

# ANNUAL REPORT





# **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. M.N. Balachandra, Chairman

Mr. Subramanya C.R., **Secretary** 

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.

ASHA has a day school program provided at the main unit in Basaveshwarnagar that includes student intervention, therapies and family services.

Assessments and the early intervention program is provided at the Early Intervention Unit situated next to the main unit.

#### **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.



#### STUDENT EDUCATION

The school program opened for the academic year 2022-23 from 16th May 2022. Prior to the start date, the teachers prepared the individual education plan (IEP) for all the 64 students. This was based on the previous year's annual report and observation of student abilities.

#### THE PROCESS

The teachers conducted individual and group sessions for the students

In the initial months, for the younger students in the ages of 6-8 years, the activities were designed to build play and social skills. This helped the students adjust to their environment. This was done through play, and games. The other focus areas were motor and cognition skills. Theme based lessons were used to help the students adjust to their immediate environment. Gradually, the activities were made complex to match the student's learning ability according to the IEP.

For the students aged 9-12 years, the syllabus of UKG and 1st grade level syllabus were adapted for the students. The focus was on activities of daily living and relied on advanced theme-based lessons outside the school environment and in the community.

For the students aged 13 to 18 years having good verbal skills, the activities were on building peer interaction, group play, academics, prevocational skills and language skills.

The students were taught to make greeting cards, paper bags and gift wrapping as part of pre-vocational skills training. Some students also interned at merchant establishments in the community to learn skills that can make them employable.







# **THERAPIES**

#### SPEECH THERAPY

The language therapy sessions were conducted by Ms. Vibha Kothari and Shubhra Shanker Vinay for 30 to 45 minutes and each student received 4 hours of therapy per month. The therapists were assisted by 2 speech therapy interns from S.R. Chandrashekhar Institute of Speech and Hearing.

#### **PHYSIOTHERAPY**

Physiotherapy is being provided to students in need by Mr. Saicharan and Dr. Gauri Khandekar. The therapists have helped the students improve their mobility and perform day to day activities efficiently.

## **DANCE**

Dance sessions were provided by Mr. Kiran. Each student received 45 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 by Chandra Kothari, certified yoga therapist for all the students. The therapy was provided class-wise for 45 minutes per week.

### **MUSIC**

Music sessions were provided by Ms. Janaki and Ms. Manjula. Each class received 45 minutes of music per week. Music improves pronunciation, articulation, and rhythm.

#### **SPORTS**

Sports sessions were provided by Mr. Sandeep, ASHA's sports trainer. He focussed on building movement, coordination and strength for each classroom once a week for 45 minutes.

#### **ART**

Sports sessions were provided by Ms. Bharathi Vittal Rao for each classroom once a week for 45 minutes. Art has helped the students explore the world of art through colour and built creativity and skill.

# EARLY INTERVENTION MOTHER AND CHILD PROGRAM

The Early Intervention Program is a continuing program from 2018. The program is designed to empower mothers to work with their children.

This year, we had 26 children and mothers in the program and we did things differently by including fathers in the program.

We provided counselling and training sessions specifically for fathers to come forward and speak about the problems they are facing and manage their personal and professional life.

The early intervention program was implemented both on site and online. This helped us serve families who were far away from the centre.

In April and May 2022, the assessments for the 26 children were conducted using Portage – an early intervention handbook. The goals of the intervention were shared for each child with the parents.

The results were documented every month. The mothers were trained to collect data about their child regarding the skill activity, level and type of prompt and reinforcement used. This data helped both the parents and teachers analyse how and what method of teaching helps the child.









# PRE-VOCATIONAL SKILLS TRAINING PROGRAM

As individuals with autism grow older, the families face many challenges. Planning and training for vocational skills at the earliest has better outcomes for the child and the families. The Pre-Vocational Skills Program provided in-classroom training and practical work experience to 27 students above the age of 13 years.

In July, the special educators and teachers conducted individual and group sessions to prepare the students in basic pre-vocational skills. One classroom was converted into a model shop with grocery items for the students to practice sorting and packing. From August, the students interned at a grocery shop, mini supermarket, vegetable shop, catering unit, clothes shop and a block printing facility near ASHA for once a week.

The response to the program was encouraging with the shop owners happy with the way our students worked and the students learnt important work skills.







# **ENHANCE SOCIAL SKILLS PROGRAM**

The Inclusive Social Skills Program – ENHANCE was inaugurated on 20th August with 15 students from ASHA and 15 students from Parikrma and Vaani Deaf Children's Foundation. The objective was to improve social skills in 15 children with autism, to introduce the children to different art forms for creative expression and to increase awareness about autism among neurotypical children.

The program was implemented by Chedaka, an organization promoting hobbies and activities in the ENHANCE program consisted of clay modelling, story telling, dance, Zumba, gardening, music and flag making.

The wide array of activities helped the children explore their interests and helped them choose an activity they like. With the success of this initiative, the program will be conducted again in 2023-24.



# RESEARCH AND TECHNOLOGY

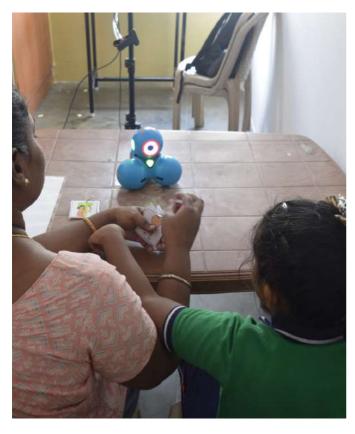
# SOCIAL ROBOTICS TO IMPROVE COMMUNICATION AND MOTOR SKILLS IN AUTISM

Technology has been a huge help in addressing deficits in individuals with autism. Augmentative and Assistive Devices have enabled better function in autistics.

IISc. and ASHA have conducted a joint study in 2019 to study the effects of Cozmo, a toy robot in improving reciprocal communication. The results were encouraging with an increase in spontaneous expression by 140% and reduced workload.

The project will further the study with 60 autistics aged 6 to 18 years. ASHA collaborated with Indian Institute of Science, Bangalore and Bangalore Medical College and Research Institute to study how an interactive robot (named Dash) can improve language skills through spontaneous communication. A programmable toy car was used to help students follow a set path and see if it can be an aid to special educators in teaching language and motor skills.

Assessments and baseline sessions have been completed and the project will be completed by September 2023.





# RESEARCH AND TECHNOLOGY

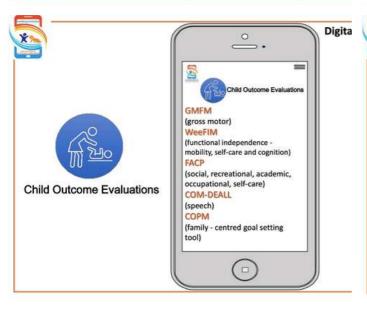
# **ENABLING INCLUSION APPLICATION**

ASHA invested in the Enabling Inclusion App - a software solution that stores student data, records assessments, helps teachers and therapists map student progress and plan the next course of intervention. The app has been created by Amar Seva Sangam, Ayikudy, Tamil Nadu and is used by the Government of Tamil Nadu and many other NGOs across the country. The app has been created in consultation with Harvard University, University of Toronto, UNICEF and WHO.

The enabling inclusion app is helping our teachers and therapists to streamline intervention, record student data and plan ahead to maximise learning outcomes.









# **FAMILY SUPPORT**

# PARENT TRAINING

Parent training and empowerment has always been the focus of our intervention from the past 25 years. By empowering the parent, intervention is well rounded as the parent can work with the child at home and make informed decisions about the child's wellbeing.

ASHA conducted 42 parent training sessions on topics such as medication, improving overall health, naturopathy, parenting, behaviour management, epilepsy, cognition, parenting tips, health insurance, time management, self help skills and nutrition.

We focussed on the fathers this time with targeted workshops for them on topics such as work life balance, fathers role in parenting and financial planning.









# **FAMILY SUPPORT**

# DIVERSE APPLICATIONS OF BLOCK PRINTING TRAINING

The Training in the Diverse Applications of Block Printing was designed to develop skills required to block print in 18 individuals with autism and 12 women, who are also mothers of children with special needs thus enabling them to make different products.

The project helped build and improve pre-vocational skills in the students and provide skills training for women.

The project was implemented at Nav Prabhuthi Trust with independent specialist trainers. The project will continue till October 2023.









# **COMMUNITY OUTREACH**

# MAINSTREAM SCHOOL AWARENESS PROGRAM

As part of informing the population about autism, ASHA conducted 10 awareness programs in 10 Government aided and private schools of classes 8th grade and up in Bangalore from September to December 2022.

The program was activity based to keep the students engaged and interested. An information + activity booklet was provided to each student.

















# COLLABORATION

# **GLOBAL AUTISM PROJECT**

Global Autism Project is an organization that provides training, resources and collaboration for disability organizations around the world. The organization is based in New York, USA and every year a team of disability professionals visit organizations around the world and provide training.

This year, the team of 5 volunteers comprised behaviour analysts and a speech language therapist. They observed the teaching sessions in the early intervention program, conducted training sessions and advised on steps to modify and improve our services.









# **EVENTS**

# **ANNUAL SPORTS MEET**

Volunteers from Oracle supported us in conducting the Annual Sports Meet on 4th December 2022. The day was special as the meet was conducted after a gap of over 2 years following COVID lockdowns.

It was great to have 88 students participating and cheered by their parents!









# SPECIAL OLYMPICS BHARAT

A few of our students participated in the sports meet organised by Special Olympics event on 17th February 2023.



# **EVENTS**

# **VELVI ART FOR AUTISM FESTIVAL**

ASHA was one of the organising partners for VELVI Art for Autism Festival 2022 in December. The Art for Autism Festival is a project of Dr. Parasuram Ramamoorthi, Chairman of Velvi - an organization providing theatre and drama therapy to individuals with autism. The event was co-organized by Ms. Akila Vaidyanathan, Director, Amaze Charitable Trust.

The 3 day residential program from 9 to 11th December 2022 was conducted at Ecumenical Christian Centre, Whitefield filled with art, dance, music, theatre and parent workshops. The program was therapeutic and fun at the same time with complete immersion in the arts for 30 participants.









# **ADVIK - EARLY INTERVENTION PROGRAM**

It's a feeling of hopelessness, sadness and confusion after discovering that your only child has a disability. The future looks dark and lonely. Advik's parents had the same feeling after discovering their son has autism and Attention Deficit Hyperactivity Disorder. The mother was shocked and worried about his future. She was feeling very sad that her son has a difficult condition while all her friends and relatives were blessed with 'normal' children. She had had high hopes for the future and she felt it all came crashing down.

The family faced many difficulties as due to Advik's hyperactivity; it was very difficult for the parents to go out in the community and attend family functions. He used to scream at people and used to cry the whole time and two people had to be with him when he was taken out. Advik also had eating issues due to which he vehemently avoided certain foods and therefore was served food in liquid/mashed form.

The parents then visited a play school near their home where the teachers, observing Advik advised the parents that he may have a hyperactivity disorder and asked them to visit a special school for his intervention. That was when the mother decided to visit ASHA and ioined the Early Intervention Program in June 2022.



When Advik joined Early Intervention Program, he used to like the table top activities. Handling the child without his mother was very very difficult as he used to bite himself. He used to write A-Z, 1-10 and Kannada Varnamale. He could recognize all colours, basic shapes, fruits, vegetables, vehicles and flowers. He wasn't able to understand instructions. He didn't eat on his own. He used to shout and run.

After 9 months of intervention at ASHA, he responds to his name, sitting tolerance has improved, he can attend a function, co-operate when in a mall, go for a walk and play in the park.

When it comes to Maths, Advik has learnt to write up to 50 independently. He can also write what comes in between numbers, after and before numbers.

The mother feels that Advik has made progress with relation to his hyperactivity, sitting tolerance, language skills and cognition. Counselling has helped her immensely as she has gained confidence, hope and sees a future, though the path to it may be tough. She feels good that the counsellor is here to listen and understand her problems. She gains great happiness in motivating other mothers when they feel low and assures them that it is not the end.



# JYOTHI - BENEFICIARY FROM THE BLOCK PRINTING TRAINING

Jyothi is the mother of Sanjay, an 8 year old student at ASHA. Sanjay has autism and was diagnosed at the age of 3 years. Jyoti and Sanjay joined ASHA's Early Intervention Mother and Child Program in 2018 and the period has been full of learning.

Jyothi is a home maker and her husband is a weaver. During COVID the family faced many difficulties as her husband lost his job and it was difficult to make ends meet. Her husband had to look for a job and this period was fraught with worry and tension for the whole family. Her husband had difficulty hiring a loom to continue his weaving.

This difficult period was a learning experience for Jyothi. She somehow managed to keep food on the table and ensured Sanjay attended school regularly so that he does not miss out on intervention. ASHA also subsidized the school fee to make the family comfortable. Jyothi also realized how important it is to work and bring home income. She understood that money is not the end-all of the world, but it is important to make life comfortable. Jyothi decided that she needed to learn a skill that will ensure that she and her family does not suffer due to lack of money.

She visited ASHA and expressed an interest to learn a skill and the block printing training program was suggested. She readily joined the program, and she does not regret it one bit. She went through a brief orientation which highlighted the features of the program and what to expect.

She regularly attended the training and learnt paint mixing, colour mixing, printing on paper/ and cloth. She helped her batch mates in the block printing process too. She was motivated to learn as she wanted to explore vocational and job options for her son as well.

Now, Jyothi is planning to harness her learnings in block printing and use it earn a livelihood.



# **KEERTHANA - PRE-VOCATIONAL SKILLS**

Keerthana is a 17 year old with mild autism. Her father works in a private company and the mother is a homemaker. Keerthana had severe behaviour challenges which involved hitting others and damaging property. She was not able to adjust in a mainstream school due to her challenges. The parents started coming to ASHA for individual sessions and after she adjusted well, she joined the day school program. After joining ASHA there has been a significant change in Keerthana.

She started enjoying coming to ASHA, made friends and her communication improved. Since Keerthana will soon be an adult, the focus of her intervention was shifted towards vocational and work skills. This was done to ensure that she becomes employable and adjusts well in a work environment.

Block printing is a comparatively easy skill to learn especially for individuals with autism and other neurological conditions. With practice, autistics can excel at this activity. Keerthana was evaluated on her baseline skills and he was found to be ready to start learning the basics of block printing. In the initial practice sessions Keerthana was taught to block print on newspaper and brown paper. She gradually started printing on fabric.



"Keerthana can now do running print with minimum support and she does it with a smile!"



Keerthana has developed good communication and language skills and this has helped her immensely. She could comprehend the instructions of the trainer with little help and picked up skills quickly.

Apart from block printing, she can assemble items, sort and pack items, embroider and make door mats. Keerthana is good at sight reading, comprehension and can memorise words easily. She has learnt to communicate in sentences, talk about a picture, can answer questions based on a lesson and understand simple social stories.

She can also cut vegetables, clean tables, mop the floor, make salad and coffee. In computer skills, she can type sentences and use the mouse independently.

# RECOGNITION

#### **EDUCATIONWORLD INDIA SCHOOL RANKINGS 2022-23**

ASHA was ranked 1st among special schools in Karnataka by EducationWorld Magazine for 2022-23. The felicitation event was conducted in New Delhi on 22nd December 2022 and Anand Krishnan and Kavita Shah collected the award.



#### **BRAINFEED EXCELLENCE AWARDS 2022-23**

ASHA was given the Special School Excellence Award 2022-23 at the awards ceremony in Hyderabad on 4th January 2023. ASHA's Director, Ms. Jayashree Ramesh attended the event and received the award.



# **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 2023

LIABILITIES	Sch.	Amount Rs.	Amount Rs.	ASSETS	Sch.	Amount Rs.
General Fund Add : Corpus Fund		1,56,89,889 24,60,113	1,81,50,002	Fixed Assets (As per Schedule)	В	65,30,400
General Reserves - Opening Balance Add: Excess of Income over Exp.		1,65,33,543 60,55,711	2,25,89,254	Deposits (As per Schedule) Current Assets:	с	2,39,04,416
Current Liabilities (As per Schedule)	A			Cash on Hand Bank Balance (As per Schedule)	D	1,01,81,244
				Other Current Assets (As per Schedule)	E	3,37,048
Total			4,09,53,108	Total		4,09,53,108

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

A. Ravichandran

Treasurer

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N. Balachandra

Chairman

As per our report of even date

For S.R. & M.R. Associates

**Chartered Accountants** 

Firm Reg. No.0080945 R. ASSOUDIN: 23 206818 BGVVIA 198

CA M.R.Venkatesh Babu

Partner M.No.206878 Place : Bangalore

LRN

Date : 23206878 BGVVIA 1981

03.08.2023

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

Jayashree Ramesh Director

V. G. Raman

Subramanya C. R.

Secretary

Trustee

# **FINANCIALS**

# **INCOME AND EXPENDITURE**

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

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

# Income and Expenditure Account for the year ended 31st March 2023

EXPENDITURE	Amount Rs.	INCOME	Amount Rs.
Salaries	49,46,263	Therapies, Comp. Fee & Infrastructure Fee	21,11,820
Electricity & Water charges	88,974		10,97,920
Telephone & Postage Charges	51,996	- FCRA	32,19,663
Printing & Stationery	1,42,762	- CSR	1,12,22,838
Repairs & Maintenance	1.55 (2000) (2000) (2000)	SB & FD Interest	13,48,127
Rent			2,88,594
Professional Charges	DI ORYGENIANI DI PI	Subsidy Received From G.O.K	42,67,751
Rates & Taxes		Van Fee Received	1,20,400
Depreciation	7±5-63-00 (C) (1) (2) (C)		7,077
Audit Fee	15,000	The state of the s	7,077
General & Miscellaneous	3,96,376		
Workshop & Programme Expenses	4,09,881		
Donation Paid	2,55,141		
Expenditure towards CSR :			
- Professional Charges	16,56,132	ENGELS AND	
- Salaries	61,00,089		
- Rent	1,58,400		
- Workshop & Program Expenses	13,10,874		
Excess of Income over Expenditure	60,55,711		
Total	2,36,84,189	Total	2,36,84,189

As per our report of even date

For S.R. & M.R. Associates Chartered Accountants

Firm Reg. No.008094S UDIN:23206878BGXVIA 1981

1.011

CA M.R.Venkatesh Babu Partner

M.No.206878 Place : Bangalore

Date: 03.08.2023

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

M. N. Balachandra

Chairman

Jayashree Ramesh

Director

Subramanya C. R.

Secretary

A. Ravichandran

Treasurer

V. G. Raman

Trustee

# **FINANCIALS**

# **RECEIPTS AND PAYMENTS**

RECEIPTS Amou Rs.  BALANCES:  Plances 70,26,  Fund  LINDIRECT INCOMES:  Para Received 10,97,  32,19,	nt Amount Rs.	Educational Aids	Amount Rs. 1,99,916 12,648	Amount Rs.
Rs.  BALANCES:  alances 70,26,  fund  LINDIRECT INCOMES:  os Received -  eral 10,97,	Rs. 	CAPITAL EXPENDITURE :  Office Equipments Educational Aids	Rs. 1,99,916 12,648	
Fund  LINDIRECT INCOMES:  os Received -  eral 10,97;	257 70,26,25	Buildings Office Equipments Educational Aids	1,99,916 12,648	Rs.
Fund  k INDIRECT INCOMES : os Received - eral 10,97,		7 Office Equipments Educational Aids	12,648	
Fund  k INDIRECT INCOMES : os Received - eral 10,97,		Educational Aids		
in Indirect Incomes : os Received - eral 10,97,	24,60,11	Electrical Fittings	20,000	
ns Received - eral 10,97,			60,127	
eral 10,97,		Computer & Laptop Vehicle	4,35,351	
277.0	020	Furniture & Equipments	1,97,439	23,18,4
		INVESTMENTS:		
ns Received - CSR 1.12.22.	030	Fixed Deposit - SBI	47707534	36,00,0
ns Received - CSR 1,12,22, es, Comp. & Infrastructure Fee 18,44,		Accrued Int on FD Re-invested Accrued Int on FD but not due	1,49,777	2,85,3
on Fee 2,67, Recd S/8. 1.963			-133,333	2000
Recd S/B. 1,96,8 Recd F/D. 11,51,		ADVANCES & OTHER PAYMENTS : TDS & TCS Receivable	1,28,616	
Recd I.T Refund 7,0	077	Provident Fund Payable	91,837	
Received 1,20,4 come 2,88,5		Audit Fee Payable ESI Payable	30,000	
	1,574,10,750	TDS Payable	19,025 36,091	
Received from G.O.K	42,67,751	PT Payable	3,200	3,08,76
CEIPTS:		CSR Project		- AV 200
erest Receivable 1,02,3		CSR Receivables - United Way(DGEP)		58,30
ervable 1,59,6 ervables 70,8		REVENUE EXPENDITURE:		10.040
	200	Bank Charges	8,243	
YABLES: 62.5	63	Audit fee Electricity & Water Charges	15,000 88,974	
anal Tax Payable 4,6	600	ESI	1,90,304	
ible 19,9 de 1,11,3		Professional Charges Misc. Expenses	6,45,181	
Payable 15,0			1,02,687	
		Provident Fund	6,31,225	
		Rates & Taxes Registration & Renewels	14,061 38,736	
		Rent	2,54,051	
		Repairs & Maintenance Salary	1,84,958 41,24,440	
		Staff Welfare	294	
		Telephone & Internet Charges Training Expenses	51,996 1,02,202	
		Travelling Expenses	72,119	
		Corporation Tax Poola Expenses	18,592 9,417	
		Uniforms	62,971	
	- 18	Van Maintenance	3,16,427 4.09.881	
		Conation paid	2,55,141	
			AMERICAN	
		Salaries Cowards CSR :	51,00,089	
		Professional Charges	16,56,132	
		Rent Rent	1,58,400	1,69,65,15
			11001780	1,00,00,100
		CLOSING BALANCES:		
		Cash		Name and Address of
		Dank Dalances	1,01,81,244	1,01,81,24
		Workshop & Program Expenses Donation paid  Expenditure towards CSR: Salanes Professional Charges Workshop & Program Expenses Rent  CLOSING BALANCES:	4,09 2,55 61,00 16,56 13,10 1,58	,881 ,141 ,089 ,132 ,874 ,400



**Academy for Severe Handicaps and Autism** L 76/A, Kirloskar Colony, HBCS 3rd Stage, 4th Block, Basaveshwarnagar, Bangalore - 560079

