



Annual Report

2022-2023

OUR VISION- An inclusive environment that leads to a dignified life for every individual with intellectual and developmental disability.

OUR MISSION- Creates inclusive environment that empowers all individuals with intellectual and developmental disabilities by enhancing their abilities through various therapeutic activities, care, and equal opportunities for a dignified life.

DIRECTOR'S LETTER

Steps Forward...

...steps toward individual achievements.

...steps take for inclusion.

...steps taken for well-being.

...steps taken for unlearning.

...steps taken for targets.

...steps taken to face challenges.

...steps taken to face losses.

...steps taken to make friends.

No matter what happens, we need to take steps to move on. Constant movement towards growth is a gift we can give ourselves each moment. To get appropriate help when needed, if we are feeling stuck. Trust that help will be provided, the door will be opened with constant knocking. If not this door, then another. We need to keep moving.

Sandesh has been on the same path of movement. We take steps forward and keep moving during all the ups and downs that we faced throughout the year.

In the year 2022-23, we continued to spread our wings toward our vision for creating a beautiful life for all. Our team is small, but I believe that the ripples we are creating have the power to make changes in the heart of all the people who know Sandesh. These ripples will continue and will go on with our movement. The support of our team, our friends and well-wishers allow us to face all that will be coming our way in the coming future. I would like you all to know that in a mysterious way you give me hope and determination to continue the journey.

Thank you for journeying with me.

Jenny

Therapies & Training: All unit of Sandesh are doing well in their activities. Members are growing and walking towards their goals. Partnership with parents is always crucial and we are happy that our parent's team is really doing well. *At present we have 80+ members with disabilities and 13 Full time staff, 3 Part-time employees, 6 consultants, 7 interns. & 1 Volunteer.*

ACTIVITIES AND PROGRAMS

During the year, Sandesh members and staff participated in various activities and programs. Such activities and programs are available to Sandesh due to the tireless support of the wider community. Much gratitude is given for all the opportunities provided to the Sandesh members and staff.

Staff Formation: Vision, Mission and Values Review, its always important to frequently visit the Core.

Cooking: August 8 - October 19, 2022, course under the supervision of Chef Samarpreet from Mumbai. This was an online training

Eating Habits and Behaviors: January 17, 2023, facilitated by Ms. Roshini

Food and Feeding Training: Staff and parent interactive information session

Speech, Language, and Communication Training: Staff interactive session with speech therapist

The Champions with Disabilities: May 15, 2022, marathon with participating NGOs

Staff Awareness Training: Staff formation meeting is held every 3 months to keep the team updated and aware.

CELEBRATIONS

Coming together in the community is an important component of life at Sandesh. Celebrating special days within our culture and celebrating each other is essential to our program. This past year we have had wonderful celebrations that helped lift our spirits and both staff and members look forward to celebrating life together.

International Yoga Day: June 21, 2022, connection through asanas and meditation, a day dedicated to wellness.

Independence Day: A day to stress the importance of peace, love, humanity and patriotism in society. We wished each other peace by celebrating our freedom knowing that in Sandesh we respect freedom of choice for all.

Onam: September 8, 2022, Harvest Festival of Kerala - thank you to Mr. Wilson Kuruvila and Mrs. Annie Wilson for their involvement. The day is dedicated to gratitude for the wonderful nature we live in, for harvest and for the delicious meal cooked with love.

Diwali: October 21, 2022, Festival of Light - Sandesh celebrates months of hard work. This festival is important for us as it gives us work opportunities throughout the year. Goodness always wins is the message of this beautiful festival. We enjoyed it thoroughly.

Christmas: December 23, 2022, celebration with a special program that focused on the joy of sharing, giving, receiving and good will. A festival giving us hope to continue our lives is the best possible way forward.

International Disability Day: December 3, 2022, Theme: Transformative Solutions for Inclusive Development: The Role of Innovation in Fueling an Accessible and Equitable World". A day we celebrate our ABILITIES, to say that we are aware of our limitations, but we continue to extend them and face challenges that supports us to grow and take tiny steps forward.

Sandesh Annual Day: December 17, 2022 - Wonderful celebration known as Tarang that included Mr. Aditi and Mr. Ratnesh Mathur founders of Aarohi who came as our chief guests. The campus was full of parents, members, staff and friends. Dance performances from the Sandesh team, Team Kathaakar and a few friends made this evening very pleasant.

Holi: March 31, 2023, The Festival of Colours, our favorite festival. Everyone was immersed in colours and it was beautiful.

Raksha Bandhan: Celebration of bond between staff and members. A day to go beyond our roles and communicate care and support for each other.

Bosco Centre Excursion: July 29, 2022 - Thank you to Sr. Selvi and Fr. Joshi for the connection and invitation. The day was full of music and games and, of course, a delicious lunch.

Goa Trip: November 2, 2022 - Thank you to First Source company for the invitation for members of Sandesh to come for the Annual HR meet. It was a great experience! First time flying and seeing the beach along with meeting many new friends was greatly appreciated. We were excited to perform in the event and felt proud of the life we live in Sandesh.

UDID Camp: Thirty-three Sandesh members were registered, assessed and received their ID cards.

Community Day: The last Friday of each month celebrates our community, and staff and member birthdays. We play and do lots of fun activities in this day. Everyone waits for this day.

Parents and Staff Meetings: The review of member progress with parents. It is always good to hear parents' thoughts and feedback. This is a time we work together to grow and achieve our individual goals.

Green House Opening: May 6, 2022 - One step toward providing vegetables and greens for community use. We have plans to grow more in this unit. It's a beautiful step.

Exhibitions: These opportunities allow Sandesh to showcase handmade products and connect with other organizations serving society. We have gone to many exhibitions, especially during the festive season.

Sandesh Team Growth: Five new staff and four consultants joined our ever-growing team.

Network Expansion: This year we added new connections with the Diya Foundation, Bubbles Centre for Autism, GRT and St. Mary Snehalaya Special School.

Interns and Volunteers: Between April 2022 and March 2023 Sandesh provided internships and volunteer opportunities to 22 individuals.

Wellness team:

A great professional team of 3 Doctors from Sarv Aveksha is our Wellness Team giving their time once a week to spend with members with disability and their family. This is such a precious time as wellness is very crucial for any individual to continue in the journey of life.

APPRECIATION & RECOGNITION

Sandesh greatly appreciates the support from companies and individuals who continued to be a part of our family. Because of this support, we are continuing to grow and move forward.

- **Mushroom Production: June 6 & 7, 2022** - Training was provided in mushroom production. Senthil and Seby attended this training and we hope to start the Mushroom Unit that will be a component of the supportive livelihood project.
- **Staff Training-** 4 of our staff, Ms.Netravathi, Mr. Anil Kumar, Mr. Robert Romeo, and Mr. Sebastain Kurian, finished their training in Activity and Physiotherapy. This certification has heightened their skills and activities in Sandesh, especially with younger members of Sandesh.
- **Best Worker for the year-** Anu from the stitching unit was awarded best worker from the vocational unit. Anu showed an overall improvement in her skills and involvement in all activities of Sandesh. She has grown in her responsibilities and commitment. Thank you, Anu, for your work.
- **Best Employee of the year-** Bibiana was presented the best employee of the year. Her role as the Program coordinator brought a lot of stability and creativity in all units. She is a friend to all members of Sandesh and she supported Sandesh to grow in every way. Thank you Bibiana for the commendable work in Sandesh.

CSR ACTIVITIES

Sandesh is very thankful to all the companies who provide constant support. The energy brought by visitors is greatly appreciated. Thank you to Harman, West Bridge the Sapiant, First Source, Standard Chartered Bank, Affirmed Network, Mashreq Global Services, Mountain Managers, Gokhush Trust for journeying with us at Sandesh.

DONORS LIST

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Disability NGO's Alliance (DNA)	Meenal Ashtikar	Sandeep
Diya Foundation	Melwin Winifred/Ivan Kiran	Sunder Devi Verma

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Enabling Human Potencial Society	Martin Joseph	Snehal Dongari
C/o First Source	Mountain Managers Pvt.Ltd.	Shahul Hameed Karim
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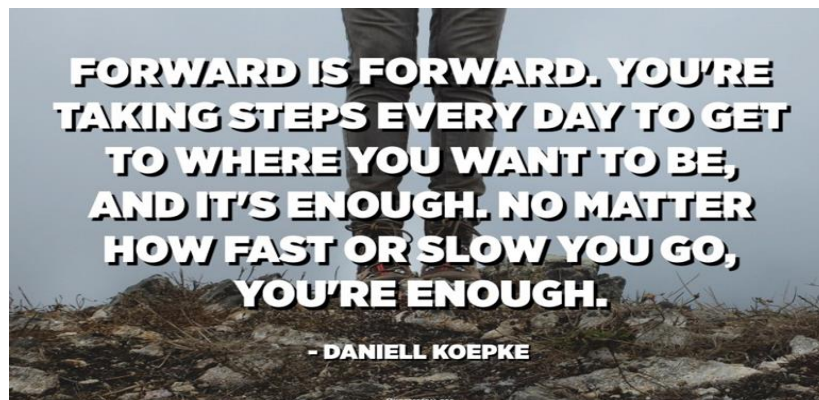
DONATION IN KIND

Meeta Gupta	Navina Anand	De John
Tony Zacharia	Jose Florance	Goldman Sachs
Nupur Singh	Birdy Exports	Mathew Cherian
Adarsh Palm Retreat	Dr. Shirly Agarwal	

WAY FORWARD

Growth for the Sandesh community and the members is always the way forward. Three things that the Sandesh Board of Directors see as important elements of the community's growth are:

- New wing for individuals with ASD.
- Outreach programs.
- Network expansion.



FINANCES

SANDESH
(Home For Differently- Abled Children)
STATEMENT OF INCOME AND EXPENDITURE (CONSOLIDATED)
FOR THE YEAR ENDED 31ST MARCH 2023

Particulars	Amount (Rs.)
I. Income	
Donations & Contributions	1,42,63,305
Interest Income	6,72,133
Other Income	12,60,800
Total Income - (A)	1,61,96,238
II. Expenditure	
Administrative Expenses	4,47,303
Salaries & Wages	46,02,595
Care Unit Expenses	1,43,288
Early Eductaion Expenses	2,12,018
House Hold Expenses	43,61,892
Pre Vocational Expenses	91,289
Workshop Expenses	28,49,395
Travelling & Coveyance	2,75,370
Old Balance written off	12,500
Transferred to Accumulation u/s11(2)	11,11,173
Depreciation	6,37,207
Total Expenditure- (B)	1,47,44,030
Excess of Income over Expenditure [(A)-(B)]	14,52,209

As per our report of even date
For Phillipos & Co
Chartered Accountants
Firm Reg No. 002650 S



(Handwritten Signature)

Nikita L Antony
Partner

Membership No. 239414
UDIN: 23239414BGZHD2545

Place : Bangalore
Date: 07-08-2023

PHOTO GALLERY



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THANK YOU FOR GIVING US A GREAT YEAR...