



## **ABOUT APAAR**

### **Apaar Thus Far**

APAAR was established in March 2014 in a room in a rented house in Model Town, Jalandhar. Few weeks later we moved to a two storeyed shop in Chhoti Baradari which the owner kindly provided us rent free until July 2015. We moved to the Punjab Institute of Medical Sciences on 16 July, 2015, thanks to the benevolence of their Director, Dr Kanwaljit Singh and the managing Committee. We are on the fourth floor with a 270 degree view through glass windows that fully cover two sides.

Gardening is therapeutic to us all. We launched an organic fruit orchard with 33 trees in three plots on the back of our building on March 14, 2018, World Sikh Environment Day. We also have small kitchen garden by windows inside our building- green sacks hold ajwain, palak, matar and other veggies. Clients water the orchard, mulch and weed per their preference.

APAAR is a registered NGO, with Section 12 A and 80 G exemption certification under the income Tax Act We are also registered with the Persons with Disability Act. We are registered with the National Trust in Sep 2018.

Autism is one of the intellectual disabilities among many. Intellectual disability (ID) is the current terminology used for persons affected with mental retardation.

Our major aims are to provide quality skill development for intellectually disabled adults and to enable them to live a quality life out of the isolation often enforced upon them, by removing barriers, whether environmental or attitudinal, that have engendered this. We do not wish to be an NGO confined to middle class city dwellers. There is immense suffering among the rural and urban poor with neglected mental health needs.

WE started our community awareness program on Aug 29, 2018 with the DLSA ( District Legal Services Authority), Jalandhar in Red Cross Bhavan. Over 100 paramedical workers attended the event along with the DC, Jalandhar, and disability activists. On Sep 27, 2018, we started working with primary health centre ( PHC ) , Jandiala, under the SMO, Dr Aruna Kumari. We have reached out to 12 families so far in rural areas , two adults were home confined for 25 and 12 years respectively. On World Disability day 3 Dec 2018, we held a mental health awareness and developmental disability counseling camp n the Jandiala PHC and invited two NGOs' with resource rooms for the developmentally disabled to speak about their experiences to motivate families and paramedical workers

We need funds to spread and reach out to start Community Based Rehabilitation in more areas. Philanthropy is nearly non-existent and mental health is not something people easily understand the necessity of.

## **OUR MISSION**



Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has.

Navneet Bhullar, MD

Sept 25, 2017

Punjab, INDIA

### **Apaar - Our Mission**

We see that persons affected with intellectual disabilities are either home bound, being perceived as a burden to family, or in institutions that are ill equipped to help them realize their full potential. They live life without being able to exercise every human's universal right – the pursuit of happiness.

I would like you to imagine this for a moment:

You are in a gathering where you cannot talk. People talk above, through, around and even about you. You are ignored like a piece of furniture. Imagine now that you are trying to communicate and making some noises. People are frightened. Someone remarks (and this happened to a client accompanying his mother for an eye check up visit ) : — Is it not possible to leave him home with someone ? !

Societal lack of awareness, apathy, stares --- families too hassled to take you out to eat or just out for a drive. And you love eating out, going out for drives, dancing at weddings.

We advocate for you, give you a safe, aesthetic environment to interact with your peers, go on monthly outings, train in activities of daily living , societal etiquette. You all work together, make products designed by a designer of national repute. You earn Rs 5000 each festive season, with the potential for more if APAAR had more resources to search for the right raw material. You get offered a job as an office boy in an industry. You will have a salary.

You enrich our lives here at APAAR. You bring energy and joy to our days. We have had challenges and barriers - the chief one in the Punjab of today is quality human resources. Our work is unique , and finding someone who has managed a disability organization is crucial and not easy by any means. Punjab is lagging severely in this field. The motto needs to be DIGNITY NOT CHARITY.

Parental fatigue and apathy prevents help seeking. Other children take priority in these academic competition driven times . Without a dedicated social worker cum counsellor, we have been unable to adequately address this barrier. Philanthropy is not in the cultural mindset here. Families of our clients can make a voluntary contribution but are not charged – that would defeat our purpose. We urgently urge more community support .

Despite these hard challenges, we at APAAR move forward with confidence for we have made a historical start.



## **APAAR ADVISORY COMMITTEE MEMBERS**

### **Pooja Arora**



A native of Delhi, who moved to Jalandhar after her marriage , Pooja is a special educator for children with specific education needs in MayorWorld School, Jalandhar. She has been an ardent volunteer and fundraiser for APAAR. Her passion is helping families with special children chart their course in life. Her special interest is sensory integration techniques.

### **Dr. Yash Mitra, MD (SPM), MS (General Surgery)**



Ex-deputy director cum civil surgeon, presently working as assistant professor in Community Medicine , Punjab Institute of Medical Sciences, Garha Road, Jalandhar. An avid traveller, nature and outdoor lover, he is an organic gardener, and is in charge of APAAR's kitchen garden project and ( future) fruit orchard.

## **Dinesh Singh**



A graduate from St.Stephens, Delhi owns a petrol pump in Jalandhar and enjoys running a home stay in his unique house amidst a lovely garden. Also works in association with a classical dance academy to help introduce Jalandhar to prominent musicians of India . A member of Indian National Trust for Art and Cultural Heritage ( INTACH ), he loves reading,travel and nature. He has been a part of APAAR since 2016, and enjoys helping out at our awareness and sales stalls .

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## **EVENTS**

### **Apaar CBR Abaadpura**

Apaar CBR Abaadpura, Jalandhar 10 Dec 2019. We met Ramesh , tent house owner who has employed J in DJ and lighting work at functions. Apaar educates families and makes them aware of right to compensation for work. Repeated home visits are needed to motivate poorly aware families of homebound persons with ID such as R and M who are always happy to meet the CBR team.



### **Awareness event 2 Dec, 2019**

To mark World Disability Awareness Day 2019, Apaar with District Legal Services Authority and Department of Psychiatry, Civil Hospital, Jalandhar, held an awareness and treatment initiation camp for persons with mental illness and intellectual disabilities in Primary Health Centre, Jandiala



**APAAR clients and staff organized a chhabeel outside the emergency department of PIMS hospital on June 7 , 2019 - the martyrdom day of Guru Arjun Dev ji.**

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**APAAR Abhaar celebration 15 March 2019 on APAAR premises- clients' earnings distribution day**





**APAAR CBR home visit 31 May 2019**



**APAAR CBR home visit, Abaadpura, Jalandhar, 27 Nov 2018**



**Mental Health awareness event and paramedical worker training, Red Cross Bhavan, Jalandhar, 29 Aug 2018**



**World Mental Health Day 10 Oct 2018, Jalandhar awareness march with DLSA and NGO Soch**



**Mental Health awareness event and paramedical worker training, Red Cross Bhavan,  
Jalandhar, 29 Aug 2018**





## **OUTINGS**

We have a monthly outings program started March 2015, which is much loved by clients and staff.

The outings besides serving the important role of recreation are also a means to sensitise the community to interact with specially abled adults and employ them. From Rangla Punjab, an exhibit –recreation area highlighting Punjab’s rich cultural heritage, with food served in the traditional style, to Science City, Kapurthala, we have visited and enjoyed several outings since we started our outings program in March 2015 with the generous contribution of Rotarian Sandeep Sharma of Gagandeep Transport Service. He had been providing us a bus free of charge every month March 2015 to March 2017. Currently, we are depending on sponsorships from APAAR friends to cover the average cost of Rs 3000 per month for mini bus hire for Outings. Often there is no sponsor-- please sign up by emailing [apaaremail@gmail.com](mailto:apaaremail@gmail.com) for one time APAAR Outings sponsorship Rs 3000 - choose your birthday or anniversary month. Put " outings sponsor" in email header. You can join us for the outing you sponsor for an unforgettable experience. We have enjoyed outings to the following places thus far, some more than once:





## Outing at St.Mary's Cathedral,Jalandhar



## Outing at Science City, Kapurthala



**Outing at Baba Murad Shah ,Nakodar**



**Outing at Golden Temple**





### Outing at Golden Temple



### Outing at Science City





## Outing at Jahangir Qila





## TRAINING AND DEVELOPMENT



### The objectives of this course were:

- i. To develop a deep understanding of the complex conceptual issues in autism, and the key theories, principles and issues in the field
- ii. To understand the current trends and methodologies in working with people with autism
- iii. To understand and develop skills in a variety of strategies for teaching students with autism
- iv. To learn how to develop collaborative partnerships with individuals on the spectrum, their parents, colleagues and other agencies
- v. To critically evaluate the use of assistive technology and current research in the field
- vi. To conduct professional enquiries and use research evidence to generate professional knowledge and enhance understanding and practice
- vii. To conduct professional enquiries and use research evidence to generate professional knowledge and enhance understanding and practice
- viii. Creating awareness to spark the interest of researchers/clinicians/parents of child with autism as a diagnosis

The University of Edinburgh 's Senior research fellow Dr Sue Fletcher- Watson was the chief trainer and

### Training and Development program

APAAR staff attended three days of training Dec 10 to 14, 2018 to Dec 15, 2018 under the GIAN program in Dr Ambedkar National Institute of Technology, Jalandhar.

The Ministry of Human Resource Development, Government of India has launched program titled Global Initiative of Academic Networks (GIAN) in Higher Education aimed at tapping the talent pool of scientists and entrepreneurs, internationally to encourage their engagement with the institutes of Higher Education in India so as to augment the country's existing academic resources, accelerate the pace of quality reform, and elevate India's scientific and technological capacity to global excellence.

📍 Location : Jalandhar

📅 Date : 15 Dec, 2018

## **THE FUTURE**



### **Community Employment**

The plan has also been to employ those who can in factories and laundries. Two hand tool factories (Rajhans International and Hemco Ispat) had agreed to employ three of our clients in March 2015 but we have not had adequate human resources to work on that yet. It requires one person deployed in this pursuit at most times, as people are not used to employing specially abled workers.

The owners do not need persuasion once they are sensitised and educated and given examples of what is happening in other cities in India. However, the supervisors and workers need intensive sensitization and training, so we will have to adopt a community outreach method that an NGO like ours (MUSKAAN) has done in New Delhi.

We have met with their staff who place their clients in the hospitality industry . I have attended their meeting in New Delhi with families of clients interested in being placed, and requested they do similar training for us. They are more than willing.



APAAR's founder also spoke with some representatives of Sports Industries and Nivia Sports had agreed to hire one of our clients as office boy in 2014 . However, his family could not arrange for his transportation to the premises of Nivia Sports in the Kapurthala Road area.

The Medical Superintendent also changed, and the upheaval in the department prevented pursuing this with our then limited staffing and we had to hold off for some time. We then arranged to employ the same young man in the PIMS laundry. The PIMS Director and Medical Superintendent gave permission and the trial started in Oct 2015. However after the initial period of work, after our staff member, a special educator stopped going regularly to the laundry ,the other workers started to treat our client with kid gloves, feeding him their own food and not giving him much work.

This will be resumed as soon as we have adequate staffing. In the interim, this client who enjoys cleaning, dusting and getting tea for staff is employed at APAAR as office boy and paid Rs 500 a month, which he loves getting. He takes pride in buying his father petrol for his scooter with the money- a small but highly significant step; a leap for the specially abled in Punjab.



## World Mental Health Day, 10<sup>th</sup> October 2018



### CBR (Community based Rehabilitation)

We have identified 54 young people who are intellectually disabled within Jalandhar City alone. Once funds are available, we plan to have a team comprising a special educator, an assistant and driver do home visits for instructions, advice and updates: APAAR's outreach program, a necessity to meet the needs of persons and families unable to access our shelter workshops. We could assist groups of individuals to set up a cottage industry like enterprise for income generation if families are willing and able to assist. We have seen this model in Chennai supported by Vidyasagar. Some identified persons have co-existing psychiatric diagnoses and we will also need to collaborate with Civil Hospital or another organization with psychiatrists to train laypersons.





### **Music Therapy at APAAR**

In the three plus years we have existed, we have not been able to find a music teacher to volunteer an hour or two a week . Compassion, commitment and consistency is the need—we have not had any qualifying candidates so far.

Music therapy is known to help communication and calmness among persons who live with autism.



### **National Trust Registration**

With this annual report, and now three years after our inception, we are ready to register with the National Trust which will give us legal prowess to assume guardianship of the specially abled when necessary.

It will also give us access to obtaining medical insurance for our clients through the Niramaya health insurance scheme- which covers up to Rs one lakh a year in medical

expenses. The scheme is for a free if family income is upto Rs15000 per month, and a payment of Rs 250 pm for higher income groups.

### **Academic Partnerships**

Our founder Navneet Bhullar, MD is now faculty at the University of Pennsylvania Hospital . She is currently working on forging partnerships to study outcomes in our cohort of clients , and improve upon them in a scientifically rigorous manner. We are also exploring this way for partnering with similar agencies in the USA and elsewhere, exchanging ideas and expertise to move towards making APAAR world class in the execution of its mission and goals. Improving the quality of life of this hitherto neglected populace is the bottomline.

## **DONATIONS**

### **DONORS IN CASH (2018-2019 to Date )**

**APAAR would not be able to exist without these generous donors :**

- Sarbat da bhala , Doaba branch ( Mr SPS Oberoi) :  
Rs 10,000 every month since Oct 2015
- Divya and Rajesh Kharabanda of Nivia Sports, Jalandhar :  
Rs 50,000 March 2018  
Rs 25,000 Sep 2018 ( this website was constructed with their money )  
Rs 50,000 March 2019
- FC Sondhi and Company, Suranussi :  
May 2017 : Rs 1 lakh  
April 2017 : Rs 50,000  
Oct 2018 : Rs 20,000  
April 2019 : Rs 1 lakh  
May 2019, Rs 50,000  
June 2019 : Rs 2.5 lakhs
- Brig Sudan, Chief of Nursing , PIMS :  
Rs 1000 each month since summer 2018
- Ms Kimi Juneja and her family :  
March 2019 Rs 12,500
- Mrs Mandeep Kaur :  
March 2019 Rs 10,000
- Mr Bikram Ajit Singh Sandhu  
Aug 2018 : Rs 10,000
- Mrs Tarandeep Kaur :  
Oct 2018 : Rs 11,000
- Gen. Balwinder Singh  
June 2019 : Rs 10,000
- Dr Yash Mitra :  
March 2019 Rs 9000 OUTINGS expense contribution March
- Ms Pooja Arora :

providing Rs 25000 each year since 2016 for weekly staff lunch in addition to covering all the food and drinks expenditure at APAAR's annual function March 24, 2018

➤ Dinesh Singh and Pooja Arora

paying for snacks and refreshments on APAAR Abhaar Day, 15 March 2019



## **CONTACT US**

Jalandhar, Punjab

APAAR Public Trust Registered

95305 44550

Sunday - Saturday

apaaremail@gmail.com

Send us your query anytime!

## **FOR DONATIONS**

Name of the Bank – STATE BANK OF INDIA (SBI)

Address – NRI Jalandhar, 917-918 G T Road,

Near Bus Stand

IFSC Code - SBIN0005832

Branch Code - 5832

Account name: APAAR

Bank A/c No. - 34701505276

<b>APAAR</b>			
<b>719 Urban Estate, Phase I, Jalandhar-144022</b>			
<b>BALANCE SHEET AS AT MARCH 31, 2019</b>			
			Amount (INR)
<b>PARTICULARS</b>	<b>SCHEDULE</b>	<b>F.Y.2018-19</b>	<b>F.Y.2017-18</b>
<b><u>SOURCES OF FUND</u></b>			
<b>I. CAPITAL FUND</b>			
a. Corpus Fund		4,000	4,000
b. Reserve & Surplus		69,382	119,969
		<b>73,382</b>	<b>123,969</b>
<b>II.LOAN FUND:</b>			
a. Secured Loans		-	-
b. Unsecured Loans		-	-
		-	-
<b>TOTAL</b>	<b>[ I + II ]</b>	<b>73,382</b>	<b>123,969</b>
<b><u>APPLICATION OF FUND</u></b>			
<b>I.FIXED ASSETS</b>			
Opening Balance		32,944	27,620
Add: Addition during the year		-	9,476
Less: Depreciation		3,549	4,152
		<b>29,395</b>	<b>32,944</b>
<b>II.INVESTMENTS</b>		-	-
<b>III.CURRENT ASSETS, LOANS &amp; ADVANCES:</b>			
a. Loans & Advances		-	-
b. Cash & Bank Balance		78,274	115,305
	<b>A</b>	<b>78,274</b>	<b>115,305</b>

[illegible]

<b>APAAR</b>			
<b>719 Urban Estate, Phase I, Jalandhar-144022</b>			
<b>INCOME &amp; EXPENDITURE STATEMENT FOR THE YEAR ENDED MARCH 31, 2019</b>			
<b>PARTICULARS</b>	<b>SCHEDULE</b>	<b>F.Y.2018-19</b>	<b>F.Y.2017-18</b>
<b><u>I. I N C O M E</u></b>			
Donation		432,270	665,020
Interest Income		-	-
Other Income		-	48,395
<b>TOTAL</b>		<b>432,270</b>	<b>713,415</b>
<b><u>II. E X P E N D I T U R E</u></b>			
<b>Programme Related Expenditure</b>			
Educational expenses		314,470	165,875
Skill Development Program		-	317,192
<b>Administrative Expenses</b>			
Rent & Hall charges		57,843	20,100
Audit Fee		-	7,080
Repair & Maintenance		4,100	12,915
Salary to staff		-	85,866
Staff Expenses		5,914	18,244
Travelling & Conveyance		15,390	1,550
Communication charges		-	16,367
Utility charges		8,300	-
Bank charges		851	1,274



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<b>APAAR</b>			
<b>719 Urban Estate, Phase I, Jalandhar-144022</b>			
<b>RECEIPTS &amp; PAYMENT STATEMENT FOR THE YEAR ENDED MARCH 31, 2019</b>			
<b>PARTICULARS</b>	<b>SCHEDULE</b>	<b>F.Y.2018-19</b>	<b>F.Y.2017-18</b>
<b><u>RECEIPTS</u></b>			
<b>Opening Balance</b>			
Cash in hand		1,215	4,167
Bank Balance		114,089	60,745
Donation		432,270	665,020
Interest Income		-	-
Miscellaneous Income		-	48,395
<b>TOTAL</b>		<b>547,574</b>	<b>778,327</b>
<b><u>PAYMENTS</u></b>			
<b>Programme Related Expenditure</b>			
Educational expenses		314,470	165,875
Skill Development Program		-	317,192
<b>Administrative Expenses</b>			
Rent & Hall charges		57,843	20,100
Audit Fee		-	
Repair & Maintenance		4,100	12,915
Salary to staff		-	85,866
Staff Expenses		5,914	18,244
Travelling & Conveyance		15,390	1,550
Communication charges		-	16,367

Utility charges		8,300	
Bank charges		851	1,274
Office Expense		18,120	
Printing & Stationery		42,459	250
Misc Expenses		1,853	13,914
Non-recurring expenses		-	9,476
<b>Closing Balance</b>			
Cash in Hand		54	1,215
Cash at Bank		78,220	114,089
<b>TOTAL</b>		<b>547,574</b>	<b>778,327</b>
		-	-
<b>For &amp; on behalf of:</b>	<b>For &amp; on Behalf of:</b>		
<b>S. SAHOO &amp; CO.</b>	<b>Apaar</b>		
<b>Chartered Accountants</b>			
Firm Regn No. - 322952E			
<b>CA Subhajit Sahoo, FCA, LLB</b>	<b>Ms. Ravneet Bains</b>	<b>Davinder Pal Bhullar</b>	
<b>Partner</b>	<b>Trustee</b>		<b>Trustee</b>
MM No. 057426			
Place : New Delhi			
Date : 30.10.2019			

## APAAR

**719 Urban Estate, Phase I, Jalandhar-144022**

							Amount in Rs.	
Particulars	Written Down Value				Depreciation		Net Block	
	As at	Addition		As at	Rate of Depn	During the year	As on	As on
	01.04.2018	> 6 months	< 6 months	31.03.2019			31.03.2019	31.03.2018
Furniture & Fixtures	27,870.00	-	-	27,870.00	10%	2,787.00	25,083.00	27,870.00
Mobile Phone	2,377.00	-	-	2,377.00	15%	357.00	2,020.00	2,377.00
Computer Equipments	-	-	-	-	40%	-	-	-
Office Equipments	2,697.00	-	-	2,697.00	15%	405.00	2,292.00	2,697.00
<b>Total</b>	<b>32,944.00</b>	<b>-</b>	<b>-</b>	<b>32,944.00</b>		<b>3,549.00</b>	<b>29,395.00</b>	<b>32,944.00</b>