



SANDESH ANNUAL REPORT 2021-22



Director's Note

Inspiration can come from all sorts of sources. A song on the radio might spur you into action. Seeing somebody accomplish something extraordinary, and sometimes all it takes is a simple SMILE!

One morning, an elderly man was walking along the beach when he noticed a young boy picking something off the sand and throwing it into the sea.

As he got closer, the man realized the child was throwing stranded starfishes that had washed up on the shore back into the breaking waves.

Approaching the boy, the man asked what he was doing.

"The starfish will die if they're still on the shore when the sun rises," he replied.

Perplexed, the old man said, "But that's pointless! There are countless miles of beach and thousands of starfish. It doesn't matter how many you return to the water; you can't make a difference."

Unfazed, the boy bent down, picked up another starfish, and tossed it into the sea.

"It matters to THIS ONE," he said.

No matter the odds of success or the scale of impact, your actions can make a difference. The same story goes for Sandesh; we are a small community aiming to make ripples that will reach many lives. We value every life that gets in touch with us, each life is precious and matters the most.

I take this time to Thanks all our members, Parents, friends, well-wishers who has not given up on us. With you we are growing and reaching out to many more families.

We have gone through many ups and downs in this journey of Sandesh. We have learnt a lot and as a team grown stronger together with the conviction that each life is precious. The coming year will be more exiting. We are taking more challenges. The

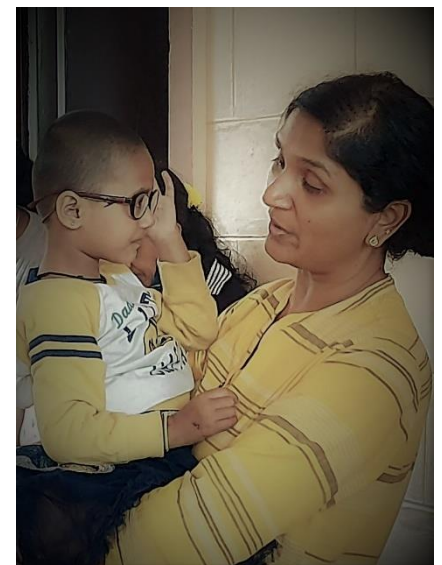
team is growing in numbers, more therapies, work and new products will be added.

Thank you to all our friends who supported us in the pandemic time. A crisis that will not be forgotten, in the same way your support will not be forgotten. You all gave us Hope and Trust that together we can face any difficulty. Gods Blessings reach us through our friends in different ways.

Visit and spend some moments with us all in Sandesh. It will be our pleasure to have a visit from you.

Thank you for journeying with me.

jenny



ACTIVITIES AND PROGRAMS

Formation trainings for members

Hygiene training was conducted on 31 March 2022 at Sandesh where by the session was practical based for both groups (boys and girls separately). The facilitator demonstrated on how to keep oneself clean. At the end of session each member was provided with a hygiene kit which contained all personal hygiene products.



Women's Day Celebration\



Women have been playing major role in the society. Sandesh celebrated women's day in a special way on 18th March 2021. The program was inaugurated by Jenny, In her words she stressed that every day should be celebrated as women's day. The program was attended by parents, members, friends from other organization such GRT, Salaam Trust were invited who actively participated in many activities which were organized including dances and movement, sharing refreshment.

Few women were acknowledged for outstanding work they have done during COVID crisis. Around 90 women were present.



Holi,

The Festival of Colors was celebrated at Sandesh on Friday of 18th March 2022 where by the rainbow of colors in the form of organic powder were thrown on each other. The celebration involved lots of dancing, laughter, running/playful throwing of colored powders and water at each other. This was in house hence participants were members and staff. Thanks to Mayura "Craftizen" for donating the colors.



Independence Day

Sandesh community celebrated 2021 Independence Day virtually where by members and their families participated. Some of members sang patriotic songs, National Anthem and others dress as important individuals who fought for independence.



Yoga Day

“International Yoga Day “was celebrated at Sandesh on 21st June 2021. Other NGOs including Giftabled ,GRT (Grace reformed trust) and Arogya team participated in the celebration, Dr Kiran enlighten the gathering with his valuable guidance on importance of practicing yoga in a regular basis. The exercise/asanas were good and useful, all participants were calm and energized.



Diwali

Diwali celebration took place on November 4th 2021. Diwali session is an important period for Sandesh, usually it is a busy time but at the end brings smiles and joy on the faces of many when they light a Diya adorned with love. Member, staff and friends of Sandesh come together, decorated Sandesh’s surroundings with lamp and shared a delightful dinner together.

Christmas

Sandesh members and staff celebrated Christmas at Sandesh on December 23rd 2021. The in-house program was led by Jenny. She spoke about the joy of sharing “giving and receiving”. The program included exchanging gifts, sharing meals together and wishing good will to each other.



Online activities

Sandesh members were attending sessions online. Each unit organized their activities/ sessions depending on the parent's availability. A time to keep in touch and continue learning.

Support to the families with provision, medicine, diapers and grooming kit

As COVID knocked down many people's jobs many families were not able to meet their day-to-day needs. Sandesh supported around 12 members with medication, 5 members with diapers, 60 members with blankets, 10 families were supported with provision and grooming kits. Thanking all our Friends who supported us with provision that could be shared.



Story Bus

Story telling sessions were conducted weekly once (Saturday) by Mr. Praveen using creative ways to deliver and impart knowledge to everyone who participated. Participant were encouraged to imagine that they are in the bus visiting different places around the world. The stories were from themes such as nature, shopping, biographies of famous people, leadership and many more. Each story session began with short meditation. Thanking him for his time and energy.



Tea Time Meeting

This was a special time where by the meeting were held virtually once a week members and staff attend the meeting with the mug of tea/coffee/ and have conversation. Members and staff were so happy to see each other after a long time

Vaccination Drive

The first vaccination drive was conducted at GRT whereby 17 people from Sandesh received 1st dose of vaccine. Second Vaccination drive was conducted at Sandesh with the support of Giftabled. It was a very good initiative to get the members vaccinated. All together 68 (members and parents) were vaccinated at Sandesh. Thanking GRT and Giftabled for this support.



Community Day

Sandesh has dedicated last Friday of the month to celebrate community day where a theme is selected and all activities are organized according to the theme. On the same day Sandesh celebrates birthdays of the month. Games are the highlight of the day. This is a fun filled day.

Staff Training and workshops (on job training)

Sandesh is supporting four staff with training as Community Health worker. The training will help staff to understand and facilitate the growth of individuals with disability in a better way. Mr. Anil Kumar, Mr. Sebastian Moolan, Mr. Robert Romeo and Ms Nethra attending their training class.

Sandesh staff received computer training with the support of Ernst & Young company. Thanking ENY team for all their time and effort in training our staff with basic skills in Computer, our staff also received Laptop from E&Y.



Parents and Staff Meetings

Sandesh has organized parents meeting. Two meetings were virtually conducted whereby and other two meetings were offline. The main aim was to plan together on how to support parents and their children during lockdown.

Interns and Volunteers

Sandesh receives interns and volunteers from different angle including educational institutions, individuals, cooperates in and outside India. From April 2021 to March 2022 Sandesh provided opportunities to 20 volunteers and interns who were involved in various activities. Meet our internship students who had a wonderful period of work experience offered by Sandesh.

Sneha May to September 2021
Dhani
Shubh Tandon
Arvind July to Nov 2021
Hellen July 2021

Manvi Madaiha July to November 2021
Flevy
Annie
.Steffi Sebastian July 2021
Babita January to April 2022

Professional volunteer who share their time and some of them continue to share their precious time and experience with Sandesh team.

Miss Nanda- Classical singer
Miss Shiny Augustine- Nurse
Miss Roshini -Early Education Educator, Counsellor.

NEW PROGRAMS:

Creative Art Therapy: This is an expressive therapy for both staff and members. The therapy uses art, music, dance/movement, drama etc within the context of psychotherapy and counselling. Thanks to Ms. Shashi Reddy for leading this initiative.

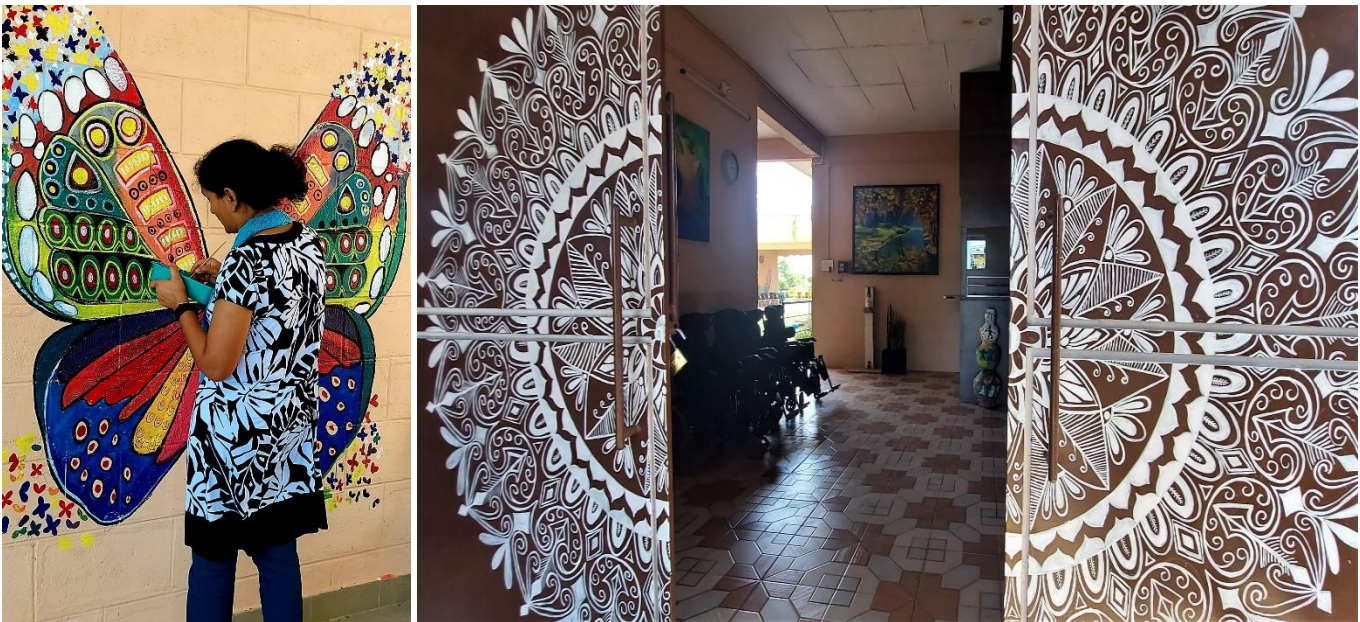


Classical singing: A group of Sandesh members started their training in classical singing from January 2022

[Reported By- Bibiana William](#)

Glimpse of Our Sandesh House

This beautiful campus is the blessing for Sandesh, years of prayers answered. The House work is going on well. A lot of renovation and maintenance took place to make this building disable friendly and to give a community feeling.



Sandesh whole campus works on Solar Energy, A BIG Thanks to Selco Foundation for donating this beautiful support. Life is Sandesh is Eco friendly.



Our Garden looks beautiful and I am happy to say that few days our lunch is cooked with the harvest of garden. The fruit trees are coming up well. Various flowers fill the garden with beautiful butterfly's and bees.



This campus is huge and we need a committed team for keeping is neat and welcoming all the time. Sandesh has a good team with Shashikala Amma, Anita and Muniswamy who are mostly responsible for the house welfare.

We are putting more effort in the garden and I hope that in the near future the produce will be supporting our kitchen in a better way.



I am happy when visitors say that this campus is so peaceful and full of life and happiness. This encourages us to work more efficiently in making this campus memorable for all who spends time here.

A big Thank you:

To Team Affirmed Network Pvt Ltd for supporting us in contracting a Mushroom Growing room. This is a new project and I hope that we will be able to invest more time and energy in this Livelihood project.



Team Mountain Managers for supporting us to have a Hydrotherapy Space. This is a step up for Sandesh Therapeutic unit. Our children and adults will benefit a lot with this precious addition.



Team Harman for supporting us to have a Green House in the terrace. This makes our garden look so good and the hope to support our kitchen with organic and fresh vegetables will be coming true soon.

Thanking all our friends who have supported us in various ways in the welfare of Sandesh. Without your support this wouldn't have been possible. In your next visit you will see many things new and exciting.

Please do visit us and give your suggestions for upgrading this campus.



Reported By- Seby Moolan

Early Education Unit (ages 5 to 10yrs)

Early child development usually follows a sequence, as the child needs to master one skill before he can acquire the next, but all children develop at their own rate. At times, a child may take a long time to master a new skill; at other times, he/she may seem to skip a skill in the expected sequence in his/her speed of development. Keeping this in mind Sandesh included Early Education program for the young minds who are encouraged and facilitated with conducive environment to explore their world. In EE unit a range of early special education are provided to the members which includes engage in purposeful learning activities and play, physical assistance and therapies, assistive learning devices/materials, modified learning environment, behavioral modification techniques and more. The training provided here is to help the members to

During lockdown period from April 2021- October 2022 Sandesh ensured that members were virtually attended through online session. Educational material kits were collected by parents from Sandesh by monthly. Online classes were taking place weekly twice (one day for functional academy and Saturday for Story bus). The parents and children were working together and at the end of session homework were given to members through demonstration so that the parents can help them. Activities which took place included self-care (grooming, brushing, taking bathetic), basic functional.

From November 15th 2022 activities were resumed in daily basis at Sandesh premises. Members are very happy coming back to their loving community.

become independent and those who are ready are referred to special schools where they can grow to the fullest.



Reported By : Ms. Bibiana William.

Pre- Vocational Unit

Pre-vocational unit include a group of young and enthusiastic members with mild and moderate disabilities who are getting training in different hand-crafted products. Due to COVID restrictions of not going about Sandesh decided to start on line session whereby the members were able to join Yoga sessions Monday to Friday, Storytelling (the story Bus) and some of members were able to work from home whereby Sandesh was supporting them with materials they required (pots, paints, brushes, beads, newspapers etc. Other members who still need assistance to work were give different activities to do at home (coloring worksheets, collage cut out- ready to stick, crayons,



After two long years of staying at home finally in the month of November 2021 members were able to resume their normal schedule of activities at Sandesh. Now Pre- Vocational has 8 regularly coming members full of energy and eager to learn new skills. The training provided include Occupational therapy, Creative dance therapy, Gardening, block print, papier Mache and many more.

Reported By. Mr. T. Robert.

The Rehabilitation and Therapeutic care unit

The rehabilitation and therapeutic care unit named as Utsav which means a celebration of life. Each day is celebrated with caring, loving and learning new aspects of life

Care unit provides various types of therapy and trainings for the members to sustain their lives. It also works in training individuals to be independent in daily routine and make them to do self-care without any support (For those who can do it).

Utsav consists of 23 member and 4 Staff at present.



Yoga sessions: Yoga online sessions were conducted 5 days a week. It was good to see the excitements in the members and they were able to follow the instructions, and in all these parents were really supportive.

Group sessions: -Online Group sessions were conducted weekly once according to the member's need. The session was focused to keep the member engaged with different activities.

Individual calls and sessions: we were in constant touch with all the parents during this season through phone call. And parents were well informed about online activities, Drawing competition was organized with the support of L&W and all participants were awarded with certificates and amazon gift coupon.



Offline activities at Sandesh

Physiotherapy sessions were conducted twice in a week (alternative days), the session was mainly focused on how to maintain posture and passive movements were done for upper and lower limbs.

Reported By-Mrs.Shaheena

Sandesh Vocational Unit

The impact of the COVID-19 pandemic affects all groups in society. People with intellectual disabilities (ID) are especially vulnerable to the physical, mental, and social effects of the pandemic.

Daily yoga activity

We started online yoga session from the beginning of lockdown; it has become an effective activity for members.

Work from home

We've worked with our parents to put in place special programs for our members to work from home, there were positive responses from members and parents for the proposals, the

Academic and creative activities

team worked on Diwali Diya painting and designing which many members are able to do with the minimum help from parents/siblings.





Collage and Worksheets activity as part of work from home, College and worksheets material distributed along with work material to the members and they take it home as an assignment.

Hope.

With the opening up of the lockdown, Sandesh sheltered unit decided to welcome people who like to come and work alternative days to start

Reported By-Mr. Anil Kumar

TAILORING UNIT

In Sandesh, Tailoring Unit is one of the Income Generating project. The members in this unit are constantly gaining in their skill. training includes cutting and stitching and embroidery work in various designs. At present four members are working in this unit. Our products include bags, pouch, fancy bags, bum bag, gift pouch, table runner, etc... Main Intention is to bring out their talents and build their confidence. Mohan is good at his work, specialized in bags. Anu and Geetha are Twin, both are good in hand embroidery, now learning to use a stitching machine.

During the pandemic year 2021, all were working at home and Sandesh provided material for work. Materials were given to them weekly once for four months, they were paid for their work, which was a good support during tough times. It is good to see them having fun while working.

with the regular working hours started from November 2021 with a minimum attendance to Returning to Sandesh. Many members and family didn't feel confidence to return, or re-return to the workplace. With insuring all Safety measures we started our daily activities .

Diwali work: it was been a real blessing to receive orders from our friends during Diwali, specially from 'InMobi', Sandesh team and our friends and volunteers put up a great effort to fulfill this order

Future: Since we reopen all the members gone through there functional assessment and set short term and long-term goals. Vocational unit members working in two groups, one is an Independent group these are members already acquired skills in particular activities. Total 18 members and 2 staff are working in deferent activities like Braiding, Weaving, Embroidery, Papier-mâché, Bookmaking and Garden work



Our hope for future is that our work will be known in Bangalore and this unit will give more livelihood opportunities to many youngsters interested in this skill. Stitching is a creative work and a lot more is learnt while doing it. The satisfaction after a work is appreciated is tremendous. Plan is to make this learning more professional and make it easy steps for our members. Waiting for a big order to come, I hope that we get more work all through the year and not only during the festive season.



Reported By-Mrs. Pankaja K

OUR DONORS & PARTNERS

Top Individual Donors 2021-2022:

Mr. Manish Jain	Mr. Anil K Somaiya	Ms. Liril Gupta	Ms. Prachi Mehra
Mathew Cherian	Mr. Abraham V.A	Mr. Baskar M Thakur	Mr. Prashant Dighe

Individual Donors

Donor's Name	Donor's Name
Abraham V.A	Aditi Tiwari
Anil K Somaiya	Akhilesh
Apoorva Singh	Balaji
Beate Steinfeld (Team Titan)	Bhaskar Menon
Chinthu Sreenivas	Dinesh D
De John Dominic	Flevy George
Donor's Name	Donor's Name

Gopika	Gaurav Tripathi
Jose Mathew	Kaustav Nandy
Kunal Gautam	Lalitha Mary
Liril /Manish Gupta	Manish Jain
Mathew Cherian	Mani Kalliat
Mohammed Yaseen	Manjun Kuchal
Malathi S Kumar	Mani Karott
Madhu Sudan	Mudita Garg
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Annette Pioche	CAFA
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Affirmed Network Pvt Ltd	4TF Consulting LLP	Asdic Marine Pvt Ltd
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Harman Inspired Charitable Trust	Foresight family Office Pvt Ltd	Gokhush Trust
Kunskapsskolan School	Mashreq Global Services Pvt Ltd	Mountain Managers Pvt Ltd

Donation in Kind:

Thanking all our friends to support us with your kind donation in the form of Clothes, Provisions, toys, stationery, furniture. Sponsoring food for their special days. Sharing your time with us all in Sandesh. Each moment is life giving for us.

- Selco Foundation
- Mr.Denis Germain (Birdy Exports)
- Friends from Adarsh Palm Retreat
- Mr.Mathew Cherian
- Ms.Sayee Deodhar
- Mr.Noel
- Ms.Mansi Jain
- Ms.Vanita Prasad

DEVELOPMENT & RESOURCE PARTNERS

Dhwani Foundation
Disability NGO's Alliance
Birdy Exports
GiftAbled

OUR PEOPLE

Governing Board:
Annie Agnes Dsouza (Managing Trustee/Secretary)
Brother Mani Karott (President)
Nupur Singh (Treasurer)
Srikanth Narayanaswamy (Trustee)

Executive Team:
Annie A Dsouza- (Director)
Bibiana W Gali- (Program Coordinator)
Nupur Singh (Public Engagement Manager)
Sebastian M Kurian- (House Coordinator)
Anil Kumar (Work-in-Charge)
Brother Mani Karott (Mentor)

SANDESH
(Home For Differently- Abled Children)
SCHEDULES FORMING PART OF BALANCE SHEET (LOCAL)
AS AT 31 MARCH 2022

Particulars		Amount (Rs.)
Schedule 1: Capital Fund		
As per Last year Balance Sheet		2,45,20,531
Add: Excess of Income over Expenditure		22,28,143
Total		2,67,48,673
Schedule 2: Corpus Fund		
As per Last year Balance Sheet		9,88,060
Total		9,88,060
Schedule 3: Current Liabilities		
Schedule 3(a) : TDS Payable		64,200
Add: TDS Payable		54,874
Less: TDS paid		99,932
		19,142
Schedule 6: Current Assets		
Schedule 6(a) : Deposits & Advances		
Gas Deposit		6,550
As per last year balance		
T.V. Deposit		1,700
Rental Deposit As per last year		
As per last year Balance Sheet	8,00,000	
Less: Received during the year	87,500	
Add: Paid during the Year	-	7,12,500
Schedule 6(b) : TDS Receivables		
AY 2020-21	90,380	
Less: Refund Received	90,380	
	-	
AY 2021-22	40,959	
AY 2022-23	31,551	72,510
Schedule 6(c) : Loans and Advances		57,613
		8,50,873
Schedule 7 : Cash & Bank Balance		
Cash in Hand		744
Federal Bank A/c No. 14370100063578		66,84,137
Total		66,84,881



THANK
YOU.....

