



ANNUAL REPORT 2022

ADARSH CHARITABLE TRUST

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**ANNUAL REPORT PRESENTED BY THE SECRETARY TO THE BOARD OF
TRUSTEES OF ADARSH CHARITABLE TRUST (ACT) AT ITS 24TH ANNUAL
GENERAL BODY MEETING HELD ON 31ST JULY 2022 AT 7 PM ON ZOOM
PLATFORM**

Dear Chairman, Vice Chairman, Treasurer, and other fellow Trustees,

The year bygone gives us mixed feeling. In the area of our operations though it was much satisfactory compared to last year, on the personal front we lost many of our near and dear ones due to COVID and other age-related ailments. Though all deaths do create a vacuum and despair, some has severe effects. Especially when we loss someone who was all through us through our thick and thin, at least at time we feel desperate. That was the feelings we all had when we heard the news of the sudden demise of our beloved Neelakantan sir. Though sir had age related ailments and problems, his demise was sudden and hence gave all of us a sense of shock. I am sure you all felt the same manner I had, and I am sure you all might have thought on the future of our great organization as we are yet to come over the vacuum his loss created. Indeed, it is a huge loss for Adarsh.

Neelakantan sir joined Adarsh as a trustee in the year 1999 and ever since he was actively participating in all our activities. He became our Chairman in the year 2000 and had tirelessly working with only one objective in his mind that to take our institution to its height it reached today. As a person who worked with him very closely, I am sure that Adarsh is where it is today only and only because of our Neelakantan sir. He had put in all his vast experience in bringing up this organization. May it in building up an excellent group of staff, or may it in building up an excellent building or may it in building up the infrastructure facilities, he was very clear in what the organization needed and made sure that it happened at the appropriate time. I am sure the success of Adarsh is in that great vision and what we are doing today is just marching through that dotted line and filling the gaps if at all he had left any. As you all know he all alone was instrumental in bringing the President of India to our institution which since then changed the profile of our organization to an unimaginable level. Even after his relinquishing the post of Chairman, he never stopped his contributions to Adarsh. He was very particular that he should be made abreast of all activities that are happening irrespective of whether it is minor or major, and never shied away from presenting his opinions and suggestions. This continued even in the previous week of his demise, where we had a long chat on our new project ACE. In him we found a mentor, a well- wisher, an experienced advisor and over and above a very nice and noble human being always prepared to help anyone who needed it. He always used to confide to me that the period he spent with us was the one which gave him maximum happiness. For us it is the other way-round, as we enjoyed his association to this level that even now, it's very difficult for us to think that he is not among us. Our only prayer is that this noble sole may rest in peace.

Kaloor Unnikrishnan also left us during the reporting period. As the President of our PTA, he was acting as a bridge between the parents and the administration. I must admit

that his presence made the whole change in the functioning of PTA and with his positive interference in all related matter gave Adarsh many chances to perform its functions in a better manner. He was always forthcoming with his open remark in all relevant matters and had instrumental in introducing various forums for appreciating and admiring the yeomen services done by our members of staff. By his loss we lost a very sincere supporter and well-wisher of Adarsh.

Friends, we also lost four parents during the reporting period. We lost Sri.Sankaranarayanan, Smt.Kala, Sri.Shaji, and Sri.Markose during the period. We pay our homage for the departed soul and stand with the family in their most difficult time.

We also lost three of our children Lakshmi Santhosh, Vaishnav and Anjana Jayakumar during the period. As said earlier any death gives sorrow for our entire Adarsh family and when it's the children the sorrow is doubled. We mourn the demise of all those who are related to Adarsh and from our family. May their soul rest in peace.

It's with immense pleasure that I am presenting and placing this report before you for the 24th year. As always, I feel very proud and fortunate to be in a position to present our annual report continuously for 24 years. It's a very satisfying work bestowed by the almighty on me and supported by all our Trustees and that too for such a long period of 24 continuous years. I am thankful to all of you for the confidence you all placed on me and thankful to the Almighty having been chosen me for this very noble work. Let's hope that the coming years also will be very fruitful for our kids and let's all join together to give our best for our kids. May God help us all in doing this noble act to our kids and to the society.

This is our Silver Jubilee year and the following part of the report will give you how we plan to go ahead at this crucial juncture of our organization. We realize that COVID had its effect in the entire world, as it did affect our organization also in a severe manner. Even in this difficult period, we did try our best to keep on with our activities with various options available depending upon the situation due to the pandemic. As was reported in the last year, our online classes were provided with in full swing. We also took care of the need of every child to the best possible manner we could. All said and done we also realize that we lost solid two and half years in implementing many of our proposed projects. We also understand that it created a very big hole in our resources. Funds were not forthcoming as the total economy was reeling under the pressure of COVID. Those who supported over the years, especially individuals who generously contributed for our various projects and proposals could not continue it as many were passing through difficult time. Even in corporate segment the pandemic had its effect thereby putting constraints on their budgets for CSR. This along with the works undertaken in our new centre ACE forced us to touch on our surplus buffer funds which as you may see in the balance sheet is depleted considerably to a very uncomfortable position. We need to address to this immediately. Our Treasure will shed more light on this and hence I am not elaborating on this point.

On the project side, we hardly could initiate any new project in our base unit Adarsh. Neither we could not focus anything in improving its infrastructure which otherwise we used to do every year. As the facility was literally closed for more than 24-months we focused only on maintaining the existing facilities. Even that got affected and many including our building required minor and major maintenance. Even during this most difficult period we made sure that the salaries for the entire staff members including their annual increments were disbursed in time throughout the period of pandemic. Even in this difficult period, Providence of Almighty showered it's blessing on us by way of a building donated to us for our new venture ACE. Not only that the providence is extended by a substantial funding from Rotary Club of Cochin Central which helped us building a facility par comparison for our confectionary and Chappathi making unit. In a way the lean activities at our main centre gave us an opportunity to focus more on our new venture whereby we now can proudly report that the kind of facility which we have is one of that kind in this segment at least for sure in Kerala. As details on the same is reported in the coming pages I am not dwelling on it in detail here.

So, if you take Adarsh as a whole in the pandemic period we had mixed experience and surely the positives projects in a very bright manner. Now it's time for us to consolidate on the ground realities and march on for our future. We have specific plan for that and it will be shared in the coming pages.

Friends what we need from all of you at this most crucial period of our organization is your utmost support in whatever possible manner. I am sure that the same will come in abundance as was in the past still, we all need to rejuvenate and gear up all our energies and focus on our organization to take the same to its new heights.

1. Adarsh Charitable Trust – Background details

'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

Main Rehabilitation Centre	PWD Act	0064/2021/EKM/SJD	Valid till 24/10/2024
Adarsh Centre for Empowerment	PWD Act	-	Application submitted for registration
12 A & 80 G	Income Tax Act	12 A -AAATA8491KE20214 80G - AAATA8491KF20214	Both the certificates valid till 31 st March 2026
Foreign Contribution	Foreign Contribution (Regulation) Act, 1976	052850473	Valid till 30/09/2023
Food Safety and Standard Authority of India (FSSAI)	Food Safety and Standard Act 2006	21321190000529 – Adarsh Centre for Empowerment 21322190000293 – Adarsh Special School	ACE – Valid till 05-09-2026 ACT – Valid till 16-06-2027
GST Registration	GST Act	32AJQATA8 49 IKLZK	Permanently valid

- 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. **Adarsh Centre for Empowerment**, the new vocational training centre of Adarsh Charitable Trust functions at 3/81 Y, Palakkattu Building, Vaikom -Tripunithura Road, Udaympoor, Ernakulam

2. 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;
- To promote research in the field for Community Based Rehabilitation programs; 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

3. GOVERNANCE

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

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 15 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 2021-22 both the Governing Council and Executive Committee met 3 times.
- c. Remunerations and re-imbursements to Board Members

No.	Name	Gross Remuneration PER ANNUM (Rs.)
1	K.P. Padmakumar	Zero
2	V. Sathyananarayan	Zero
3	P.R. Mahadevan	Zero
4	C.V. Ignatius	Zero
5	Dr. Abraham K. Paul	Zero
6	Dinesh P. Thampi	Zero
7	M D Varghese	Zero
8	M.A. Mohammed Ali	Zero
9	Riaz Ahmed	Zero
10	Dr. Sachidananda Kamath	Zero
11	Simon John	Zero
12	P.N. Narayanan	Zero
13	K. Vijayan	Zero
14	Mathews P Mani	Zero
15	K. Venugopal	Zero
16	K.G. Unnikrishnan	Zero
17	N. Satheesh Kumar	Zero
18	O M Mahadevan	Zero
19	Adv Joseph Kodianthra	Zero

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

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

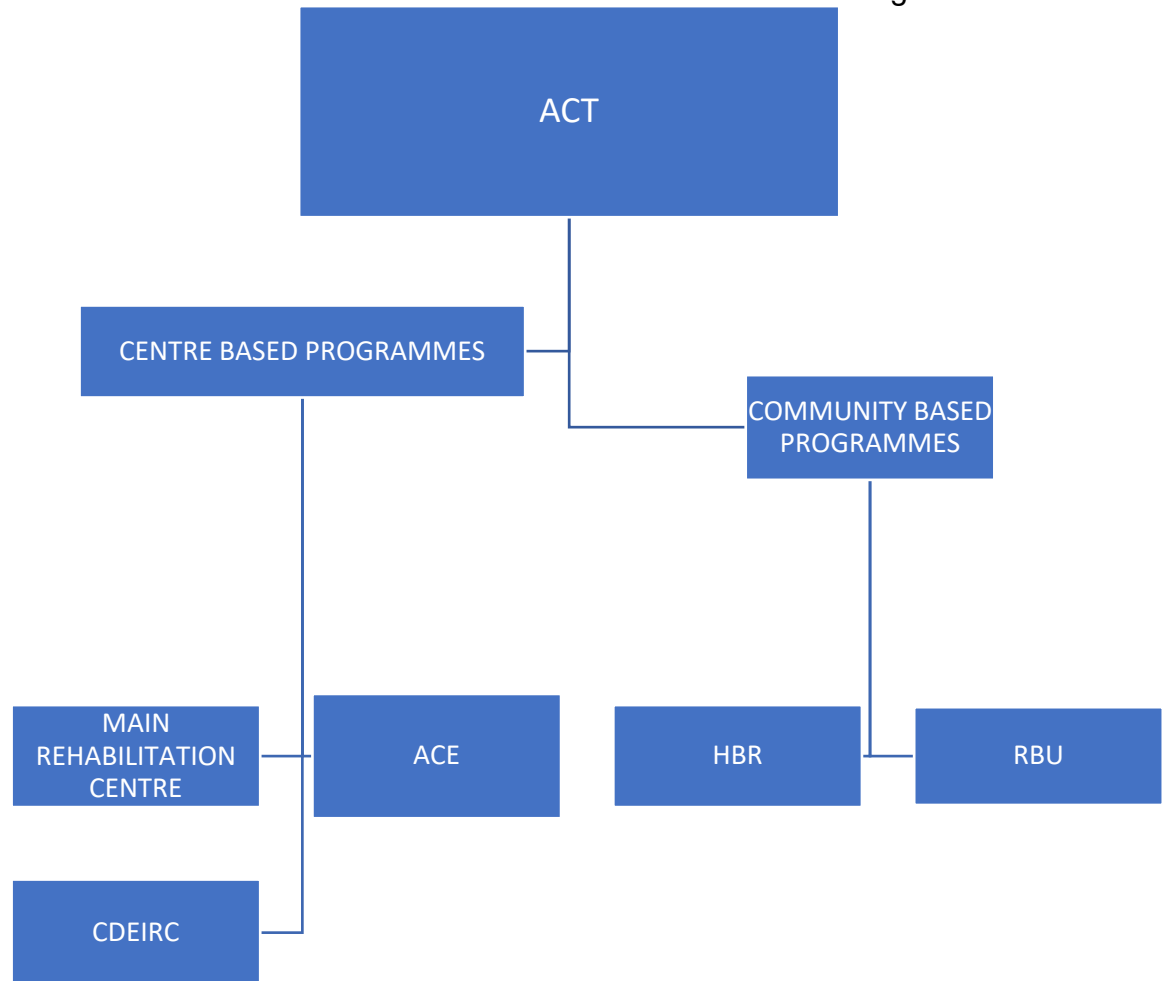
- e. The Governing Council and Executive Committee members of Adarsh Charitable Trust are unrelated by blood or marriage.
- f. Governing Body of ACT meets **at least twice** in a financial year, suitably spaced (at least 3 months apart), with quorum as stipulated in its Trust Deed.
- g. **Minutes** of Governing Body meetings for ACT are **documented** and **circulated** among Board members.
- h. Board of ACT approved organization's programs, annual budget, annual report, audited financial report and also the Board ensures ACT's compliance with its own rules, regulations and byelaws.
- i. The Board also ensures ACT's compliance with statutory Govt. laws and regulations.

4. Operations Report

a. Structure of the organization

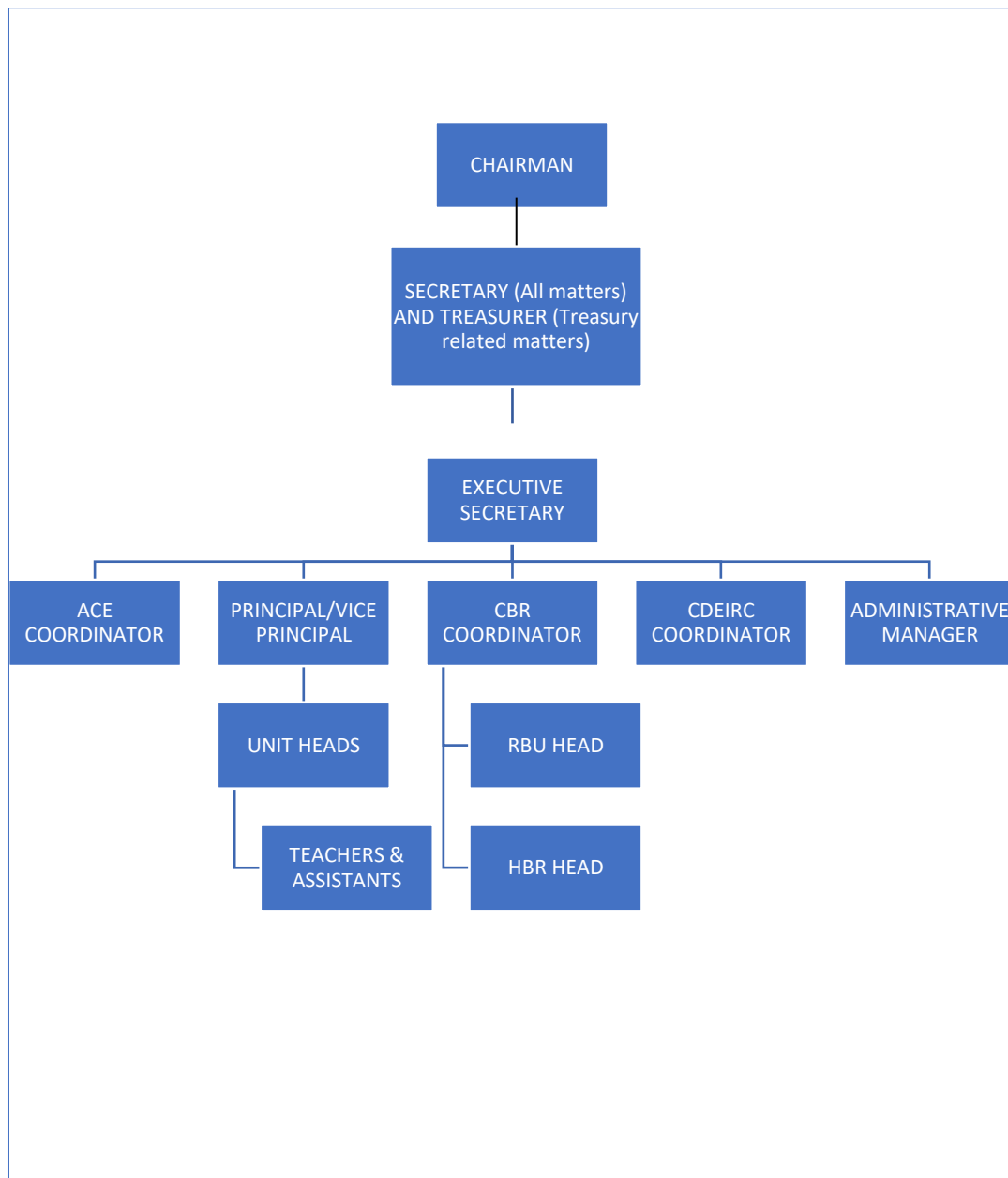
Based on the objectives, ACT started centre based as well as community-based programs. With only 7 children affected by Cerebral Palsy in 1998, the main rehabilitation centre has now over 283 children (as on 30/04/2022). In December 2007, another centre for comprehensive evaluation of all developmental 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 program. Overall administration of these projects is controlled by Executive Secretary. The main rehabilitation centre has a Principal, Vice Principal, Coordinator and staff members to take care of day to day activities, whereas CDEIRC is controlled by a centre head with 4 staff, the Risk Baby Unit is taken care of by a Developmental Therapist, and the Home-Based Rehabilitation by a Physio Therapist with 15 staff. This year Adarsh main rehabilitation centre has been divided in to 2 based on the age of children. Now the main centre at Kureekkad has only children below 18 years and the new centre, Adarsh Centre for Empowerment which is located at

Udayamperoor, has children above 18. It was a dream come true moment for Adarsh Charitable Trust to have an exclusive vocational training centre.



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

Reporting Structure



CBR- Community Based Rehabilitation, **ACE-** Adarsh Centre for Empowerment
CDEIRC- Child Development Evaluation Intervention and Research Centre,
RBH- Risk Baby Unit, **HBR-** Home Based Rehabilitation

b. Human Resources

i. Organization Staff structure

Human Resources is an important part for any organization. We always recognized and appreciated that our specially qualified and nonqualified staff members are the backbone of Adarsh. It is always satisfying that anyone who joins Adarsh, is seen putting her/his maximum to produce the most desirable outcome from the divinely abled children. This can be considered as the main reason for the high percentage of successful rehabilitation happening in Adarsh over the past 24 years. I am very happy to report that over the past twenty-four years we could sent 84 children to normal stream. To maintain this impeccable quality of service to the beneficiaries, 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 79 members of staff 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, age, their disability, and their FUNCTIONAL ABILITIES. In addition, there are technical units and a unit for extracurricular activities. Maintaining a student teacher ratio of 3:1, we make sure that each class has a maximum of around 8-10 children only. To take care of them there is a full-time special educator and an assistant for each class. 3-6 such classrooms form a unit, and each unit has a Unit head. At present there are 8 such units and 28 classes at the main rehabilitation centre. Coming to reporting of activities, 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 5 bus assistants. At Child Development Evaluation Intervention and Research Centre, a Coordinator supervises 5 staff members and their activities. In the Community based rehabilitation projects, we have a Developmental therapist who solely manages the Risk Baby Unit and in the case of Home-Based Management Project there are 15 staff members in 5 Home Based Rehabilitation units. They all in turn report to Executive Secretary and the Executive Secretary to the Secretary. ACT is very meticulous in selecting the staff giving thrust for their experience and to their attitude towards the society. Even our former President, His Excellency Dr. A.P.J. Abdul Kalam had appreciated this after his personal visit and experience in Adarsh during his visit at the center on 17th December 2005 which made His Excellency observe **“I saw number of mothers, mother like teachers, who are with the children always and taking care of them....God will bless them and my respect to them because they are doing a beautiful and godly programme”**

ii. Categories of staff – The list is given below.

Category	Number of staff and other supporting members as on	
	01-06-2021	01-06-2022
Medical Doctors (Consultants)	1	1
Psychologist	3	3
Developmental Therapist	1	1
Physiotherapist	13	11
Speech Therapist	4	3
Occupational Therapist	-	-
Social Worker	0	1
Dietician	1	1
Special Educators	31	31
Teachers	8	7
Teacher Assistants	35	35
Drivers	3	4
Office Staff	15	11
Kitchen	2	2
Bus in charge	8	5
Voluntary Staff	2	2
ACE Staff	7	11
TOTAL	137	129

iii. New appointments and resignations

During the reporting period 5 new staff members were appointed by ACT to the main rehabilitation centre, against 8 resignations.

iv. Retirement

During the academic year, there was no retirement of any member of staff

v. 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	5	7
5,000 – 10,000	3	50	53
10,000 – 30,000	10	55	65
Above 30000	2	0	2
TOTAL	17	110	127

c. Beneficiary details

i. Types of children

Right from the inception and even now Adarsh has a clear focus area. The core focus area of the Trust is still on children with Cerebral Palsy. Now the Trust has wings for children with Autism, Down syndrome and Multiple Disability too. As of now Adarsh has 283 children at the Main Centre. Disability wise beneficiary details are available below.

At CDEIRC, the main focus is on children with Learning Problems. We realize that there are a good number of children attending normal schools, whereas, they need special training for their academic as well as functional issues. With the help of dedicated special educators and skilled therapists, such children are managed effectively and productively at CDEIRC.

This year, Adarsh Centre for Empowerment, the exclusive vocational training centre was started. Unlike the main rehabilitation centre, here the main focus is on job-oriented training for the children. Around 13 vocations are envisaged at this new centre. More details on this centre and its focus of activities are explained in the following paragraphs.

ii. Disability wise details of children in Adarsh:

PROJECT	CP	ASD	DS/MR	MD	LD	OTHERS	TOTAL
Main Centre	26	37	44	19		13	139

Adarsh Centre for Empowerment	43	30	37	45	4		159
CDEIRC							
HBR	38	11	33			78	160
RBU						538	538

iii. Achievements of the year

Launching of Adarsh Centre for Empowerment was the biggest achievement of 2021-22. It was a dream come true moment for all in Adarsh. The Trust wholeheartedly thank Shri Mathews P Mani for his humongous benevolence by donating an almost fully constructed 8000 sq. ft building and a 30-cents of land on the highway of Vaikom -Tripunithura road. Rotary Club of Cochin Central also deserves appreciation for donating machineries worth Rs 45.97 Lacs to the centre. The new centre is set for providing with comprehensive vocational training programs to adult persons with challenges. Details are elaborated in the following pages.

5. Activity Report

Covid restrictions continued till the end of 3rd quarter of 2021-22. Till then all the activities were held online as usual successfully with good participation and support from parents. All the activities of the Trust happened online except Risk Baby Unit which is a hospital-oriented program and the therapist used to visit hospital even during the period of restrictions.

5.1. The main rehabilitation centre

As usual the online activities continued during 2021-22 also due to Covid restrictions. When the academic year 2021-22 started, with the help of Punarjeeva Technologies Pvt Ltd Act organized a new digital awareness cum entertainment program called tedS (Technology, Entertainment, Development) program. Then as in the previous year the online rehabilitation activities continued till December 2021. Finding that restrictions are getting relaxed, offline sessions were started in early January 2022. But, due Omicron attack, schools were again closed. The next phase was resumed by second week of February 2022 and continue till second week of April when the school was closed for Summer Vacation.

a. tedS (Technology, Entertainment, Development) program

After the big success of VIA (Vocational Information Activity) program in 2020, Adarsh Charitable Trust with the help of Punarjeeva Technologies introduced another online awareness program called tedS program. The main highlight of the program was to

introduce new advancement of technology and development in the digital world that can be integrated in to the field of rehabilitation for helping the challenged children and their family. Additionally, there was some activities to entertain children in the form of art and music. It was a great effort by Punarjeeva to bring some life changing experiences with technology, entertainment and development sessions. The program was scheduled on every Saturday from 15th May 2021 to 12th June 2021. On the 15th May 2021, the program was inaugurated by Shri Rajiv Kohli from New Delhi, one of the largest benefactors of Adarsh Charitable Trust. Shri Kochouseph Chittilappilly and Dr Jeeson C Unni were other chief guests of the functions. On the inaugural day Shri Robin Tommy and Shri Rakesh Kesavan handled the Technology and Entertainment sessions for the participants. The program concluded on 12th June 2021. On the day, Shri Subair K K Arikkulam, Social Just Officer Ernakulam, Dr. Mohan Kunnummel, Vice Chancellor Kerala University of Health Science, Thrissur and Dr Parvathy Mohan, Professor, Department of Pediatrics, Amala Institute of Health Science, Thrissur, Shri. Krishnanunni, Ms. Teena Mary Abraham, Dr Deepa Sundaresan, Shri Varun. B., et al. were the experts from different field handled the sessions for the children and parents.

b. Adarsh Special School – Online activities

It was a great experience for all the staff members in Adarsh to provide therapy and training program online especially to the challenged children. But with utmost sincerity and dedication, the entire staff members of Adarsh worked diligently to help the children with necessary therapy training and therapy online very effectively. This confidence helped them to continue the online program in 2021-22 also without any difficulty. Not only that along with regular online sessions additional sessions like Yoga, Instrumental Music, etc. too were introduced this year. In 2021-22 around 7000 online sessions were conducted where in 2020-21 it was only around 5000. By the end of second quarter of this academic year, though schools started functioning offline, parents were not that confident in bringing children to school due to the threat of pandemic. Hence Adarsh with the consensus from Parent Teachers Association, decided to officially open school in June 2022 only. Providing transportation facility was also very difficult for the Trust. But the offline sessions were started in a phased manner for selected children by early January 2022 and unfortunately even that also continued only for a week and we were forced to close the facilities due to Omicron spread. Activities resumed again by Mid-February 2022.

All the festivals like Onam, Christmas, Ramadan etc. events were celebrated via online in a befitting manner. All celebrations were really eye catching with the live performances of children. Events like Vayanavaram, World Environmental day, Independence Day, Children's Day, International day for Person with Disabilities, World Cerebral Palsy Day, World Down syndrome day, etc. were also observed online. This is done mainly to make them feel comfortable and to give them adequate opportunities to interact with their peer group. The response received was really surprising.

5.2. Risk Baby Unit

Risk Baby Unit is a mobile hospital-oriented new-born disability screening unit which functions in 4 hospitals in town. These hospitals are Lakshmi Hospital, EMC, Lissie and CIMAR Hospital. 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 the Neonatologist of respective hospital. Each newborn baby, born with risk, is thoroughly screened and assessed with the help of scientific evaluation tools to identify potential delay or to identify any aberration from normal development and if anything, unusual is noticed, the therapist intervenes immediately. The identified baby is given regular stimulation and therapies right from the beginning so as to generate a professional interface at the earliest possible time. In 2021-22, the unit was able to screen 538 babies even during the difficult condition of covid-19. During the reporting period, the unit did not work during the month of May 2021 due to severe spread of Delta variant of Covid-19. The work under this project restarted once the lockdown was released. The irregular public transport system too affected the working of the unit. Even then, the unit identified over 19 new babies who have deviations from the normal development. So far, the unit have screened 8237 babies since its inception in August 2005. We feel this is one of the most needy projects we need to focus.

5.3. Child Development Evaluation Intervention and Research Centre

This city centre of Adarsh was started in 2007. The main objective of the centre is to provide comprehensive evaluation of all kinds of developmental disorders along with remedial education programs to help children with Learning Disorders. The centre has facilities for basic therapy programs like Physiotherapy, Speech therapy, Occupational therapy and Behavior Therapy. Since its inception, the centre has been functioning in a rented building. In February 2021 we terminated the rental agreement. Hence since February 2021 and till now all the activities are being done online. By August 2022, we are geared up to restart the centre in a full-fledged manner. A new house has been found out for the purpose at Vyttila area. In 2021-22, as mentioned earlier all the activities were given online. Major activities include Remedial Special Education, Speech Therapy, Physiotherapy, Behavior Therapy etc. On an average, 40 children attended these activities every month.

5.4. Home Based Rehabilitation Program (HBR)

This is the most innovative mobile rehabilitation program of Adarsh. Unfortunately, due to COVID restrictions, this program too held online. Compared to 2021-21, this year it was not that difficult to impart training as the parents became more aware of latest technologies and the need for learning the new concepts and ideas. Along with normal

online program, this year additional sessions like Vocational training programs, Music, Dance and other extra-curricular session were added.

HBR program has a total of 160 children from all the 5 units. Of which 120 are being helped using the online platform. Rest of them neither have internet facilities nor have other infrastructure to participate in the online training programs and hence could not be added

Data chart of Home-Based Rehabilitation program

UNIT	TOTAL CHILDREN	Google Meet	PT	SE	Watsapp	Direct Phone in Programme	House Visit
I	36	15	15	27	07	24	9
II	33	6	19	18	13	17	3
III	29	4	12	17	15	12	4
IV	37	6	12	29	15	18	6
V	25	4	12	12	08	16	3
TOTAL	160	35	68	105	38	87	25

As usual, Adarsh celebrated 2nd October, Gandhi Jayanthi day as an exclusive day for the get together of the parents and children of our home-based units. The day is filled with lot of activities and fun where all the children and parents get an opportunity to share their experiences and feed back to the management and sponsors of this project BPCL-Kochi Refinery. This year, we did conduct the get together in the most befitting manner through online platform. Around 60 children and their parents joined the meeting. Ms. Elizabeth Davis from the Public Relation department of BPCL attended the program. As usual the day was filled with many cultural programs by the children and parents of HBR family.

6. Other important school activities in 2021-22

a. Important days and their observations.

1. Pravesanotsavam 2020

Online Pravseanotsavam was conducted on 1st June 2021. Shri George Thomas, General Manager of BPCL was the Guest of the day. Dr Praseetha, Assistant Director IGNOU, New Delhi launched the first Graduation Batch (BA).

2. World Environmental Day was observed on 5th June 2021. Children from different units planted trees at their home

3. Adarsh celebrated Vayanavaram from 22nd June 2021 to 25th June 2021. Part of that vayanavaram was celebrated by conducting a reading competition for the children. A

function was organized as part of this celebration on 25th June 2021, Friday. Shri L Vinayachandran, well known Lyricist and Writer was the chief guest of the day.

4. Dr Mathew P George, ENT Surgeon from Shravan ENT Centre Ernakulam talked to the parents and teachers on 27th June 2021 as a part of Medical Awareness program organized by Adarsh.
5. Ramayana Month was celebrated in a befitting manner. A function was organized on 17th July 2021. Smt. Latha Warriar was the chief guest of the function. At the function, children of Adarsh presented Bhajans and sung different devotional songs
6. Department of Social Justice, Govt. of Kerala launched a special program called Sahajeevanam for the welfare of differently abled people. Selected staff members from Adarsh too were recruited to the project to monitor the progress of project in Ernakulam district. So far nothing concrete has happened in the project. Still the project is on the pipeline.
7. Independence Day was celebrated online on 15th August 2021. Keeping up with all the Covid protocol, Shri P R Mahadevan, Secretary of Adarsh hoisted the flag at the school premises. A function was arranged to celebrate the day in big way. Dr K S Radhakrishnan, Former Chairman, KPSC and Honorable Justice Gopinathan P S, Former High-court Judge were the chief guests at the function and conveyed their Independence Day message to the children and to their parents.
8. ACT celebrated Onam on 18th August 2021 in online platform. Shri Sanal Potti, well known Journalist and TV anchor along with Kumari Devika, young play back singer were the chief guests for the function. It was a day with full of colours. Children wearing new dresses, colourful floral arrangements, children as Mahabali, Vamanan etc. were the main highlight of the day.
9. Teacher's day was observed on 5th September 2020. Shri Lavakumar, Retired Deputy Director, Director of Public Instruction, Govt of Kerala Inaugurated the function which was arranged online. Children paid respect to all their teachers at the function.
10. House warming function of Adarsh Centre of Empowerment was arranged on 8th September 2021. Arrangements for worship based on Hindu (Ganapathy Homa, Navagraha Pooja, Vaasthu Pooja), Christian (Priest from Sunahadose Church and Muslim rituals by a Mulla were done at different time on the day. Starting at 6 am in the morning, all the events culminated at 10.30 am.
11. Fruit mixing ceremony at Adarsh Centre for Empowerment was organized on 2nd November 2021. Dignitaries from Rotary Cochin Central were the guests at the function. It was a great event, the first major stepping stone of ACE's maiden cake venture of Plum Cakes for Christmas.
12. Children's day was celebrated online on 14th November 2021 with befitting programs by the children. Shri Ratheesh Thadikkaran, Artist, was the chief guest at the function. A weeklong program was arranged for the children. Some of the programs were Solo Song, Solo Dance, Coloring, Memory Test, Recitation, Fancy Dress etc.
13. International Day for the Persons with Disability was observed befittingly on 3rd December 2021 by launching the Melting Hearts Cafeteria for the challenged children of the society.

14. Annual Day celebration of ACT along with Christmas was celebrated on 23rd December 2021. Ref Fr. George Nereveetil gave the Christmas message to all. Cine Actress Ms. Remya Nambeesan was the chief guest of the day. With songs, dances and other cultural programs the day was full of colours.
15. Children participated in cultural competition called Bhavana 2022 organized by Rotary International. All the events were conducted online. Adarsh turned Second Runner Up in Mentally Challenged category and first Runner Up in Physically Challenged category.
16. A condolence meeting was arranged to commemorate the sad demise of Former Chairman and Chairman Emeritus of Adarsh Charitable Trust Shri K Neelakantan on 17th February 2022 at the premises of Adarsh Charitable Trust. Members of Board of Trustee of Adarsh, people from different parts of the world, Shri Jayakumar Bhaskaran from USA, Shri Rajiv Kohli from New Delhi, Shri Ramesh Kymal from Chennai, Shri C Balagopal from Bangalore et al. shared their personal as well as official experiences with Shri K Neelakantan. In his memory, Shri Padmaja Alaganandan his Daughter and our Chairman jointly planted a Mango tree at the premises of Adarsh.
17. JCI Cochin chapter honored Smt. Vanaja Ramesh on International Women's Day for her selfless service to the challenged community. Similarly, Smt Manujula Jayakumar was honored by Lion Club International and Smt. Kalpana by NSS Karayogam, Mulanthuruthy for their selfless and sincere contributions in the field of disability.
18. ACT Celebrated International day of Down syndrome on March 21st, 2022 and World Autism Day on 2nd April 2022 with cultural programs by the children and various competition for their parents. Department of Autism took children to Farm Sanctuary as part of Autism Day celebration.
19. Bakery and Confectionary Unit of ACE was officially inaugurated by Rotary District Governor Rtn S Rajashekhar on 19th April 2022. Rtn Jayashankar, District Rotary Foundation Chair, Rtn Phillip Thomas, President, Rtn Roopesh Rajagopal, Past President and Project Chair, President Elect of Rotary Cochin Central were there at the function.

b. Seminar and Training

Due to Covid pandemic, ACT did not send any teacher to attend seminars or training outside. But majority our teachers and therapists attended various online webinars and training programs related to their field. "Ganiniprabha" an online training program for Teachers and Therapist was organized by Govt of Kerala, SCERT department. Almost all the teachers and therapists attended the program.

7. Parent Teacher Association (PTA)

ACT is once again thankful to the PTA, especially for the support they extended to the Trust during the second year of Covid-19. ACT remembers with gratitude that Adarsh could continuously do these online rehabilitation program effectively only because of their steady support and cooperation from the parents and teachers. ACT appreciates

Shri Tony Chettiamkunel the president of present PTA and its committee members for their wholehearted support.

8. Adarsh Charitable Trust was honored by Kerala Management Association (KMA) for its exceptional services to challenged people in the NGO category. The award was distributed at the All Kerala CSR Conclave organized by KMA on 17th December 2021 at Hotel Monsoon Empress
9. **Adarsh Centre for Empowerment (ACE) – The Vocational training centre cum day-care centre of Adarsh Charitable Trust for children above 18 years**

Introduction

Adarsh Centre for Empowerment, the most ambitious project of Adarsh Charitable Trust since the Inauguration of its own main rehabilitation centre at Kureekkad in 2005 came in to reality on 3rd December 2021. It took almost 3-4 years for the Trust to fulfill its most prestigious project for the challenged children above the age of 18 years. For your information, I am repeating the background of the project.



Background

In December 2005, when ACT was shifted to its new own disabled friendly building at Kureekkad, there were hardly 10 children above the age of 18 years. But gradually the number of children in this age group has started increasing because we didn't have a specific program for these group. As per the Government norms we cannot retain a child after 18 years of their physical age. But in many cases though their physical age is well over 18 their mental age may not be. And in many other cases their disability may be so profuse that we could not include them in the mainstream. One of the main reasons for this is that for children with moderate to severe category of disability, the outcome of all the rehabilitation endeavors however we try is limited. So ultimately, we are left with no other option other than retaining them in our main centre only because, for them literally there is no other place to go. Moreover, at our centre they are guaranteed of regular therapeutic measures with lot of options for their recreational activities. Our only option in their case is to engage them in some sort of vocational activities, which each one can undertake, depending on their physical and intellectual capacity and deficiencies. So, naturally their number will go on increasing over the years and at present at Adarsh we have 130 children above 18 years of age. Hence the need of the hour is to extend some sort of vocational and recreational rehabilitation measure. For this the main requirement is the availability of adequate space and infrastructure so as to start stand-alone projects, where we can include these kids through well selected proper vocational rehabilitation program. We also need a day care facility for those who cannot be otherwise put through any kind of vocational rehab activities. ACT started the vocational training program in a moderate manner in 2008 which was upgraded with professional vocational rehabilitation experts in 2016. This is running fairly well though not to the full satisfaction of all. But lack of space and infrastructure to include more befitting vocations always prevented us from giving this project enough thrust which it needed. Over the years this was an area seriously pondering over our mind and also the load on Adarsh by over aged children prevented us from taking more admission in entry level categories. So, what Adarsh wanted was an adequate space to set up a separate centre for empowerment (Adarsh Centre for Empowerment-ACE) preferably close to Adarsh's main centre at Kureekkad. ACT was looking for a suitable land to buy or build or lease a building (on long term lease) since FY 16/17. Suitable building on long term lease was not available and the other option of purchase of land or building didn't materialize as it was very expensive.

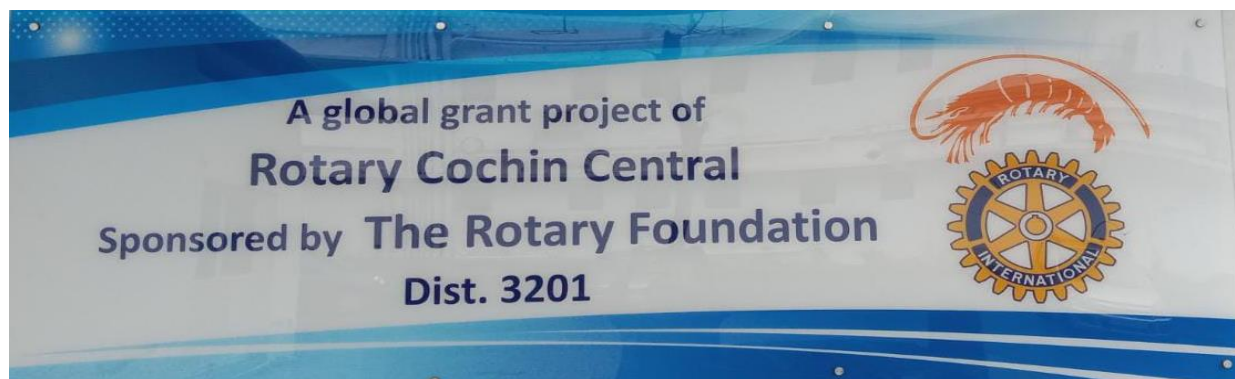
While Adarsh was struggling to find a way forward for ACE, we received two new commitments for ACE. The first support came from Rotary Cochin Central who donated equipment worth Rs 45.97 Lacs for ACE. This support came to us in March 2019. Around the same time, Shri Mathews P Mani, one of our Trustees and member of Governing council and father of a student of ACT, donated the 2nd and 3rd floor of a newly constructed 4 storeyed building, with each floor measuring to 4000 sq. ft. area, on a lease agreement for 30 years for ACE literally at free of cost. He has also donated one shutter in the ground floor of the commercial area ear marked for commercial activities in the building on its

ground and first floor. More than that he has allowed us to utilize the vacant 30 cents of land behind the building and a newly built swimming pool for any meaningful activities related to our centre. This building is just 2.5 kms away for Adarsh main centre. Now with this benevolence ACT will have a full-fledged and exclusive Vocational Rehabilitation Programs, Therapy Facility and Day Care centre for children above 18 at this new complex, ACE. Another building of around 1700 sq. ft. for housing the Chappati Making Unit and the Bread and Cake unit was built by ACT for which also he has magnanimously given permission.

Infrastructure



ACE functions at the second and third floor of the commercial 3 storeyed building. Besides, ACE constructed around 1700 sq. feet as a separate building for the Chapatti and Cake Unit. ACE will also have a shop and cafeteria run by our kids on the ground floor of the commercial complex. The available 8000 sq. ft. area of building, the second and third floor are being modified to suit our need. Main work needs to be done is to make partition for various therapy and classrooms and to install necessary therapeutic infrastructure to impart training for those who cannot be otherwise engaged in any vocational activities which we plan there. All these incurred a capital expenditure of over 80 Lakhs rupees. Thanks to Sarojini Trilok Nath Trust, New Delhi, their generous donation made to us in 2016-17 is utilized for this purpose. I also take this opportunity to invite all our trustees to have a look at the new facilities. We are of course planning for a very grand opening ceremony of this centre. From my heart I thank Sri. Mathews P Many, M/s. Rotary Club of Cochin Central and Sarojini Trilok Nath Trust for being with us at this most needy time. Our children are really lucky to get all that which is required to start a centre of this kind –space, and support to develop its infrastructure.



Rtn. S Rajashekhar, Rotary District Governor, inaugurates ACE Bakery and Confectionary Unit on 19-04-2022

House Warming

An auspicious function, the House Warming function, as far as a new building is concerned was held on 8th September 2021 based on Hindu, Christian and Muslim rituals by the respected priests from each religion. The program was started at 6 am on the day

and ended at 10.30 am. Selected invitees attended the function keeping all the Covid protocols.



Immediately after the House Warming function, next day onwards trial run was started. Meanwhile all Statutory certificates connected to the unit were taken including License from Pollution Control Board, Food Safety and Standard Authority of India registration, Packing License (Still we have not received the license due to technical issues, but got in principle approval to start the packing and sales), Industrial License from Udayamperoor Panchayat, etc.

Melting Hearts Cafeteria

A cafeteria with modern style and look was started on the ground floor of ACE main building with the name “Melting Hearts”. All the products made at the production units are available at this outlet. The unit is managed by children especially on the sales and billing part. The cafeteria was officially launched on 3rd December 2021 (World Disability Day). Since then the shop is open all the days except on Sundays. As mentioned earlier all the activities at the shop, selected children are involved. At present 4 children are being trained on sales section and 2 children on billing section. All are doing well in their area. To help them, a lady staff is appointed and she monitors all the activities of the children

along with the respective class teacher of the children. Ultimate objective is to train these children and place them in similar positions in some shops



Beneficiaries

Total number of beneficiaries or children the centre can accommodate will be 200, all aged above 18. But present plan is to go with 150 children from Adarsh who are above this age. We are also open to admit more children from the society so as to limit the capacity to 200. We are getting good enquiries as ours is one of that kind with very specific vocations and courses and which has separate facilities to maintain their health and intellectual potential. This is of utmost importance and having all these at the same premises add value for our services. We have identified 4 groups of children in this category from our existing centre and they are:

1. Children with Mild to Moderate level of intellectual and physical conditions – 46
2. Children with Severe Physical challenges and good intellectual skills – 32
3. Children with Autism Spectrum Disorders – 27
4. Children with Moderate to Profound level of disability (Multiple Disabilities) – 45

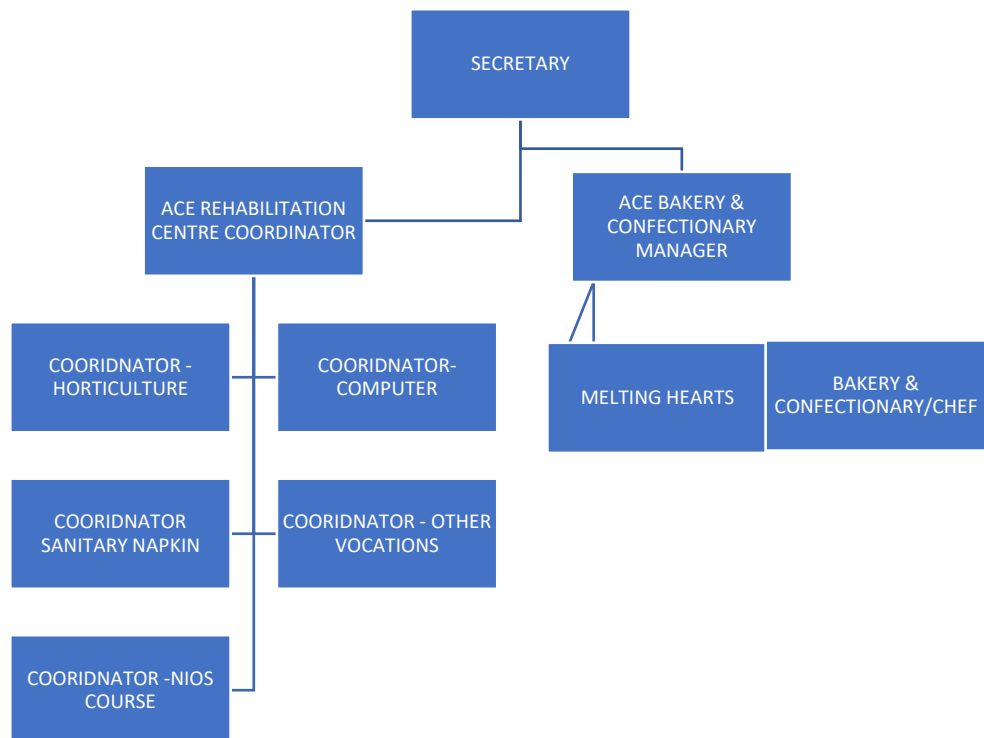
The new admissions will be categorized in any one of the above clusters as our projects are structured according to the above norms. As reported in earlier paragraph we anticipate more to join once the centre is functional.

Major activities at ACE

The activities at the centre can be divided in to 3 categories:

- A. Vocational Rehabilitation activities
- B. Vocational income generating activities.
- C. Vocational certificate courses

Organizational Structure – ACE



A. Vocational Rehabilitation activities

These activities are mainly intended to children with moderate to severe challenged conditions and for those affected with Cerebral Palsy, Autism and Intellectual disability. The major activities coming under these categories are:

1. Horticulture Therapy program
2. Other small vocations like
 - a. File making
 - b. Paper Pen Making
 - c. Ornaments making
 - d. Phenyl making
 - e. Dish wash making
 - f. Agarbathi making, and similar small and simple vocational rehabilitation programs.
 - g. Arts Centre

Children under this category will be trained to do the above activities along with regular program in special education, Physiotherapy, Occupational therapy and Speech therapy. This is to maintain their functional level. It is estimated that as at present 53 children will come under this category.

Among the program imparted at ACE, except Horticulture therapy, all other vocations are already being extended though in a small manner at our main centre for the past 3 years. In the case of Horticulture therapy again we are lucky to get associated with Kerala Agricultural University through Dr. Bela, an Associate Director of Research in the University. We already have signed an MOU with the University by which they provide all technical support to us for setting up of a befitting Agri and floral based garden. We have already done some sensory installation which we hope will be highly beneficial for improving the sensory inputs to the children. We could start the work of the unit only two months back and in between the rain has affected its pace. Since it's an open space, installation of many infrastructural works got delayed because of the climatic conditions. It's almost finished and now we are expecting the visit of Dr. Bela anytime to advise us on the selection of plants. They have promised the support of all their professional scientists in identifying the correct plants and flowers after doing necessary scientific tests of the soil and availability of water etc. Hopefully we should be able to finish the work in another 20 days. We thank Shri R Balachandran, President, Buimerc Foundation, Dr. Bela and Kerala Agricultural University for their support extended to us.

As you may notice, in this category we are left with another 28 children. We expect more to come under this category but will probably restrict their number to a maximum of 50. For them what we plan is to have a shelter like concept (we name it PAKALVEEDU) in which they will remain with us during the day time. The benefit for

them will be to get attention on their abilities whatever they have, with an intervention from our side to improve it or at least not to get deteriorated to a lower level. For this we have made arrangements for imparting all necessary therapeutic measures like physical therapy, occupational therapy, Speech therapy, hydro therapy etc. Moreover, elaborate arrangements are being done there to engage them in some kind of recreational activities so that the time that they spent at the centre is befittingly used. It will be a great relief for the parents as well so that they can engage them self in their own routine vocations. At the initial stage we wish to add some more from Udayamperoor Panchayath where our centre is located.

B. Vocational Income generating unit.

This group of children are affected with mild to moderate levels of disabilities like Intellectual Disability, Cerebral Palsy and Autism etc. Selected activities under this category are:

1. Bake N Earn – Vocation Bakery and Confectionary Unit
2. Semi and fully Cooked Chappathi making
3. Sanitary Napkin Making
4. Paper Bag making
5. Candle Making

Machineries of all the above units except for the paper bag (where ACT uses simple wooden mould) are bought with the financial support of Rs. 45.97 Lacs from Rotary Cochin Central. The Bakery and Confectionary Unit is already started. This unit is a commercial unit with facilities for undertaking bulk order and specially designed birthday cakes. Capacity of Cake making in a shift is 200 nos. It being a professional cake making unit there is a trained chef to support our children and staff and to supervise the entire activities. Cakes can also be bought from the shop of ACT which is opened in the commercial shopping complex on the ground floor of ACE. The total project cost of Cake making unit is Rs.31.67 Lacs and the entire support for this is being extended by Rotary Cochin Central. We are very ambitious on this project.



Christmas Season and Plum Cake Sales

Being a Premium Cake making firm, ACE Bakery and Confectionary unit did not want to miss the golden opportunity to make an imprint through plum cake sales. Cakes for 500 Kgs of fruit mix was planned and all necessary arrangements were made. A fruit mixing ceremony was organized on 2nd November 2021. Cake production was started on 1st December 2021. Incidentally, Melting Hearts Cafeteria was launched unofficially on 3rd December 2021. Like that all the activities happened in tandem for a bright X Mas season and Plum Cake sales. In the first season itself ACE could produce around 1700 Kgs of Plum cakes (Different types, 900 gm, 850 gm, 500 gm, 450 gm, etc.) and could sell the entire cakes by 31st December 2021. ACE sold Rs.6.7 Lakhs worth plum cakes during its first X Mas season. ACT extends its wholehearted thanks to each and every one who worked behind the project to produce a good result at the end. From January 2022 onwards, regular sales at Melting Hearts Cafeteria started and that still continues with steady improvement. I put on record our sincere thanks to Shri Ignatius our Treasurer who led the team working round the clock.

Feedback

The feedback on the quality of each product, Plum cakes, Birthday cakes, other dry cakes like Carrot, Ghee, Marble, Cherry Nut, English Fruit Cake etc. got good appreciation from all around the corner. This really enthralled all the people associated with project and helped to enhance its production and sales in the coming months.

Being a fledgling organization like Adarsh, especially in an unfamiliar field, though it is for the welfare of challenged children, miles to go before stabilize

Vocational Training Part of the project

From 3rd December onwards, 2 trainees and one mother started attending the production unit especially Chappathi production and packing. Gradually the number of trainees and parents increased, Now, 15 children and 3 parents regularly attend the production of Chappathi. Similarly, 2 children spend at Melting Hearts Cafeteria mainly in billing and sales area. One more trainee is there for welcoming the guests who come to shop during day time. During the reporting period, the number of children was less due to non-availability of transportation facility which really impacted the trainees to attend the production. The number increased gradually when the lockdown relaxation came into effect.

Semi Cooked Chappathi making is another vocational unit. This is an excellent project which we have been engaged in our main centre and done it very successfully. Capacity of chappathi making in a shift is 3000 nos. In this project the advantage is that the kids can be engaged in almost 90% of its production cycle. At present we have facilities for both semi-cooked and fully cooked Chapathees. We have excellent modern machineries

for this unit which is again supported by Rotary Club Cochin. We are able to garner very good market for this product through some institutional sales. Presently our main supply goes to Lakeshore Hospital, Bhavans Vidya Mandir, Eroor and Bhavans Munshi Vidyalaya Thiruvamkulam, Lourde Hospital etc., and more to come in the immediate future.

Sanitary Napkin is a new activity. As you all know ladies are the major population in our base as well as city centres where the need of Sanitary Napkin is high. This gave ACT the confidence to include this unit. By our own product we can maintain the hygiene and have a control on price also. For this unit also we got full support from Rotary Cochin Central.

Paper Bag making unit is an ongoing project. With the help of wooden moulds of different sizes, children of ACT make around 700 bags a month for one or 2 shops in Nucleus Mall and a dental clinic at Panampilly Nagar. All these bags are made of English Newspaper according to the instructions of the clients.

In addition to the above projects, Rotary Club of Cochin financially supported in procuring all the kitchen equipment and associated devices for the cake as well as for the chappathi making unit. Total cost for the same is Rs. 6.37 Lacs. Apart from this kitchen equipment, the centre needed extra furniture and utensils worth Rs. 1.57 Lacs which ACE has spent.

Machineries for all the above unit, worth Rs. 45.97 Lacs except for the paper bags, are bought with the financial support of Rotary Cochin Central. In the case of confectionary unit, the machines were bought after an elaborate enquiry with various manufacturers and well-wishers who are in similar lines. It's fortunate that we received many invaluable inputs from many who are in these field like Sri Prasad from Kollam, Shri Binu, a consultant in the food industry, Shri Joji, a senior Chef, et al. They were readily forthcoming with their valuable advises which we needed as none of us from the Trust is in any way connected with this line. Because of their sincere help, ultimately, we could build an excellent state of the art facility at the centre for confectionary unit. Many who visited the facility commented that the one we have is one of the best in the District. Adequate care has been taken for the protection of our kids when they work there. So also, all legal formalities are meticulously met with due certificates where ever required as per the statute. In addition to guarantee the quality of the final products we have exclusively appointed a food technologist on a full-time basis. By adopting to these stringent measures, we are able to produce the best quality products which now compete in the open market. The feed backs are excellent and we have already created an imprint in the society on this activity. We have many visitors from various news channels and newspapers and from our peer group organizations to study on the model we work on. All are highly impressed. We are making sure that the products are sold on its quality and pricing alone and not on the empathy created on the value addition that in the manufacturing process we are engaging differently abled kids at different process

of the production cycle depending on their abilities. We do not wish to encash on that and wish to sustain only on our professional capabilities.

C. Vocational Certificate Courses

These are certified course under National Institute of Open Schooling. ACT is applying for an accreditation to become an NIOS accredited Vocational Institute. An accredited institute can select 5 courses from 100 courses. ACT for the time, has selected following 5 courses (selection of courses is optional. It can be changed based on the level of children and other parameters) for its children based on their skills and abilities:

- i. Bakery and Confectionary
- ii. Basic computing or Computer or Office Application
- iii. Hotel Front Office Management
- iv. Plant Protection
- v. Early Child Care

15 Computers and accessories in the lab for the ICT based training are provided with the financial support from Rotary Cochin Central. Total cost of all hardware and software is Rs. 8.5 Lacs. Once again courtesy Rotary Cochin Central for meeting the entire expenses. But the recurring expenditure of this too, has to be managed by ACE.

10. Financial Report

a. Basic Financial Analysis

I am sure that you all have seen the Audited Financial statement for the reporting period FY 2021-22. An in-depth analysis of the financials will be shared by the Treasurer. Unexpected reduction in the Government support put us into severe strain. With utmost difficulty we were able to release the salaries for the entire 104 members of staff during the reporting period. As usual we sanctioned the annual increment to all the members of staff finding that their exemplary support during the tough time of Covid, which helped us maintaining the abilities of children as it was and, in some cases, even showed signs of improvements, need to be appreciated. This year our ambitious project Adarsh Centre for Empowerment was started. Sales through the outlet (Melting Hearts) is in full swing. Sales graph is showing good progress. Hopefully with this project, ACT would be able to manage the entire activities of the new vocational centre independently without affecting the ACT main centre. For this we need rigorous support from all of you to make this unit and project self-sufficient at the earliest and thereby able to help a good number of children with a source of income. We thank all who supported us.

In the FY 2021-22, the total revenue expenditure of the Trust was Rs. 222.87 Lacs. To meet these expenditure ACT received Rs. 174.19 and thus landed in a cash deficit of

Rs.23.31 Lacs. This year too donation from individuals and corporates which is the main source of income reflected as 51%. The main reason for this deficit was the unexpected reduction in the contribution from Govt of Kerala. Compared to previous year, the percentage of help reduced to 6.5% from 29%. Help from beneficiaries was 12%. Around 8% was received as interest earned from banks and other sources. Hope that help from Govt of Kerala will increase substantially this year. We are looking at various options from our side to get the maximum help from Govt. Compared to previous year, there is a significant increase in the rehabilitation charges received from beneficiaries when the offline sessions got started by January 2022. This year we need to work hard to maximize donations from your side in the form of general donation, child month sponsorship, help for projects etc. Different proposals are prepared for such help. Also, this year onwards I request you all to have a special attention to our Adarsh Centre for Empowerment especially the Bakery and Confectionary unit. We have received a wonderful launch for the products and we are getting wide range of appreciations for all the products. Another X Mas season is approaching. We need your sincere support in getting orders for plum cakes. This year we plan to make around 3000-4000 Kgs of plum cakes. Thanks to all the members once again for their sincere efforts.

b. Audited Financial Statements

i. Income and Expenditure

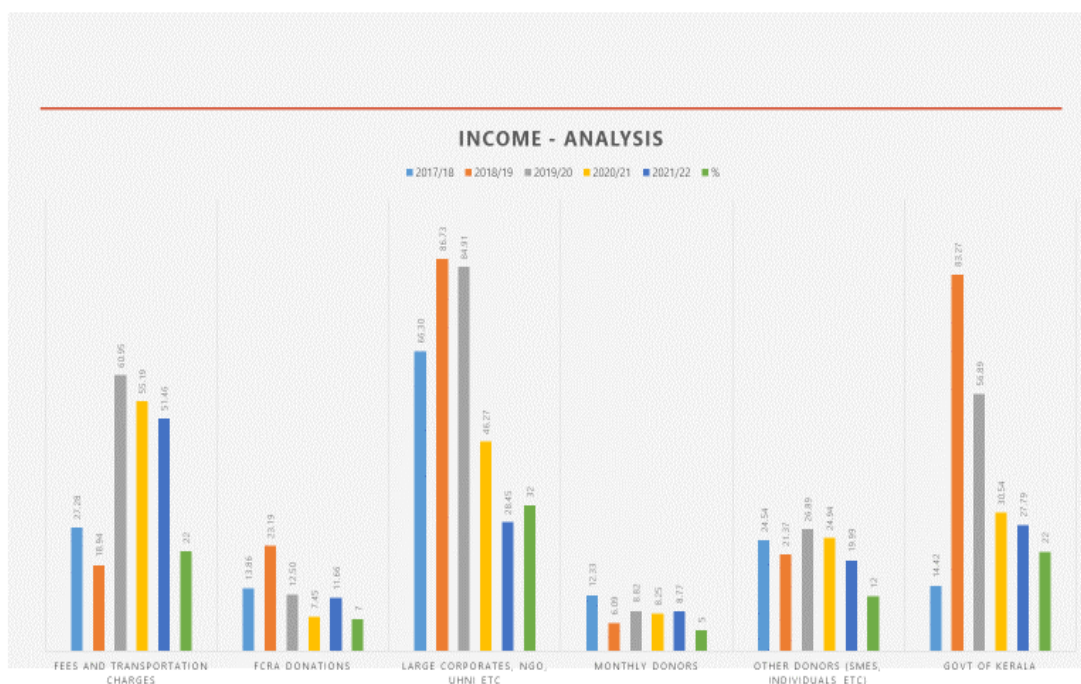
ABRIDGED INCOME& EXPENDITURE FOR THE YEAR 2021-22			
INCOME	AMOUNT	EXPENSES	AMOUNT
FROM BENEFICIARIES	2728425	REHABILITATION CENTRE	11916566
FRM GOVT OF KERALA	1441890	CHILD DEVELOPMENT EVALUATION INTERVENTION & RESEARCH CENTRE	560090
COMMUNITY BASED REHABILITATION	1965500	COMMUNITY BASED REHABILITATION	2788424
DONATIONS	9153251	VEHICLE EXPENSES	408098
GIVE INDIA	555734	ADMINISTRATIVE EXPENSE	1807222
INTEREST FROM BANKS	1304354	INTEREST & BANK CHARGE	106739
OTHER INCOME	269961	MISCELLANEOUS EXPENSES	70385
		ACE (NET)	2092876
		DEPRECIATION	2536541
TOTAL	17419111		22286941

ii. Abridged Balance Sheet

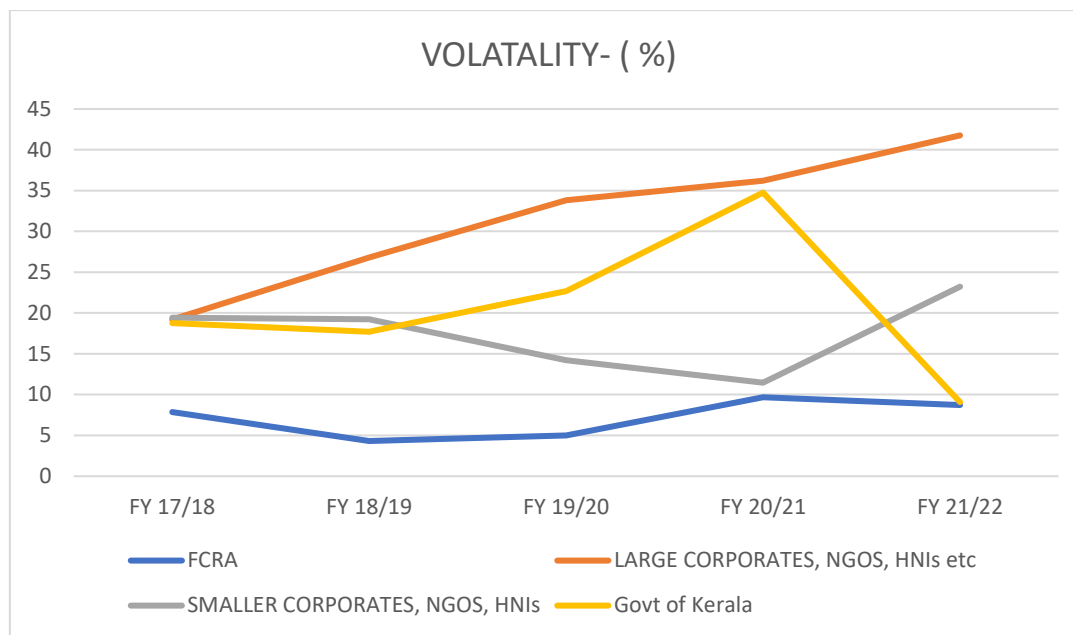
Abridged Balance Sheet 2021-22	
PARTICULARS	AMOUNT
Fixed Assets	22959080
Current Assets	13982332
Corpus Fund	0
Current Liabilities	949498
Loans & Advances	421005
Cash & Bank Balance	13515544

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

d. Graphical of major sources of income for the last five years



e. Graph showing the volatility of major sources of income



11. Acknowledgement of donors (FY 2021-22)

i. Cochin Shipyard Ltd

Cochin Shipyard Ltd (CSL) has been a regular source of income for the last several years especially for upgrading the infrastructure of rehabilitation centres of Adarsh Charitable Trust. In 2019-20, CSL sanctioned Rs.10 Lakhs towards purchasing smart boards and setting up indoor sensory play area for small children with challenges at the premises of Adarsh Charitable Trust. Part of the amount was released in 2021-22 as Trust could not complete the installation work during the sanctioned year due to Corona pandemic (school was closed). ACT is deeply grateful to CSL for this meaningful support.

ii. Bharat Petroleum Corporation Ltd.- Kochi Refinery

BPCL is one of the regular benefactors of ACT since its inception in 1998. They are regularly supporting ACT for running the Home-Based Rehabilitation program since 2010. Last year BPCL extended 19.65 Lacs During the difficult time of Covid which was a great relief for the Trust to meet the revenue expenses incurred for running the program. ACT extends its deepfelt gratitude to all the officials and staff members of BPCL for this timely help.

iii. Rotary Club of Cochin Central

Rotary Club of Cochin Central donated Rs. 5 Lakhs to ACT as part of a fund-raising program ACT organized with the help of Rotary Cochin Central. A detailed note on

this was included in the previous Annual Report. This help from Rotary came this financial year

iv. K Chittilappilly Foundation (KCF)

K Chittilappilly Foundation under the guidance of Shri Kochouseph Chittilappilly has been providing generous help to various NGOs in Kerala. ACT is also one of their beneficiaries for the last several years. Now, this has been a regular source of income for ACT. In 2021-22, K Chittilappilly Foundation donated Rs. 5 Lakhs to meet the revenue expenditures of the Trust.

v. Give India Foundation

Adarsh Charitable Trust is “Give Assured” beneficiary of Give India. This gives ACT a privilege for getting regular donations every month. One of the highlights or advantages of this platform is that who-ever is donating to ACT is done only by seeing the website and its activities. In 2021-22 ACT received 5.55 Lacs. There is no word to express the gratitude to Give India. Since August 2006, Adarsh has been getting regular monthly income through this platform. Each and every one in ACT is thankful to Give India

vi. Buimerc India Foundation. Shri R Balachandran, President of Buimerc India Foundation promised to sponsor the Horticulture Therapy Unit which was envisaged at Adarsh Centre for Empowerment. This project is being done in association with Kerala Agriculture University. Total cost of the project including the consultation charges to Agriculture University is around 7 Lacs. Buimerc India Foundation will meet the entire expenses for implementing the project. We anticipate to begin the project by first week of August 2022. ACT extends its sincere gratitude and thanks to Shri R Balachandran for being instrumental in getting this support from Buimerc India Foundation.

vii. Anaha Trust

This Bangalore based NGO sanctioned Rs. 19,04, 000 for running the Risk Baby Unit and Early Intervention project from September 2020 to August 2021. Initial payment of 1202000 was released in FY 2020-21 and the balance Rs. 702000 was released in 2021-22. This too was a great help for the Trust to run both the units. ACT is grateful to Shri C Balagopal, one of the Trustees of Anaha Trust for this generous help.

viii. BENEVITY.CAUSES is an international charity platform associated with over 650 Brands/Corporates such a Google, Microsoft etc. helping NGOs/NON-PROFITS and the Corporates to channel funds to the needy all over the world. Some companies like Microsoft, McKinsey, LinkedIn etc. match the donations by employees to the NGOs registered in the BENEVITY.CAUSES portal. The registration process usually has to be initiated by an employee (of one of the associated Corporates) willing to make a donation to the NGO. An employee of LinkedIn Corporation, known to Adarsh, initiated the process and Adarsh could complete the registration. Though it is an international charity platform, they can collect donations from Indian companies too. Like that in 2021-22 ACT received donations from NAASCOM Foundation in

addition to regular international donations which was Rs.128382 during the reporting period. ACT is really thankful to this platform.

ix. Shri. K V Narayanan Kutty

Shri K V Narayanan Kutty donated a generous amount of 10 Lakhs to ACT during the reporting period. In 2020-21 too he extended the financial support of 10 Lakhs. Both these helps have come at the most needy time when ACT needed funds during the tough time of covid-19. This invaluable help from Shri K V Narayanan Kutty is highly appreciated and we all in ACT thank him from the bottom of our heart. In the past too Shri K V Narayanan Kutty was instrumental in getting financial help to ACT for strengthening the infrastructure and therapy department of ACT's main rehabilitation centre.

x. Mindcurv, Infopark

This IT firm at Infopark helped ACT continuously for 2 years, in 2020-21 and 2021-22. This year they donated Rs. 5.2 Lakhs. They extended this help exclusively for child month sponsorship and medical assistance for the children of Adarsh. ACT wholeheartedly thank the management of Mindcurv for this magnanimous help.

xi. Care and Share USA

Another regular source of income for ACT is from USA. Care and Share is based in USA. For the last 4-5 years, Care and Share has been extending financial help to ACT for various purposes like child month sponsorship, support for motorized wheel chairs, medical assistance etc. Some of the members help the children of Adarsh personally also in the form chocolates, study materials, clothes, toys etc. when they visit India. ACT is deeply thankful to Shri Ashley Elanjickal for doing all the coordination at Care and Share and to get the help. We are also thankful to Shri Tony Davassy and Shri Santhosh Nair for their selfless help to this organization. In 2021-22, Care and Share donated Rs. 8,08,720/-

xii. Shri Nelson, Managing Director of Esquire Plastics Pvt Ltd,

Shri Nelson through his firm Esquire Multiplast is helping Adarsh since 2012 and that help still continues. This is the 10th year that we are getting his support that too with generous amount of Rs. 35000 every month without any break. Adarsh always remains thankful to him

xiii. Central Marketing Syndicate

Late Shri P S Raman, the Managing Director of Central Marketing Syndicate was one of the Governing Council members of ACT. He passed away in 2020. Even after his demise, ACT is getting regular support from the company. In 2021-22 Central Marketing Syndicate donated Rs.2 Lakhs to ACT. Thanks to his family for keeping his legacy intact.

xiv. Govt. of Kerala

General Education Department and Social Justice Department provide grants NGOs working for the welfare of differently abled children and adult persons. Since 2008, General Education Department has been extending financial support to Adarsh Charitable Trust for different purposes. Recently a special package for special schools was announced by Govt of Kerala. For that each school has been

classified into different grades. In 2020-21 Adarsh received Rs. 69.21 Lakhs. But in 2021-22, we received only 9.55 Lakhs. This unpredictable payment method created big impact on the financial aspect of Adarsh Charitable Trust, especially on the remuneration paid to the staff members. The 8.95 Lakhs mentioned above will meet of only 6.5% of total expenses of Trust, compared to 2020-21 where it was 30%.

Social Justice Department provides grants to NGOs like Adarsh for the vocational training programs for the children above the age 18 years. Here too, the payment is unpredictable. Trust has received Rs. 4.86 Lakhs for the FY 2020-21 during the reporting period. Still there is due for the FY 2021-22.

xv. Shri Dinesh P Thampi

Shri Dinesh Thampi is helping 10 children for meeting their rehabilitation expenses every month. He has been extending this help for the last 3 years. Being one of the Governing Council Members of ACT, this help is exemplary. ACT is deeply grateful to you sir. In addition to this help, he is extending maximum possible help through TCS, Cochin where he is the centre head.

xvi. We put on record our sincere thanks to **M/s. G. Joseph and Associates**, who audited our accounts. Thank you, sir.

xvii. We also thank **Sri. Robin Tomy** of TCS who is of immense help to advise and coordinate our online programs.

xviii. We thank **Punarjeeva Technology** and its member of staff for their help in imparting online program.

xix. **M/s. TATA Consultancy Services** has been working with us for so many years in IT related areas. We thank them for their support.

xx. **Shri Simon John, Governing Council member of ACT** has been a constant supporter. He has donated a deep freezer to Melting Hearts Cafeteria to keep Ice Creams. Thank you, sir.

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

1. Ms. Rema Subramaniam, Mumbai
2. Ms. Shreecharanya and N Subramanyan, Haryana
3. Shri. K N Ardhanareeswaran, New Delhi
4. Shri George Joseph, G Joseph & Associates
5. Umesh Bhat, Partner, G Joseph and Associates
6. Shri Rajagopal, Partner G Joseph and Associates
7. Shri Saju George, Ernakulam
8. Smt. Santha Susan Varghese
9. M/s Flowers TV
10. Smt. Pratap Kumar, Ernakulam
11. M/s Club Millionaires, Ernakulam

..... 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 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 our kids.

12. Major Future Projects

A. Short Term Projects

B.

I. Neuro Visual Rehabilitation Unit

This project was a big dream of Late Shri K Neelakantan. This project requires a lot of medical supervision, expert advice, and more than anything support from parents. Being a project as one of the biggest ambitions of Shri K Neelakantan, ACT decided to fulfill his dream of setting up a Neuro Visual Rehabilitation unit at the premises of Adarsh Charitable Trust, Kureekad.

Statement of Problem

It has been seen from experience in Adarsh special school that there are some children who are affected by Cerebral Palsy and other related disorders and in whose case visual impairment (low vision or near total blindness) is very significant. The brain damage that causes cerebral palsy often affects the muscles of the eye, leading to this problem. In these cases, even after other problems are overcome and consequently mobility level and the quality of sensory perceptions and abilities are improved the visual impairment remains unattended. In fact, about three out of four such children have a problem with squint and/or myopia (near-sightedness). Unless the problem is detected and attended to early, it could result in complete loss of vision in the affected eye.

Normally, children with visual challenges are sent to “blind schools” where Braille method is adopted to teach them. Many children suffer not only from visual problems and unless all these problems are attended to simultaneously, the rehabilitation process does not become effective. In normal “blind schools”, facilities for such comprehensive therapy do not exist.

Financials – To set up and run this unit,

Capital investment - 10 Lacs (Approximate)

Recurring expenses – 1 Lacs (Approximate)

II. IT integrated rehabilitation programmes

Information Technology has made a huge impact on the rehabilitation of challenged children. Virtual Reality, Augmented Reality, Immersive Rehabilitation, Robotics, etc. are some of the IT related therapy programmes. ACT too has started using some of these IT based technics. Finding that this has huge role in the rehabilitation of children with challenges, ACT too plans to include more IT based therapy programmes in near future.

III. Food Quality Checking Lab

Bakery and Confectionary unit of Adarsh Centre for Empowerment is going on well. All the items produced at the unit are made with high quality ingredients. We used to check the quality of each product every six months to know the expiry and the nutrients values. The unit has an exclusive Food Quality Inspector who is regularly monitoring the quality of each item produced at the unit. All these products are checked at a food quality checking lab, Ernakulam. This costs around 1500 for each product. In this context, if such a Lab is set at ACE, it will give more transparency and added mileage to our products and we may able to increase the frequency of testing as well.

Approximately around 5 Lacs is needed to set up a basic lab to check the quality of each food product

IV. Early Intervention Programme

Objective of the Project

To identify potential disabilities in new born babies and provide them with necessary stimulation and early intervention programmes to make them physically, mentally and socially independent.

- To identify new born babies who are born with risk factors like prematurity, low birth weight or any other risk factor
- To evaluate and monitor their development for a period of 1 or 2 years to ensure their normal development.
- To provide with necessary stimulation and early intervention programmes and to correct or stop further delay in babies with any deviation from normal development, if identified.
- To enhance normal development.
- To empower the mothers of risk babies to be a part of the rehabilitation programme which is found to be effective.
- To help and support the family.
- To make it a one stop centre in the district to get comprehensive early identification of all developmental disorders and to give complete early

intervention programmes to all the children with delayed or abnormal development irrespective of their disability.

- To maximize child's and family's involvement in the society

We all know the importance of early intervention in rehabilitating a child with any problem. The rehabilitation professionals say that the first five years of the child is the most important period where if intervened at the right time the results produced are amazing. Keeping this in mind we have introduced the project of called "Risk baby unit", which is working exceedingly well. Having said that we do realise that only a very small percentage of the relevant population is addressed through our limited endeavor. We wish to enlarge this facility so as to address at least all the new born babies in our district so that we make sure that all the new born babies in our district are evaluated for any potential disability and if at all we find anyone coming under the risk category is addressed as early as possible. We are working on this project.

This can be a one-time project. A project for 1 or 2 years to focus Ernakulam District. A Social Worker can be appointed for a period 2 years on a contract basis to undertake this project. All the coordination and field work will be done by the new staff. District Early Intervention Unit can be included in the loop. With the help of school staff including teacher and therapists, assessment and evaluation can be done. Intervention can be done at the Adarsh Charitable Trust. **We can set apart Rs.15 Lacs (Approximately) for 2 years.**

C. Long Term Projects

I. Residential Project for the differently abled community

It has been quite some-time, ACT is dreaming about a Residential project to support parents who are worried about the future of their challenged children. ACT has become a one stop centre for comprehensive rehabilitation of challenged children especially for children with Cerebral Palsy and Autism. Most importantly if we look at the cycle of our intervention in the segment of disability, you may notice that the cycle is almost nearing completion with this project. You may notice that we have a project to identify any potential disability right at the time of birth. Our "at risk baby unit" will take care of that. If at all we find a child with some potential disability we have project to take care of them right from day one. If needed, we have full-fledged early intervention centre to take care of them till the age of three. Our endeavour to mainstream will continue even after that at our main centre, where we have excellent state of the art facilities till, they attain eighteen. Our persistent endeavour is always to mainstream them at any possible point of time of a child in the above cycle. Now in case if nothing was possible at any of the above stages till 18 years, through ACE we are attempting to find a solution for them beyond this stage. The circle will close when we find a very

comfortable and congenial soothing residential facilities for those who cannot be put through the mainstream and even through our vocational projects.

II. Research and Development wing

For an organization like Adarsh with a vast experience of 24 years in the rehabilitation field of challenged children, a research program on various selected aspects is the need of the hour. This is because we understand our responsibilities to the society and to the coming generations. In the last twenty-three years we had done fairly well in many areas and out of this we can claim exclusive success in many. It is our responsibility to share this for the future generation, codified and documented. We have also identified certain areas where need for some deep and serious research is required. We are already on the job with some initial discussion done in certain areas with the relevant groups. So far nothing concrete has happened on this. We are still hopeful that ACT would be able to set up a model research centre for various aspects of disabilities.

13. Conclusion

Dear Trustees,

We have passed through yet another eventful year. The reporting year was eventful because with efficiency of our staff members we could extend maximum program to our kids. When the lock down situation is such that even for a so-called normal person, the situation was so difficult to adjust, we all can very well imagine the traumatic situation through which our children would have gone through. It is to our credit that we could extend the best possible program which not only made them active but even made some marked improvement in many. Second one being the work which we could do for ACE. In a way the not so busy period was a blessing for us to concentrate on ACE. The result was discussed earlier.

I must at this juncture admit that all these were possible only and only because of the strong sincere and unparallel support which we received from all members of staff. We should really appreciate as the efforts taken by our technical and other staff were admirable. They were always with our kids throughout the period of pandemic even visiting their homes on a need-based manner even risking their health. It was not that easy to impart on line training to our kids. That also we could do and is still being done with utmost success. On behalf of all I wish to put on record our sincere gratitude to all of our staff members. Especially I must mention that our senior staffs rose to the occasion and their guidance were absolutely timely and effective. Under the effective leadership of Sri. Aswin and Smt. Bincy they have really done a great job. From the bottom of our heart and on behalf of all trustees I extend our thanks and regards to all our members of staff.

As mentioned, our PTA also played a major roll especially during the period of pandemic and lockdown to fulfill our programs in the most befitting manner. Our thanks go to its President and full committee members. Thank you.

We are lucky that there are a group of Corporates and Individuals who always stood with us. Even during the most difficult period of pandemic we have been receiving the benevolence of many. Without mentioning the name of any, on behalf of the Trustees I extend our hearty regards and thank to all of them. I am sure this will continue in future also.

I must confess and admit that our Chairman was the back born of all our operations. He was always there with us with his personal presence and able guidance. I am fortunate that I received that in abundance and whenever I needed it and the fact is that I needed that quiet frequently. Thank you very much sir for being with us.

I am taking this opportunity to thank our Vice Chairman and ever vibrant Treasurer. So also, on the operational side we also received guidance and help from Sri. Varghese, Sri. Reghu, Sri. Mathews, Sri. Satheesh, Sri. Mohanan, Dr. Sachidnantha Kammath, Sri. Vijayan, Sri. Narayanan, Sri Mohammed Ali, though none of them hold any official capacity. We salute their big heart and expect that the same will continue in the coming years also.

Friends, due to obvious reasons we have been bit passive in the last two years. In between we also lost many of our dear ones and who used to be mending us. Its certain that we need to work very hard in the coming three years to make up for the time lost so as to make our institution always at par with the best in this segment. As I have reported in the previous paragpahs, we have specific plans and programs for the same. I am sure that the ensuing group of office bearers and committee will surely leave no stone untouched to achieve all our dreams. And that's the best tribute which we can offer to our beloved Neelakanatan Sir. Let us do it.

Though it is not in the reporting period, I have immense pleasure to inform you that 5 of our children are going to attend first year degree examination under IGNOU. A great milestone for the children as well as for Adarsh. With this happy news, let me conclude my report for the reporting period 2021-22.

Thanks, and regards

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P R Mahadevan
Secretary

10/07/2022