

**ANNUAL REPORT OF SECRETARY OF ADARSH CHARITABLE TRUST FOR THE YEAR  
2010-2011**

1. I am afraid I have to start this report in the usual manner that I have had the privilege of being the Secretary of Adarsh continuously from the beginning- a privilege given to few. When I look back at where we started and realize where we now are, the uppermost emotion is one of humility and of disbelief that all this could be achieved in such a short time. After all, a decade is not a very long period in the life of any organization. I am grateful to all our Trustees for the confidence and trust they had reposed in me for the past 13 years which alone enabled me to discharge my duties sincerely.
2. Abridged Financials:

<b>ABRIDGED BALANCE SHEET FOR THE YEAR 2010- 11</b>			
<b>PARTICULARS</b>	<b>AMOUNT</b>	<b>PARTICULARS</b>	<b>AMOUNT</b>
Fixed Asset	11392007	Corpus Fund	1504417
Current Assets	3750950	Current Liabilities	198257
Deposits & Advances	115320	Cash & Bank Balance	5774887
Mutual Fund	555478	Specific purpose fund	0
<b>Total</b>	<b>15813755</b>	<b>Total</b>	<b>7477561</b>

<b>ABRIDGED INCOME &amp; EXPENDITURE STATEMENT FOR 2010-11</b>		
<b>Year</b>	<b>Income (in lakhs)</b>	<b>Expenditure (in lakhs)</b>
1998-99	01.96	01.77
1999-00	07.74	02.34
2000-01	05.06	04.06
2001-02	12.33	06.25
2002-03	08.02	06.53
2003-04	35.04	10.68
2004-05	16.38	42.08
2005-06	16.46	19.75
2006-07	25.00	32.47
2007-08	30.83	37.28
2008-09	45.01	58.45
2009-10	44.50	58.45
2010-11	90.01	88.14

<b>ABRIDGED INCOME &amp; EXPENDITURE FOR THE YEAR 2010-11</b>			
<b>EXPENSES</b>	<b>AMOUNT</b>	<b>INCOME</b>	<b>AMOUNT</b>
Direct Expenses	6563148	Direct Income	4545734
Indirect Expense	1274027	Indirect Income	4455415
Depreciation	977025	<b>Excess of Income</b>	<b>186949</b>
<b>Total</b>	<b>8814200</b>	<b>Total</b>	<b>4450802</b>

<b>ABRIDGED RECEIPT AND PAYMENTS FOR THE YEAR 2010-11</b>			
OPENING BALANCE	283731		
CORPUS FUND	1504417	DIRECT EXPENSES	6563148
DONATIONS	2400528	INDIRECT EXPENSES	1274027
INCOME FROM CAPITAL EXPENSES	3164706	CAPITAL EXPENSES	2371699
OTHER INCOME	6336425	CASH IN HAND	1344
		CASH AT BANK	810598

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

Head of the organization: (including honorarium)	<b>Rs. ZERO per month</b>
Highest paid Full Time regular staff:	<b>Rs. 193608 per annum</b>
Lowest paid Full Time regular staff:	<b>Rs. 24576 per month</b>

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

No.	Name	Position on the Board
1	K.P.Padmakumar	Vice Chairman
3	P.R.Mahadevan	Secretary General
4	V.Sathyannarayan	Treasurer
4	Dr.Abraham K Paul	Member
5	P.I.Gopinath	Member
6	M.A.Mohammed Ali	Member
7	Riaz Ahmed	Member
8	Dr.Sachidananda Kamath	Member
9	Simon John	Member

10	K.Vijayan	Member
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#### 5. All remunerations and re-imburements to Board Members

No.	Name	Gross Remuneration PER ANNUM
1	K.P.Padmakumar	Zero
2	P.R.Mahadevan	Zero
3	V.Sathyanarayan	Zero
4	Dr.Abraham K Paul	Zero
5	P.I.Gopinath	Zero
6	M.A.Mohammed Ali	Zero
7	Riaz Ahmed	Zero
8	Dr.Sachidananda Kamath	Zero
9	Simon John	Zero
10	K.Vijayan	Zero

#### 6. MAJOR MILESTONE ACHIEVED DURING THE REPORTING PERIOD

6.1 Our dream of the **completion of the extension to the building** was realized during the reporting period. On the World disability day i.e. on the 3<sup>rd</sup> of December 2010 Dr.V.N.Rajasekharan Pillai, Vice Chancellor IGNOU dedicated the new wing to the children of adarsh. The proceedings of the Day were inaugurated by Ms.Jayashree Menon wife of Padmashree Shri.C.K.Menon. The new wing has added another 2700 sq ft to our existing building of 13000 sq ft. The good workmanship was appreciated by one and all. It has a much larger Physiotherapy Room, a very spacious Occupational Therapy room, one alternate therapy room, two additional class rooms and a spacious canteen and kitchen. It also has a good courtyard in which arrangements have been / are being made for some outdoor games like swings, see saw etc. The new wing was also designed by Sri.P.K.R.Menon, so that it fits in with the décor of the main building .The construction was undertaken by Sri.Santhosh Paul. We place on record our sincere gratitude to both of them. As you all know the funding of the new building was done by Padmashree Shri.C.K.Menon and Think India Foundation Dallas USA. I sincerely thank both of them . , with this, the total contribution of Padmashree Shri.C.K.Menon to Adarsh is now over Rs.80 lakhs, making him our biggest benefactor.

6.2 On the World Disability Day we also inaugurated yet another important project. In fact, it was an extension of one of our main CBR programmes. We adopted another four Panchayaths for extending the **Home Based Management** programmed to another 40 odd children. This was inaugurated by Sri.E.Nandakumar, Executive Director, BPCL-KRL. Thus the total number of children taken care of under this project is now around 75. BPCL is supporting the entire project. The Trust places on record its sincere gratitude to BPCL and specially to Sri.E.Nandakumar who has taken personal and active interest in making this dream project a reality. We also

consider this as a very important project as we find that the number of children needing such assistance is very very large. The results of the first phase and the positive and unstinted support by the sponsor has encouraged us to take more challenges in the same direction. We are now thinking of setting up a 3<sup>rd</sup> team. The present work is managed by 2 teams, each headed by a physiotherapist and assisted by teachers. We know that we have miles to go in this direction and that we have just scratched the surface of a major problem.

- 6.3 Yet another project inaugurated on the World Disability Day was the **launching of a software** namely **“Fast ForWord” for helping children with Learning problems**. Sri.P.P.Jose General Manager, Joy Alukkas Group formally launched the software. The project is being **supported by Joyalukkas** Group of companies, and we place on record our sincere thanks and gratitude for Sri.Joy Alukkas, Mrs.Jolly Joy Alukkas and Sri.P.P.Jose. We are hopeful that with this software we will be able to help a large number of children both at Adarsh and those who are studying in normal school in and around us.
- 6.4 **Shri.Kochouseph Chittilappally** is a well know personality in Kerla not merely as the Managing Director of M/s.V Guard Indisutries but also as a great human being. Adarsh was the lucky recipient of his munificence recently when **“Thomas Chitillappilly Trust” donated Rs.9 lakhs to purchase a van** for the use of our children to and from adarsh and their home. This has enabled us to replace a hired van till then in use for this purpose, saving about Rs.40000 every month. We still have to have 3 hired vans.
- 6.5 Shri.N.Krishnan, of CLSA Bombay, donated Rs.5 lakhs to our corpus fund taking his total contribution to Adarsh to more than 30 lakhs. As you all know he has been a continuous supporter of Adarsh which owes a deep debt of gratitude to him.

## 7. FINANCIALLY HOW WE MANAGED LAST YEAR

- 7.1 The audited balance sheet and the Income and Expenditure account are before you for your detailed perusal. As in the last 12 years the major contributor to our income is public donations. A welcome feature this year is the **contribution from the Government Grant which along with the Local Body sponsorship covers about 22% of our income**. Even now our contribution from fee is about 25% of the total revenue which means that more **than 50% of our expenditure is taken care of by contributions from Public and Government**. As the Grant from the Government is not a permanent feature both in quantum and dependability, our dependence on public donations is really increasing day by day. This is very important point to be noted as the continuation of such largesse depends on the success of various activities, transparency and good governance. As of now we all can be proud that we are maintaining an impeccable record in all the above aspects but this certainly adds more responsibilities on all of us to be more vigilant in all our future endeavours.

- 7.2 Abridged Financial Statement of Trust’s each activity is as follows:

A	REHABILITATION	INCOME	EXPENDITURE	DEFICIT
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	<b>CENTRE for</b>			
	CEREBRAL PALSY	458250	882378	424128
	AUTISM	243850	261120	17270
	DOWN SYNDROME	46550	116191	69641
	LEARNING DISORDER	77300	92100	14800
	MULTIPLE DISABILITY	363853	205995	157858(surplus)
	GENERAL EXPENSES	-	1676878	1676878
	CONSULTATION FEES	-	216850	216878
	<b>TOTAL</b>	<b>1189803</b>	<b>3234662</b>	<b>2044859</b>
B	ADMINISTRATION			
	SALARY & ALLOWANCES	-	743633	743633
	OTHER EXPENSES	-	568349	568349
C	COMMUNITY BASED REHABILITATION PROJECTS			
	GENERAL EXPENSES	-	178660	178660
	RISK BABY UNIT	73500	84000	10500
	HEARING UNIT	49093	30000	19093
	HOME BASED UNIT	446990	501618	54628
	TOTAL	569583	794278	224695
	<b>GRAND TOTAL (A + B + C)</b>	<b>1759386</b>	<b>5340922</b>	<b>3581536</b>
D	VEHICLE			
	HIRE	177300	436427	259127
	OWN	442853	1120497	677644
	<b>TOTAL</b>	<b>620153</b>	<b>1556924</b>	<b>936771</b>

Total deficit for the year 2010-11 is Rs. 47,35,157/- (I+II)

These deficits are being met mainly from General Donations, Sponsorships by Local Self Govt. bodies, and Give India foundation, Grant in Aid from State Govt. etc.

The details of major donations are as follows:

Donations from Individual donors	- Rs. 15,50,000/-
Grant from Kerala Govt.	- Rs. 12,00,000/-
Scholarship from Panchayat	- Rs. 11,63,477/-
Donation from Give India	- Rs. 8,50,000/-
Grant from Governor's discretionary fund	- Rs. 1,25,000/-

Fund raised from Mega Magic Show other than Sponsorship

- Rs. 7,19,500/-

## 8. GROWTH OF ADARSH DURING THE LAST DECADE

8.1 The end of 2010 marks the end of the first full Decade of Adarsh of its existence. Naturally, this is an opportunity to look back on the events of the last one decade- the growth of adarsh, in terms of the scale and quality of its activities, its asset base, and of the factors that helped in its growth. Simultaneous with this analysis and appraisal of the positive aspects, it was felt that an appraisal of factors that helped in the growth and pace of growth and of the precise direction in which the institution should grow in future. Such an appraisal follows:

Type of Disability	Number as Students as on		
	1.01.2001	01.01.2011	01.06.2011
Cerebral Palsy	23	89	84
Multiple Disabilities (Started in Dec.2005)	30	70	72
Autism (started in July 2003)	07	39	45
Learning Disorder (Started in Feb2008)	12	36	17
Down syndrome (Started in July 2008)	05	09	12

For the above children we continue providing very advanced training programme. Intensive physiotherapy, occupational therapy, special education, speech therapy, hippo therapy, hydro therapy, behavior therapy, early developmental therapy etc. form part of the curriculum they follow under the supervision of a committed team of professionals. A strict follow up is done in all the cases with regular meetings at various level right from individual classes to general meeting. All the related professionals attending to that particular group will take part in all these meetings. This will enable us to take corrective actions where ever it is necessary. All this, with the support of a committed group of staff results in getting the maximum results in a child. The result of the above is that that we could able to send 51 children to normal stream of education. During the reporting period 3 children left Adarsh for pursuing normal schooling.

### 8.2 Staff

As mentioned earlier, all our results which we could attain are mainly because of the dedication of the group of staff we have. We are fortunate that, whatever

gaps which comes due to resignation is being filled up by equally committed and qualified staff. We are also taking adequate care to maintain a very healthy ratio of 3:1 in student staff pattern. For your ready reference the present strength of staff with details is noted below:

Category	Number of staff as on date		
	01/01/2001	01/01/2011	01/06/2011
Medical Doctors	1	2	2
Psychologist	-	1	1
Developmental Therapist	-	1	1
Physiotherapist	1	11	10
Speech Therapist	-	3	3
Occupational Therapist	-	-	1
Social Worker	-	1	1
Special Educators	1	16	17
Teachers	-	13	14
Teacher Assistants	1	18	19
Parent Support Staff	-	19	18
Bus In Charge	-	6	7
Drivers	-	6	6
Office Staff	-	8	10
Cook	-	1	1
<b>TOTAL</b>			<b>111</b>

Apart from these staff, there are 4 voluntary staff working in the centre

### 8.3 Academic Training:

As a part of comprehensive rehabilitation programme we have been providing academic training to those children who we feel, are able to pursue the same. During the reporting period a total of 118 children were undergone academic studies under NIOS scheme at 3 levels (A, B & C Levels). For the first time 5 out of 7 students from Adarsh appeared for NIOS secondary level examination and all of them have cleared 4 out of 5 papers. With one more paper, they would clear the whole examination and be eligible for the SSLC certificate. It is to be noted that ours is the only centre accredited for appearing in the NIOS examination and 11 special schools have registered with us in the special school category. Last year, 147 students from Adarsh and other registered schools appeared for the examinations at our centre. Of which, A level-72 students, B level – 53 and C level-22 appeared for the exams.

### 8.4 Community Based Rehabilitation Projects:

As in the past a lot of importance is being given to the projects under this. Our technical help and support resulted in setting up 13 Rehabilitation centres in 7 districts in the

State. Most of these centers are working well and they now seek our help only occasionally.

The major activities under the CBR Projects are as under:

1. Home Based Rehabilitation Project
2. Risk Baby Unit
3. New Born Hearing Screening
4. Surgical Assistance
5. Neuro Visual Developmental Therapy

#### 8.4.1 Home Based Rehabilitation Scheme:

Introduced in November 2008 and supported completely by BPCL-KRL and its Executive Director Shri.E.Nandakumar the project now covers 74 children in 9 panchayaths. We were also able to help in arranging surgery for 8 children. We were also able to provide 23 children with Special Assistive devices, Orthosis and mobility aids. At present the above facility is extended to the following Panchayaths & Municipalities.

- a. Puthencruz
- b. Thiruvaniyoor
- c. Thiruvankulam
- d. Chottanikkara
- e. Mulanthuruthy
- f. Amballoor
- g. Udayamperoor
- h. Maradu (Municipality)
- i. Tripunithura (Municipality)

The ambition is to extend this project to the whole of Ernakulam District over a period of 3 years . Of course we need the support of well wishers and benefactors. A 3 rd team , perhaps in Vypin area may start working soon.

#### 8.4.2. Risk Baby Unit

This is yet another ambitious project of adarsh. At present this is extended to 3 hospitals. Under this project a Developmental Therapist spends 2 or 3 days in a week at the hospital, assessing particularly "at risk" babies i.e. those born prematurely or with low birth weight , who have a high potential of risk of some disability as they grow. The therapist is able to evaluate about 50 children per month. 940 children were being assessed during the reporting period adding the total to 3119.

#### 8.4.3 New Born Hearing Check Unit:

The new born screening unit set up as a joint project of adarsh and India Academy of Pediatrics and Childhood Disability Group is working on identifying newborns with hearing related problems at 6 hospitals in the district. Many parents are taking the advice of the unit and are following up with hospitals for correction.438 children were evaluated in the reporting period. Including this we have so far examined 3047 babies since its inception

#### 8.4.4. Neuro Visual Developmental Therapy:

This is a project which has not taken off as expected. I am hopeful of reporting a better picture in the coming reporting period as we are also expecting some help from Vidya Sagar Chennai & Ranjini Eye Clinic Vyttila.

#### 8.5 APOSA

It has been the experience that some of the children who left Adarsh to join a mainstream school have not been getting back to Adarsh even when they felt compelled to leave the mainstream school due to adjustment problems. The formation of an Association of Parents of Old Students of Adarsh (APOSA) is a major step in this direction, whereby a forum is created for the parents to get together, share their experiences, views and opinions and thereby enable their children to gain a more enriching school experience. Such 51 students are studying in mainstream schools.

#### 8.6 Registration and Recognition

Adarsh Charitable Trust is Registered and recognized by the following Government and Non Governmental bodies:

- a. General Education Department of Govt. of Kerala
- b. National Trust of Govt. of India
- c. NIOS as its only accredited centre in Ernakulam (Disability Sector)
- d. Give India

#### 8.7 Land & Building

Total area of land available is 40 cents. The Trust and its Rehabilitation centre work in its own building, which has around 16000 sq.ft. area

#### 8.8 Trust & Trustees

The Trust was registered in 1998 under Registration Act 1908 at Tripunithura. Now the office is located at Kureekkad near Chottanikkara. The Trust has now 38 members, compare to 2001 when it was only 12.

### 9. CHILD DEVELOPMENTAL EVALUATION INTERVENTION AND RESEARCH CENTRE (CDEIRC)

This is a project which was started on the World Disability Day, 2007. It has now developed as a good evaluation centre. 172 children with developmental problems have been assessed during the reporting period. There is a team comprising a Consultant Developmental Paediatrician, Psychiatrist, a Clinical Psychologist, Physiotherapist, Speech Therapist, and 3 Special Educators. Many children assessed here, join our main rehabilitation centre. Last year, a special software was introduced especially to help children with learning disorders and this special project is now functioning at CDEIRC. The full benefits of the software, when realized can benefit many more children.

### 10. OUR MAIN CENTRE AT KUREEKKAD

Details of children, teachers, therapists and other staff have already been mentioned earlier. Children are provided with noon meals, funded by the Govt. of Kerala. Our first

batch of 6 children attempting 10<sup>th</sup> standard exams Part II this year and **all have passed**. The total number of children pursuing normal education under NIOS is 118.

Some children being able to pursue mainstream school education every year, enquiries from all parts of Kerala and even from other States and Countries (Of course Malayalee families) are all testimonial to the coordinated and sincere efforts of different categories of teachers, therapists and staff. On behalf of all Trustees, I take this opportunity to sincerely thank all our staff members of staff.

**11. MAGIC IN ADARSH**

During the reporting period, perhaps the most memorable and event of consequence was a Magic Show held on the 12<sup>th</sup> of February, 2011 at Gokulam Inn hotel in Cochin conducted by Shri.Gopinath Muthukad. The programme was a very impressive one, with a very high degree of technical excellence and held the audience- old and young alike spell bound with its timing and variety of the programmes. Through the large audience of over a 1000 people we could project different aspects of the problems of Disability in children-its magnitude, the need for a very scientific approach to it and the need to get all sections of society involved in the work for the maximum benefit. Collection through various modes was according to our expectations. We are very grateful to all those who helped us. Of course special mention has to be made of Shri.Gopinath and his wonderful team for the great event and M/s.Performa Learning Company and Shri.Roshan Mathew in particular for printing the souvenir free of cost. We are also grateful to Bala Fans & Welfare Association for helping us in getting the entire donation coupons for the programme printed free of cost.

**12. EXTRA CURRICULAR ACTIVITIES AND ACHIEVEMENTS AND ACCOLADES**

As in every year, our children took part in various co-curricular and extra-curricular activities like cultural competitions, sports competitions, picnics etc in Ernakulam and nearby areas. Many prizes were obtained also. Technical seminars and workshops too were held on subjects like Autism with participation of experts. Eminent cine actors and others from other cultural fields also visited the centre during the year. These visits and their interaction with the children had a good effect on them.

**13. PARENTS TEACHERS ASSOCIATION**

Our PTA generally were very active during the last three or four years. Particularly during the reporting period their contribution in various aspects has to be specially mentioned. In conducting the fund raising programme, in helping us in Onam Celebration where more than 1200 guests took part in the feast, during the school day celebration etc. their contribution both in physical help and financial help were quiet good. Executive committee meetings were conducted periodically as well as 2 General Body meetings. The present President of PTA is Shri.Unnhikrishnan and the Secretary is Shri.Jamaluddin. and the Treasure is Smt Anitha Venugopal. We extend our sincere thanks to PTA for all the help they have rendered and do hope that the same co operation will continue in the coming years also.

**14. FINANCIAL HEALTH**

Any organization, particularly one which does not discriminate between children on the basis of their financial status and is keen to provide them all with equal training and therapy, has to be well provided with funds. Till 2010 help from Government was very negligible available through Local self Government bodies as reimbursement for tuition fees. Even in 2010 when Government of Kerala gave the first grant, it met hardly 20% of the running expenses. Therefore for a substantial portion of the running expenses and the entire requirements for projects we had to depend on private donations. We have been fortunate to get this help adequately as is revealed in by the following figures:

The most significant contributions have been from Padmashree Shri.C.K.Menon, CMD Behzad Group of Companies, Middle East and Europe, Shri.N.Krishnan of CLSA Mumbai, M/s.Vestas India Chennai and Countache Dubai, Shri.Kochouseph Chittilappilly. Think India Foundations Dallas USA had come to our help for putting up additional class rooms. BPCL, Cognizant Technologies Foundation, TCS Kochin, Joyalukkas are the major corporates who helped us. Masonic Lodge, Cochin, Rotary Clubs- Tripunithura, Cochin Mid Town, Cochin West also helped on various occasions by contributing vans ,equipments etc. We are beholden to all of them. Give India Foundation at Mumbai has been a constant and dependable source of income to us from August 2005 when we got enlisted with them.

**15. FUTURE PROJECTS:**

We have of course lot of good projects in our mind connected with the services which we are extending now. Our priority is to extend the Home Based Management programme to the entire District of Ernakulam. We have fixed a target of three years for this and we are hopeful that by 2015 we should have covered the entire District of Ernakulam in this project.

Hydrotherapy is very effective in children with disabilities. Now we are taking these children to Rajiv Gandhi Indore Stadium for this. Appreciating this excellent gesture from the authorities of Rajive Gandhi Indore Stadium we would like to have this facility though in a small manner in our own premises. More than saving time, this will ensure continuity and give more focus on the therapeutic aspect of hydrotherapy.

**16.** During the reporting period The Governing Council has met 4 times and Executive Committee 5 times. The last General Body meeting was held on 23<sup>rd</sup> May 2011.

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

<b>Slab of gross salary (in Rs) plus benefits paid to staff (per month)</b>	<b>Male staff</b>	<b>Female staff</b>	<b>Total staff</b>
Less than 5000	4	54	58
5,000 – 10,000	2	13	15
10,000 – 25,000	1	1	2

25,000 – 50,000			
50,000 – 1,00,000			
Greater than 1,00,000			

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

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

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

**18.** The year just passed was a year of fruitful activities. As reported earlier, our system of rehabilitation has been well appreciated not only in the state but also in the neighboring states. We are sure that the results which we could achieve was due to sincere support of many people, like the teachers, staff of adarsh, the parents, the well wishers of adarsh, public in general as so on. We are also happy that more and more children from various parts of Kerala and from other southern States are coming to us for advice. Our endeavor definitely will be to add on to the services which we are lending now. We are also sure that the support which we have been getting from parents, staff and public will continue as abundantly as now. On behalf of all of you let me take this opportunity to place on record our sincere thanks to all of them and let me take this opportunity to pray them for the continuity of the same. I am also thankful to our members of Trust, Members of Governing Council and Members of Executive Committee for all the support and help that they have given to me during the last 13 years without which I am sure I could not have presented such a healthy picture of Adarsh.

P.R.Mahadevan  
Hony. Secretary

23/06/2011  
Kureekkad