



Academy for Severe Handicaps and Autism

ASHA Charitable Trust

ANNUAL REPORT

2021 - 22

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   /ashaforautism



OUR MISSION

To render exceptional love, care, hope and educational assistance to children with special needs to help them develop and utilise their potential.

BOARD OF TRUSTEES

Mr. P.R. Mundewadi, **Chairman**

Mr. J.R. Deshpande, **Secretary**

Mr. S. Hari Prasad, **Trustee**

Mr. A. Ravichandran, **Trustee & Treasurer**

Ms. Jayashree Ramesh, **Trustee & Director**

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WHAT IS AUTISM?

Autism spectrum disorder (ASD) is a complex developmental condition involving persistent challenges with social communication, restricted interests, and repetitive behaviour.

According to the latest diagnostic criteria from DSM 5, autistics have impairments in social communication and have fixated/restrictive interests.

According to a study in 2018 (Gulati et al, 2018), the prevalence of autism in India is about 1 in 89. Awareness about the condition seems to have improved with increased knowledge about autism among the medical community, educational institutes and the general public.

THE EARLY SIGNS

- Poor eye contact
- Does not mingle with other children
- Inappropriate giggling or laughing
- Insensitivity to pain
- Spins objects
- Echolalia- repeats what is being said.
- May not want to be cuddled
- Insistence on sameness, resists changes
- No real fear of danger
- Sustained odd plays

THE PROGNOSIS

There is no cure for autism but with parent awareness, intense and early intervention, individuals with autism can lead a fulfilling life.

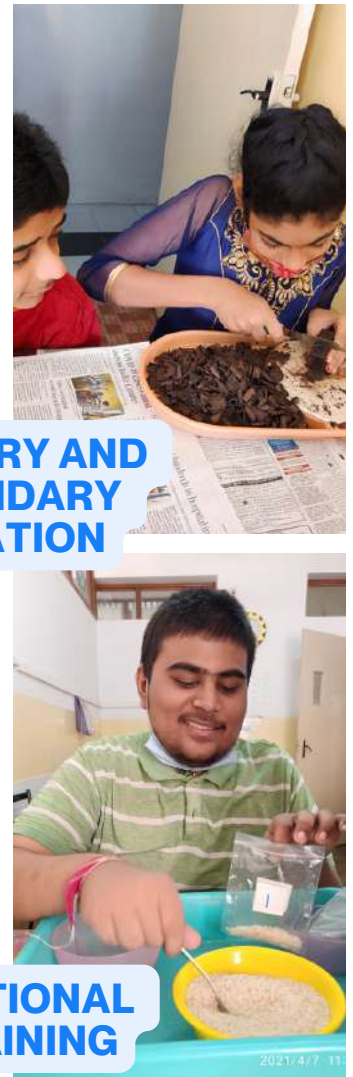
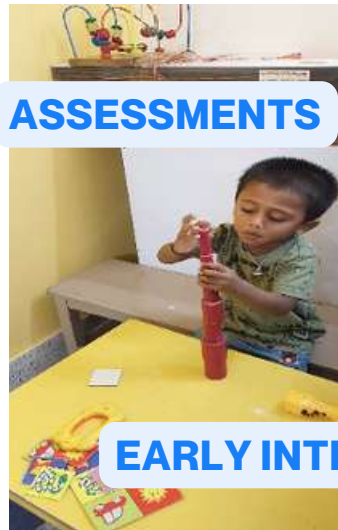
INTRODUCTION

Academy for Severe Handicaps and Autism (ASHA) Charitable Trust provides education along with a comprehensive set of therapies to individuals with autism spectrum disorders. Starting with 3 children in a small rented building in 1995 today, 85 children are undergoing various intervention and therapies in the day school program. In over two decades, ASHA has evolved and developed capabilities and expertise to address the different needs of children of all age groups including adolescents. More than a thousand families have been supported in many different ways in over two decades.



SERVICES

At ASHA, we strive to provide the best services for our students and families. Starting with assessments to therapy to pre-vocational skills training, we have all the services in one place. This saves parents time and effort from visiting multiple centres for therapy.



GRADUALLY MOVING TO PRE-COVID TIMES

The pandemic resulted in a significant change in the way we provide our services. All the services were provided online which did not work too well for the students as they had trouble focussing on the screen and following instructions especially for the younger ones.

The year 2021 too began online as schools were still closed for physical sessions at the school. We welcomed our students back to school in November in limited numbers to reduce physical contact.



STUDENT EDUCATION

The day school program began in May 2021 with teachers providing all sessions online. The program also included yoga, music and dance to encourage students to develop interest and hobbies as well as improve their well-being.

THE PROCESS

The teachers conducted live sessions with the students along with the parents on zoom and WhatsApp video. The teachers provided worksheets and guided the student to complete them. The parents acted as a guide and prompt.

Alternatively, for students who could not access live one on one sessions, due to reasons such as COVID 19 and siblings having online classes, teachers recorded and sent videos to the families to work with the child. The parents then sent recorded videos of students doing the activity for review.



THERAPIES

SPEECH THERAPY

The language therapy sessions were for 30 to 45 minutes and each student received 4 hours of therapy per month.

For mothers not proficient in English and Kannada, the teachers assisted the sessions in other languages such as Tamil so that the child does not miss out on therapy.

DANCE

Dance sessions were provided online by Mr. Kiran. Each student received 30 minutes of dance sessions per week. The students enjoy the dance sessions as it's full of music and movement.

YOGA

Yoga sessions were provided online by Ms. Suma. Each student received 30 minutes of yoga per week. It helps student be aware of their body and aids relaxation.

MUSIC

Music sessions were provided online by Dr. Meena. Each student received 30 minutes of music per week. Music improves pronunciation, articulation, and rhythm.



PROJECTS

EARLY INTERVENTION MOTHER AND CHILD PROGRAM

The Early Intervention Program is a continuing program from 2018. The program is designed to provide high quality training for children as well as parents by empowering the mothers.

This year, we had 25 children and mothers in the program.

Due to the school closure, online sessions were provided by the teachers, speech therapist, counsellor and physio therapist so that no child misses out on therapy.



PROJECTS

Academic Skills Training for Children with Learning Problems

A 20 session online training program in *Kannada*



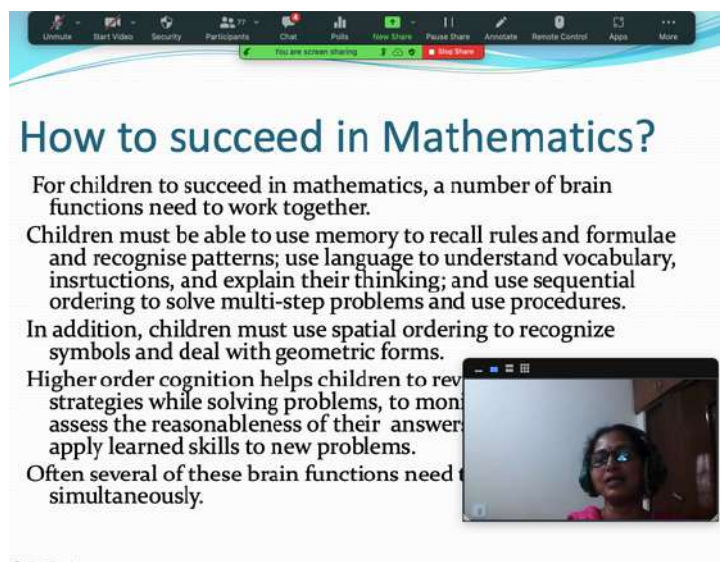
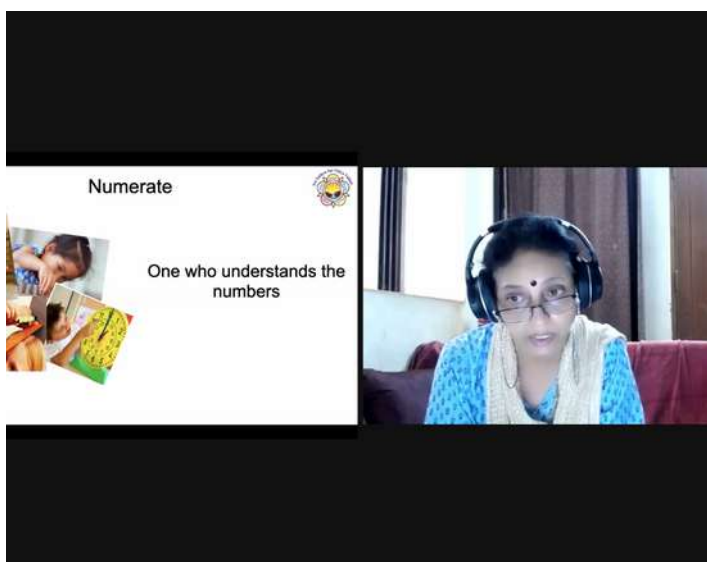
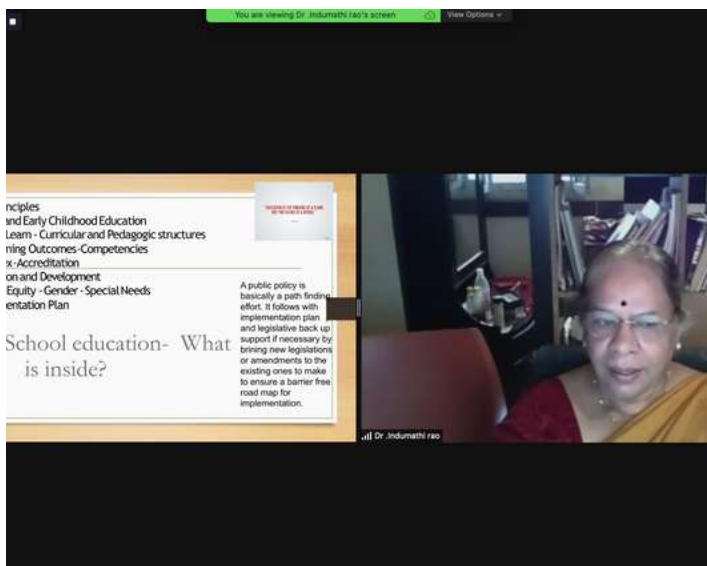
Nav Prabhuthi Trust



TOGETHER, FOR AN INCLUSIVE INDIA



The program was conducted by ASHA and Nav Prabhuthi Trust in association with Disability NGOs Alliance, Rotary District 3190 and Inner Wheel Club of Bangalore with the goal to train parents and professionals to work effectively with individuals with learning difficulties.

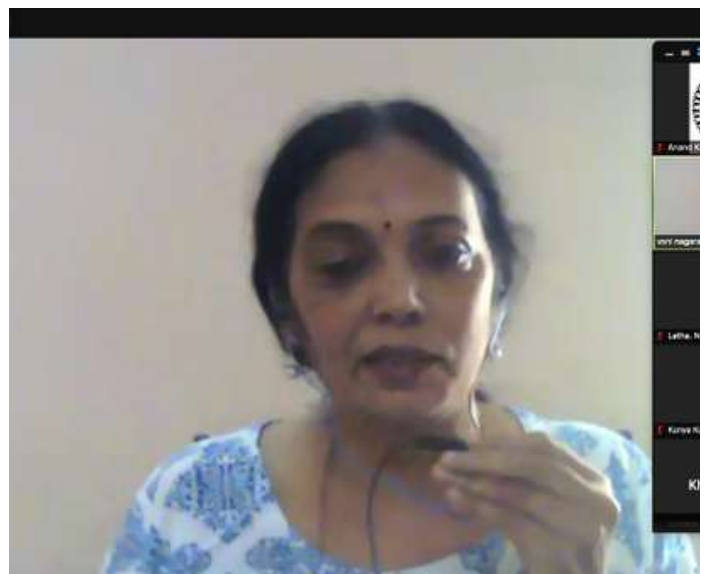
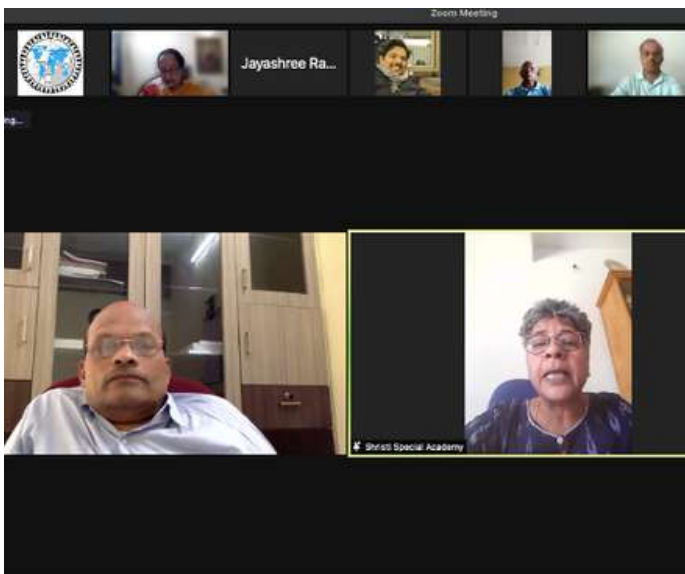


Academic Skills Training for Children with Learning Problems

A 20 session online training program in *Kannada*

The 20 session program was conducted every Thursday, Friday and Saturday for 1 hour 30 minutes per session.

The program had 115 participants of which 26 parents and 26 teachers were from ASHA.



PROJECTS

WOMENS EMPOWERMENT

The Entrepreneurship Development Program was a 12-day training program to build entrepreneurship skills in women in the community.

The program was conducted by Association of Women Entrepreneurs of Karnataka (AWAKE) in association with Academy for Severe Handicaps and Autism. The program was coordinated by Mr. Sadashiva S. from AWAKE, Mrs. Sujata Sathyamadhava and Ms. Sindhu Jayan from ASHA.

The program had 27 participants consisting of parents of children with special needs, teachers and women from the local community.



FEEDBACK

The feedback received was positive. The participants appreciated the depth and knowledge of the resource persons, their practical experience was invaluable. At the end of the program, the women were highly motivated to start something of their own and enjoyed the market exercise where the participants had to make sales on their own. This practical experience was an eye opener and made them realise how a marketplace works including competition from other sellers and selling conditions and challenges.

The participants appreciated the sessions on taxation, regulations, book keeping which are important to run any business.

The field visits to other enterprises also helped the participants build networks and think about the products and services they would like to create and sell in the market place.



PROJECTS

WOMENS EMPOWERMENT

Further to improve capacity in women, it was necessary for the participants to observe enterprises, its leadership, how they function and what makes them successful.

In February and March, 12 women visited Shristi Special Academy that manufactures different fabric products, folders and bags. The women visited the Chennapatna craft park on an observational tour to study product development of wooden products. Similarly, the team visited Diya Foundation and Jute Pragya to observe their work.



ADDITIONAL WORKSPACES

We moved our Early Intervention into a rented space next to the existing ASHA building in Basaveshwarnagar. With the support of our implementation partner, United Way, Bengaluru, we were able to construct 3 additional rooms and a toilet on the 1st floor. This will help us provide intervention comfortably to more students simultaneously.



WORKSHOPS

An informed parent can make life changing decisions for their child and at ASHA we believe in empowering the parents. This will enable to make informed decisions on various matters such as type of intervention, vocation, employment, finance, guardianship and more.

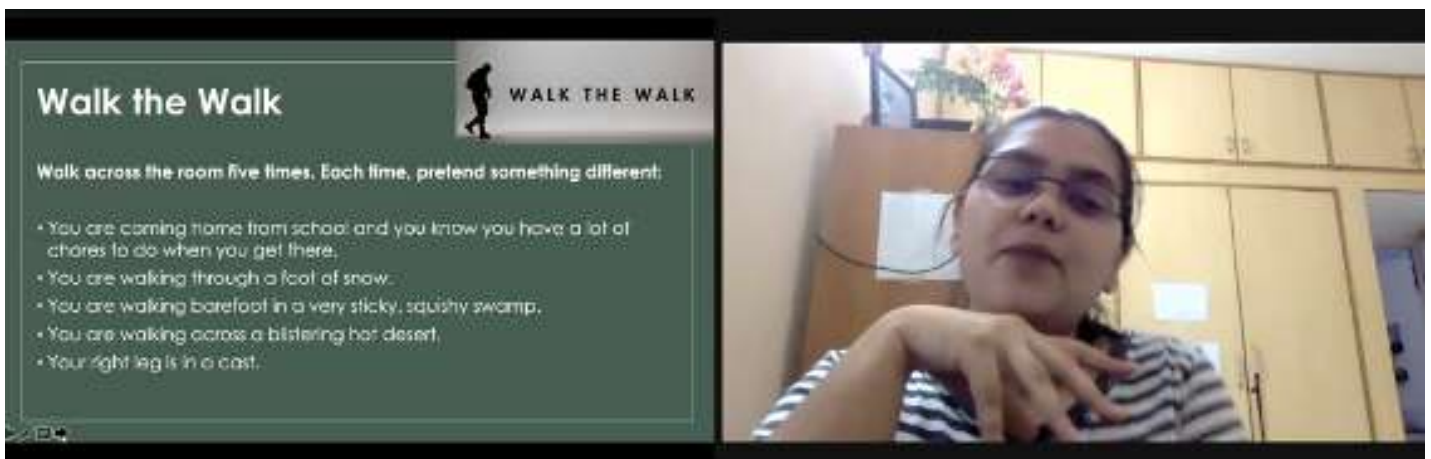
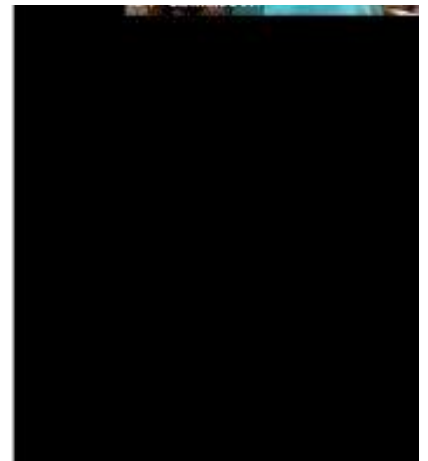
This year, we conducted 11 workshops for parents.

We did things differently by involving parents to share their experiences and inform other parents of what has worked well. Mothers conducted a 2 day session on communication methods they use with their children.



activity in the class

- Prayer
- Self introduction
- Exercises
- Text book format for noncomputer programs
- Typing in computer



IMPACT

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STUDENTS IN THE EARLY INTERVENTION PROGRAM

Ashish is a cheerful 7 year old with Down's Syndrome. His mother, Asha faced difficulty in managing him when he was taken to social gatherings as he didn't interact with people and ran around. Ashish faced many developmental problems. When he joined the early intervention program, he used to bang his head which worried the mother and the teachers. He didn't have sitting tolerance, could not follow instructions and had gaps in motor skills. It was very difficult to manage him as he was all over the place.

With early intervention, speech and physiotherapy, his imitation skills have improved where he imitates most of the tasks at home like sweeping, rolling chapathi and watering plants.

He can differentiate between colours. He has learnt to point to body parts like head, eyes, mouth, ears, nose, hands, legs, knees, toes and stomach. He has learnt to use the word 'give' to ask for his needs. His hyperactivity has come to control, eye contact has improved.



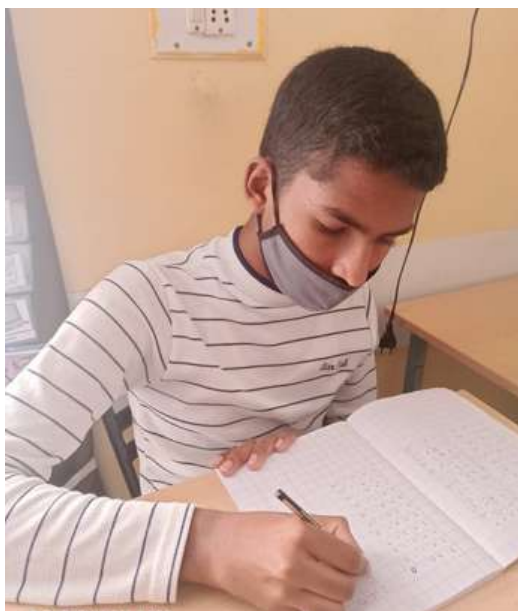
IMPACT

Harshith is a 16 year old teenager with autism. He loves going out and doing fine motor skills activities such as sorting and stacking. The goals for the year were to improve his pre-vocational and language skills.

After a year of training, Harshith can independently assemble items with visual cues, make paper covers with minimal verbal instructions, he can sort and package items with verbal cues and stitch. In language, Harshith is able to express himself using short sentences independently. He can also read 2-3 and 4-5 letter words and reads from a simple lesson. He can answer 'wh' questions and circle the correct answer. He can copy numbers, words and sentences.

**STUDENTS
IN THE DAY
SCHOOL PROGRAM**

62



IMPACT

Parent workshops have helped our parents be more confident in working with their children at home. Information on autism, behaviour management, teaching techniques, medication were some of the popular topics appreciated by the parents.

11

ONLINE
WORKSHOPS

1

TRAINING PROGRAM

85

PARENTS BENEFITTED



62

PROFESSIONALS
BENEFITTED



FINANCIALS

BALANCE SHEET

ACADEMY FOR THE SEVERE HANDICAPS AND AUTISM CHARITABLE TRUST (Regd.) 1-76/A, Kirloskar Colony, HBCS 3rd Stage, 4th Block, Basaveswaranagar, Bangalore - 560 079.						
Balance Sheet as at 31st March 2022						
LIABILITIES	Sch.	Amount Rs.	Amount Rs.	ASSETS	Sch.	Amount Rs.
General Fund Add : Corpus Fund		1,56,89,889	1,56,89,889	Fixed Assets (As per Schedule)	B	48,75,260
General Reserves - Opening Balance Add : Excess of Income over Exp.		92,19,479 73,14,065	1,65,33,543	Deposits (As per Schedule)	C	2,01,54,639
Current Liabilities (As per Schedule)	A		1,80,153	Current Assets : Cash on Hand Bank Balance (As per Schedule)	D	70,26,257
				Other Current Assets (As per Schedule)	E	3,47,430
Total			3,24,03,586	Total		3,24,03,586

Schedules A to E and attached notes on accounts form an integral part of the Accounts

As per our report of even date
For S.R. & M.R. Associates
Chartered Accountants
Firm Reg. No.008094S
UDIN: 22206878ARNVH1W19081

CA M.R. Venkatesh Babu
Partner
M.No.206878
Place : Bangalore
Date : 06-09-2022

For ACADEMY FOR THE SEVERE HANDICAPS AND AUTISM CHARITABLE TRUST (Regd.)

(J.R. DESHPANDE)

(JAYASHREE RAMESH)

(A. RAVICHANDRAN)

FINANCIALS

INCOME AND EXPENDITURE

ACADEMY FOR THE SEVERE HANDICAPS AND AUTISM CHARITABLE TRUST (REGD)

1-76/A, Kirlskar Colony, HBCS 3rd Stage, 4th Block, Basaveswaranagar,
Bangalore - 560 079.

Income and Expenditure Account for the year ended 31st March 2022

EXPENDITURE	Amount Rs.	INCOME	Amount Rs.
Salaries	41,05,359	Therapies, Comp. Fee & Infrastructure Fee	11,10,091
Electricity & Water charges	65,683	Donations - General	10,14,593
Telephone & Postage Charges	60,144	- FCRA	66,73,703
Printing & Stationery	94,503	- FCRA (Covid-19 Relief Prog.)	81,72,210
Repairs & Maintenance	3,42,286	- CSR	65,44,500
Rent	1,92,000	SB & FD Interest	11,78,756
Professional Charges	6,13,131	Other Income	4,40,525
Rates & Taxes	23,803	Subsidy Received From G.O.K	25,99,249
Depreciation	5,11,236	Interest on I.T Refund	7,896
Audit Fee	15,000	PF - PMGKY Scheme Benefit	-
General & Miscellaneous	3,72,036		
Workshop & Programme Expenses	65,567		
Covid-19 Programme Expenses	81,72,210		
Expenditure towards CSR :			
- Professional Charges	12,14,889		
- Salaries	41,05,310		
- Rent	1,08,000		
- Workshop & Program Expenses	3,48,301		
- Travelling Expenses	18,000		
Excess of Income over Expenditure	73,14,065		
Total	2,77,41,523	Total	2,77,41,523

As per our report of even date

For S.R. & M.R. Associates

Chartered Accountants

Firm Reg. No.0080945

UDIN: 22206878ARHJLNQ081

CA M.R. Venkatesh Babu

Partner

M.No.206878

Place : Bangalore

Date : 06-09-2022



(J.R. DESHPANDE)

[JAYASHREE LAMESH]

CA. RAVICHANDRAN

For ACADEMY FOR THE SEVERE HANDICAPS AND AUTISM CHARITABLE TRUST (Regd.)

FINANCIALS

RECEIPTS AND PAYMENTS

ACADEMY FOR THE SEVERE HANDICAPS AND AUTISM CHARITABLE TRUST (REGD)					
1-76/A, Kirtoskar Colony, HBCS 3rd Stage, 4th Block, Basaveswaranagar, Bangalore - 560 079.					
RECEIPTS & PAYMENTS FOR THE YEAR ENDING 31st March 2022					
RECEIPTS	Amount Rs.	Amount Rs.	PAYMENTS	Amount Rs.	Amount Rs.
OPENING BALANCES :			CAPITAL EXPENDITURE :		
Cash	-		Buildings	6,01,884	
Bank Balances	66,92,534	66,92,534	Office Equipments	66,354	
			Furniture & Equipments	3,14,727	
DIRECT & INDIRECT INCOMES :					9,82,965
Donations Received -			INVESTMENTS :		
- General	10,14,593		Fixed Deposit - Indian Bank		65,00,000
- FCRA	66,73,703				
- FCRA (Covid-19 Activity)	81,72,210		Accrued Int on FD Re-invested	1,63,047	
Donations Received - CSR	65,44,500		Accrued Int on FD but not due	1,02,397	2,65,444
Therapies, Comp. & Infrastructure Fee	8,92,591				
Admission Fee	2,17,500		ADVANCES & OTHER PAYMENTS :		
Interest Recd. - S/B.	2,18,450		TDS & TCS Receivable	96,443	
Interest Recd. - F/D.	9,60,306		Provident Fund Payable	80,179	
Interest Recd. - I.T Refund	7,896		ESI Payable	16,735	
Other Income	4,40,525	2,51,42,274	TDS Payable	31,676	
			PF Payable	2,800	
Subsidy Received from G.O.K		25,99,249	Rental Deposit Paid	1,50,000	3,77,833
OTHER RECEIPTS :			CSR Project		
Rental Deposit refund	3,50,000		CSR Receivables - United Way(DGEP)	70,890	70,890
F/D. Interest Receivable	59,902				
TDS Receivable	92,914		REVENUE EXPENDITURE:		
CSR Receivables	37,585	5,40,401	Bank Charges	4,742	
OTHER PAYABLES :			Audit fee	15,000	
TDS Payable	36,091		Electricity & Water Charges	65,683	
Professional Tax Payable	3,200		ESI	1,68,221	
ESI Payable	19,025		House Keeping Charges	9,940	
PF Payable	91,837		Professional Charges	6,13,131	
Audit fee Payable	15,000	1,65,153	Misc. Expenses	62,465	
			Printing and Stationery	94,503	
			Provident Fund	5,20,888	
			Rates & Taxes	5,211	
			Registration & Renewals	56,914	
			Rent	1,92,000	
			Repairs & Maintenance	1,70,467	
			Salary	32,95,644	
			Speech & Hearing	32,700	
			Staff Welfare	1,10,666	
			Telephone & Internet Charges	60,144	
			Training Expenses	2,01,610	
			Corporation Tax	18,592	
			Pooja Expenses	8,087	
			Uniforms	5,518	
			Van Maintenance	1,71,819	
			Workshop & Program Expenses	65,567	
			Covid-19 Program Expenses	81,72,210	
			Expenditure towards CSR :		
			Salaries	41,05,310	
			Professional Charges	12,14,889	
			Workshop & Program Expenses	3,48,301	
			Rent	1,08,000	
			Travelling Expenses	18,000	1,99,16,222
			CLOSING BALANCES :		
			Cash	-	
			Bank Balances	70,26,257	70,26,257
Total		3,51,39,611	Total		3,51,39,611

As per our report of even date

For S.R. & M.R. Associates

Chartered Accountants

Firm Reg. No.0080945

UDIN: 22206878ARNH119081

CA M.R. Venkatesh Babu

Partner

M.No.206878

Place : Bangalore

Date : 06-09-2022



For ACADEMY FOR THE SEVERE HANDICAPS AND AUTISM CHARITABLE TRUST (Regd.)

(Signature)
C.J.R. DESHPANDE

(Signature)
[JANASHREE RAMESH]

(Signature)
CA. RAJCHANDRAN



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