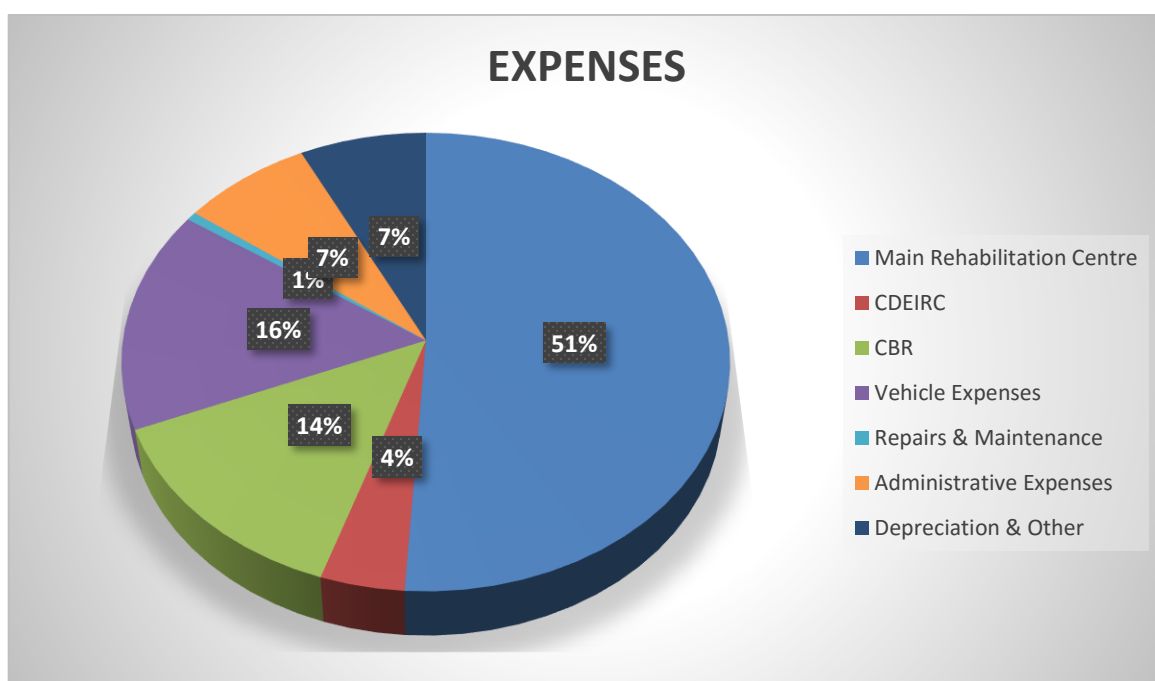
and comprehensive rehabilitation of children with all kinds of developmental disorders is done. For the last several years ACT has not done anything to enhance or strengthen both these activities. In order to create awareness about early identification and early intervention, ACT plans to do some active work especially from the grass root level through Anganawaadi and Kudumbasree health workers.

8. Financial Report

a. Basic Financial Analysis

Audited Financial reports are already distributed to all the members. The details will be shared by our Treasurer. In the following line I am just touching some salient features. This year there is a surplus of an amount of Rs.11.74 Lakhs. Compared to the deficit of Rs.55.36 Lakhs in the previous year. Department wise income and expenditure details are available in the report. The main reason for the annual surplus is the receipt of additional Govt. grant of Rs.17.58 Lakhs towards special package fund, reduction in the deficit on account of transport of children to Adarsh by about Rs 5.5 lacs and an increase in donations. In this context ACT acknowledges with special and sincere thanks HDFC Ltd for their contribution of Rs.35 Lakhs towards revenue expenditure. But as on 31st March 2020, there is a loan of Rs. 44.38 Lakhs which was taken against the Term Deposits.





b. Audited Financial Statements

i. Income and Expenditure

ABRIDGED INCOME& EXPENDITURE FOR THE YEAR 2019-20			
INCOME	AMOUNT	EXPENSES	AMOUNT
FROM BENEFICIARIES	6094300	REHABILITATION CENTRE	13703515
FRM GOVT OF KERALA	5688742	CHILD DEVELOPMENT EVALUATION INTERVENTION & RESEARCH CENTRE	1101864
COMMUNITY BASED REHABILITATION	3682445	COMMUNITY BASED REHABILITATION	3677112
DONATIONS	9147053	VEHICLE EXPENSES	4204766

GIVE INDIA	483764	ADMINISTRATIVE EXPENSE	2029172
INTEREST FROM BANKS	1742105	INTEREST & BANK CHARGE	317451
OTHER INCOME	1197366	MISCELLANEOUS EXPENSES	164622
		DEPRECIATION	1662546
TOTAL	28035775		26861049

ii. **Abridged Balance Sheet**

Abridged Balance Sheet 2019-20	
PARTICULARS	AMOUNT
Fixed Assets	1,68,80,633/-
Current Assets	2,56,19,125/-
Corpus Fund	1,58,02,943/-
Current Liabilities	2,68,910/-
Loans & Advances	3,23,933/-
Cash & Bank Balance	2,19,83,913/-

Salary and allowances is as usual the major financial implication for the Trust. Apart from the main rehabilitation centre all other projects are self-sustained. FY 2020-21 will be more challenging due to Covid-19 pandemic. Trust expects significant decrease in the income especially from the rehabilitation charge levied from the beneficiaries and also from contributions from individuals as well as organizations.

c. Major Future Projects for 2020-21

1. Separate vocational unit for children above 18 years. The unit will have a full-fledged cake making unit, semi cooked chappathi making unit, sanitary napkin making unit and Paper plate making unit etc. The Trust intends to run this institute as self-sustainable. In addition, a horticulture therapy unit and some certified vocational courses under NIOS; is also planned.
2. Special focus on early intervention unit and Risk Baby Unit involving more hospitals and creating more awareness on early intervention from the grass root level
3. Part of making Adarsh main rehabilitation centre as a centre of excellence, special attention to enhance over all activities of the centre.

d. Accounts of the organization are constructed on Accrual Basis.

9. Acknowledgement of donors

- i. **Bharat Petroleum Corporation Ltd.- Kochi Refinery** has been a dependable source of help right from 2001-02 onwards. There had not been a year since 2001 without their support for at least one of our projects. Since June 2010 they have been extending help for running Home Based Rehabilitation Units of Adarsh. Today BPCL extends support to run 5 HBR units. Through this, Adarsh was able to help around 160 children from 15 Panchayats. I take this opportunity to put on record our sincere gratitude and thanks for the management of BPCL for all the help that they had been extending to us all these years. Last year BPCL donated Rs.38.10 Lakhs to ACT. We are deeply grateful to Shri Prasad Panicker, Executive Director of BPCL and all the team members of Public Relation Department for their magnanimous gesture. It is really gratifying to note that even in this tiring time they have promised all help to support our HBR Project. We thank the initiative taken by their present Ex.Director Shri. Murali Madhav for getting it sanctioned for us. ACT takes this opportunity to extend special thanks to Shri George Thomas, Shri Vineeth Varghese, Ms Ancy Johnson and Ms Elizabeth Davis for their kind support to the children of Adarsh.
- ii. **Cochin Shipyard** has been a regular source of support since 2014. Our association started in 2013-14 when a team from Adarsh visited CSL and talked to the Management and staff members on the activities of ACT. Since then we have been getting regular support from CSL. In 2014-15, CSL donated Rs.30 L towards constructing classroom with 2600 sq. ft. In 2019-20, CSL in principle sanctioned Rs.10 L for setting up smart classrooms and indoor sensory play area for the children of Adarsh. I use this opportunity to thank Shri Madhu S Nair , Shri M D

Varghese and Shri Sambath Kumar for their generous and wholehearted support to ACT.

- iii. **Give India Foundation**, based at Mumbai has been a real source of help for Adarsh from 2006 onwards. A heartening feature of donations received through Give India Foundation is the fact that all but a very few are donations in small lots from well-meaning benefactors who are obviously impressed by the efforts of Adarsh. In 2019-20 through Give India we received Rs. 4.8 Lakhs. So far the total contribution crossed Rs.1 Crore. We place on record our Special thanks to Give India Foundation for supporting Adarsh.
- iv. **Govt. of Kerala** has been extremely helpful to us for the last one decade. Starting in 2008-09 with a non-recurring grant of Rs 10 lakhs, the grant amount has been stepped up year after year and reached the amount of Rs 56.8 lakhs in 2019-20 representing 20% of our total expenditure. This is indeed a great gesture. That the amount has been increasing year after year indicates the Govt. appreciation of our humble work in this field.
- v. **HDFC Limited / HT Parekh Foundation, Mumabi**
 ACT's association with HDFC started in the FY 2013-14 when we approached HDFC Ltd, to become one of the sponsors for the fund raising event held at Gokulam Park Hotel, Kaloor. HDFC supported ACT with a contribution of Rs one lac . Later, ACT got chance to interact with HDFC officers at Kochi and many of them started helping children of Adarsh on a monthly basis towards sponsoring a child. In the year 2017-18 HDFC through HT Parekh Foundation helped Adarsh for setting up Sensory Integration Therapy room with a contribution of Rs 7 lacs and also gave Rs 15 lacs towards the Corpus of the Trust. During the current year HDFC has donated Rs. 35 Lakhs towards revenue expenditure. We thank HDFC Ltd for this generous support.
- vi. **Care and Share USA**
 Care and Share has been a regular benefactor of ACT since 2016-17. ACT owes to Shri Tony Devassi, President, Shri Ashley Elanjickal, Vice President and Shri Santhosh Nair, Member of Care and Share. We are also thankful to all other unknown friends of Adarsh from Care and Share for their regular support. In the FY 2019-20 Care and Share donated Rs. 12 Lakhs towards child month sponsorship and another 2.8 Lakhs for procuring Motorised Wheel Chairs for the challenged children of ACT. Whenever they get a chance during vacation to India, Shri Santhosh Nair & Family, Shri Ashley & Family always find time to visit Adarsh. This indeed stimulates great enthusiasm for us and for all the children. ACT is looking forward to having this fruitful association continues in future too. Thanks care and share for your support.

- vii. **Shri Nelson, Managing Director of Esquire Plastics Pvt Ltd**, Kalamassery has been donating Rs.35000 every month to Adarsh since January 2012. A formal word of appreciation is not sufficient for his generous support. His help even continued even during the lockdown period from March till date. Rare indeed at these times. I sincerely express our deep felt gratitude to Shri Nelson.
- viii. **Shri P N Narayanan**
Ever since he joined Adarsh, he has been a regular source of support for ACT. Initially we were getting support for providing milk for all the children during snack time. Later in the form of medical assistance to poor children, support for flood relief work and very recently he supported the entire expenses of the project, The Breakfast Revolution. Shri P N Narayanan will be an asset to any organization like ACT. We thank Shri P N Narayanan for his magnanimous support.
- ix. **Simon John**
Through his association, Kreem Food Pvt. Ltd (Formerly known as Teejan Foods Pvt Ltd), Muttom, Aluva became the permanent member in the list of ongoing benefactors of ACT. Their help continues for the last one decade. Starting with Rs.4000 a month, now the firm extends Rs.19000 a month. ACT take this opportunity to thank Shri Simon John for his wholehearted support.

Adarsh Charitable Trust expresses sincere gratitude to following individuals and organizations also. Many of them are regular and magnanimous well-wishers of the Trust. You are all close to our heart.

1. N Krishnan, Mumabi
2. Federal Bank, Tripunithura Branch
3. V Guard Foundation
4. M/s Seematti
5. UC College B Sc. Chemistry Batch 1975-78
6. Shri K P Padmakumar, Cochin
7. Shri C V Ignatius, Kakkanad
8. Arpan Foundation (Fragomen)
9. Shri K Neelakantan, Bangalore
10. RUPJAG Foundation, Mumbai
11. Sai Rehabilitation, Cochin
12. Shri V Karunakaran, Pune
13. National Institute of Personnal Management, Ernakulam
14. Shri. K N Ardhanareeswaran, New Delhi
15. Umesh Bhat, Partner, G Joseph and Assocaites

..... and the list thus goes on. The names mentioned above are only a few among a large number of donors. We are indebted to all of our benefactors for their help and are looking forward in getting the same in future too. I may be excused for not mentioning all names, which is due to space constrain.

On our part we guarantee that every single paisa will be utilized with utmost care and only for the benefit of these kids.

- 10.** As you all know our School usually close for summer vacation by the end of April. Even during the vacation period we used to have special therapy sessions for those kids for whom this cannot be stopped. But, due to the threat of Covid-19 we are forced to close the school on 7th of May, 2020 as per Govt.'s. directions. But, we knew that this will affect our kids if the situation prolongs for more duration. Hence, we were searching for alternative platforms to impart whatever is possible and within our limitations. Fortunately for us Tata Consultancy Services and Punerjeeva Technologies extended their helping hand to promote an online platform for our children. We appreciate with sincere thanks the efforts taken by Shri. Dinesh Thampi, Vice President and head of TCS; Kerala and one of our Governing Council members, Mr. Robin and Mrs. Lakshmi of TCS and the entire team of Punerjeeva Technologies for their efforts. Initially during April, it was extended as a Vocational Information Activity and was extended for about 19 sessions till May first week. This was to inculcate an interest among the parents and children on this new platform. This also helped them to get acquainted to the new platform. Ultimately they started enjoying many session as we could bring in many celebrities and eminent personality like Dr. Muhammed Asheel, Shri. Gopinath Muthukad, Shri. P.H. Kurian, Shri. G.S. Pradeep, Shri. Jude Antony Joseph, Shri. John, Dr. Mary Anitha, Dr. Krishnan, Dr. Jyothy etc. Once our efforts became successful we extended our regular classes through online platform from June onwards on a regular basis. This still continues. Now we are able to give upto 60 sessions per week to our children. It is really heartening to note that almost 80% of our kids and all of our staff could adopt and adapt to the new situation very quickly. One of the main reason for this is the acquaintance mothers had with their wards on the daily routine activities happening in our school on all days as we encourage them to be with them on all days. About 80% of our mothers comes daily with their child to our school. This is an edge we have in imparting training through on line mode, as they are very conversant with all our programme including therapy and understand the language of our professionals and what is expected of them to do. But, we realise that there is still some children, who due to their physical problems could not receive any benefit by the present system. For them we have planned some alternative and this will be implemented as the circumstances gets comfortable and congenial for the same. I take this opportunity to specially put on record the absolute support which I

received from our Chairman Shri. Padmakumar sir. His timely advise and strong support gave all of us the kind of confidence that nobody could have failed even if he wish to. Our Vice Chairman Shri. Sathyanarayanan and Treasurer Shri. Ignatius were also always there with us throughout this tiring period. Thank you all.

11. Conclusion

Friends, as you all know we are passing through a very tiring period. Probably even in our wildest dream none of us has ever thought of a situation like this. But even at this tiring time, we at Adarsh are fully vigilant and are working round the clock to see that all our kids are safe and are keeping good health and are in good spirit. Adequate arrangements are being made to contact them individually through our network of teachers to enquire on their welfare and requirements. We are fortunate that timely help reached us from various corners like the one from Give India, TCS, Punarjeeva etc. so that we could extend it to all our children. While we thank all of them, we are confident that we will come through this crisis also and will certainly be blessed with lot of support from our strong circle of individual friends and corporates which we need in abundance in the coming months.

Friends, you all know we have celebrated our Vicennial year in the most befitting manner during the reporting year. It was a very colourful event where all our nostalgic moments were rekindled. The most important and colourful part of the event was the release of book “Resolutely towards an Adarsh” written by our Chairman Emeritus Shri. K. Neelakantan sir. I personally know the pain he has taken in bringing this book which depicts a true history of Adarsh. I salute Shri. Neelakantan sir whom I consider as my mender and guide for his attempt to bring out such a book which as far as my knowledge goes is the first of that kind. From the bottom of my heart, I thank the most respected Shri. Neelakantan sir, for all the pain and effort that he has taken for this.

Friends, as always reported in my previous reports whatever Adarsh could achieve is because of the efforts of our committed and dedicated members of staff. I was watching with bewilderment how easily and quickly they adapted themselves into digital mode in extending their services to our kids. This is something incomparable which we are witnessing in Adarsh for the last 22 years. I thank each one of them for their dedicated and sincere services. And we all know that to accomplish all these we need a strong leadership. Adarsh is fortunate that we have someone like Shri. Ashwin with us, whose dedication, sincerity and leadership quality is something which cannot be compared or compromised. Smt. Bincy our Vice Principal also need special appreciation. On behalf of Trustees I extend our respect

and thanks to Shri. Ashwin, Smt. Bincy, All unit Heads and All our Staff. We are proud of you.

Friends, I am glad that throughout the reporting period I am fortunate in getting enormous support from all our Trustees, without which nothing could have achieved. Our Chairman Shri. Padmakumar sir, was always there with us with his timely advices and physical presence. Our Treasurer, Shri. Ignatius has injected new vigour into our Treasury Department. The help and support I received from the governing council members and executive committee members is something which need special reference. Shri. Sathyanarayanan, Shri. Varghese etc. were all there with full support. I don't hesitate to put on record that I still disturb Shri. Neelakantan sir very frequently. I am fortunate that I am experiencing all these for the past 22 years and that too uninterrupted and continues.

Friends, the year 2019-20 was quite eventful for us. At this juncture, when we are at the midst of this universal calamity, we are facing an uncertain future. From all corner be it in financial, implementation of projects, implementation of routine training etc. we are facing immense challenges. But, we are confident that we will face these challenges with full confidence and will be always with our lovely children during this tiring period. When we have such a strong group of friends, corporates, staffs, and Trustees there is little to bother about. God bless all of us.

Thank you all for your sincere support and with warm regards,

P R Mahadevan
Secretary

19-07-2020