
HRIDYA

FROM THE HEART



2022-23

ANNUAL REPORT

TAMAHAR CENTER FOR CHILDREN
WITH DEVELOPMENTAL DISABILITY



OUR IMPACT 2022-23

300

Beneficiaries

15

Programs

114

Counselling Sessions (Group & Individual)

250

Caregiver Training - Participation

12

Children Graduated To Higher Classes

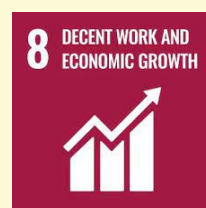
47

Staff

OUR ACHIEVEMENTS

- Tamahar has been active in the disability sector forging collaborations - We are one of the partners in the Gadag Centre for Enablement of Inclusive Development (GCEID) project which is in KSRDPR University, Gadag.
- Our founder has represented Tamahar at various committees and events -
 1. Participant in the Samarthanam AT conclave as a panelist for the Disability and AT group,
 2. Committee member of the Ethics Committee at Aster Group of Hospitals
 3. Member of the international collaborative effort - Early Childhood Development Task Force (ECDtf)
 4. Gave a talk to parents of the Prader-Willi Syndrome group on PWS and Education
- We started new projects -Started PMID (Parents Movement for Inclusive Development) meetings to create awareness among our parents regarding the rights of PwDs
- Brought Dr. Sheetal Mhamumkar, Nutritionist, on board to conduct consultations with families for specialised diets and nutrition for our children

OUR SDGs



ABOUT TAMAHAR

"The route is tedious, difficult, and many times hopeless, but it is worth the perseverance"

Tamahar is a non-profit organization working in the field of childhood disability (Developmental Delay Due To Brain Damage) since 2009. Our founder-director, Mrs Vaishali Pai is an Occupational Therapist by profession with 30+ years of experience. The children we work with fall into all age groups and come from all socio-economic backgrounds. We believe in the medium of holistic developmental intervention which we carry out through a combination of Early Intervention, Special Education, Auxiliary Therapies, Family Programs, and Recreation.



CORE VALUES



Opportunity

For a person to grow as an individual and develop their own personality



Unique

Acknowledging the uniqueness of each person



Inclusion

Including individuals from all walks of life



Empathy

Understanding and supporting individuals through their life situations



Empowerment

Empowering individuals to make the best of their situation & achieve their goals despite challenges

OUR MISSION

To enable children with brain damage and their families to live a happy, healthy, and dignified life in an inclusive society through rehabilitation services, capacity building, community engagement, and advocacy.



OUR VISION

Prevention and alleviation of developmental disability in children with brain damage



children, Pre-
vocational Training
and Sheltered
Workshop, bringing
the total number of
programs to 9!



Tamahar

OUR APPROACH

CHILDREN PROGRAMS

- Early Intervention: Developmental age 0-3 years
- Nursery: Developmental age 3-4 years
- Functional Academics: Developmental age >4
- Prevocational Training: Chronological age above 15 years
- Sheltered Workshop: Chronological age above 15 years & IQ<35
- Auxiliary Therapy: All children
- Recreational Activities: All children

FAMILY PROGRAMS

- Caregiver Training: Early Intervention, Brain Damage, Behavior Modification
- Mental Health Services- Counseling and Support Group
- Skill Development Program- Embroidery, Spoken English, Entrepreneurship

OTHER PROGRAMS

- Outreach program
- Collaborations within the sector and community
- Awareness and Advocacy
- Research & Development

HUMAN RESOURCE DEVELOPMENT

- Train the trainer
- Continued formal education of staff
- Internal & external members trainings

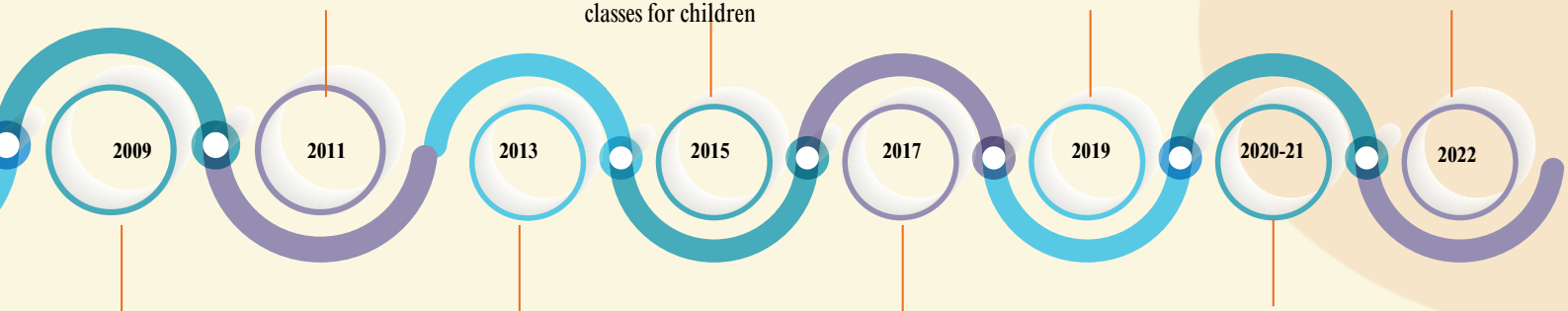
MILESTONES

We started our functional academics program for children who needed education in special settings and also started a Mother Support Group program. Had our first Summer Camp for the children (full-day adapted sports fun)

First venture into rural India with new branches at Pali (Rajasthan) and Hutti (North Karnataka). Reached 45 children and had 26 staff in Bangalore. Also initiated hobby classes for children

We reached 65 families with 35 staff and we also started our Father Support Group and Skill Development program for Unpaid Caregivers

Reached 300 beneficiaries with 14 programs and 40 staff with a new branch at Chikkabidarakallu as an outreach program

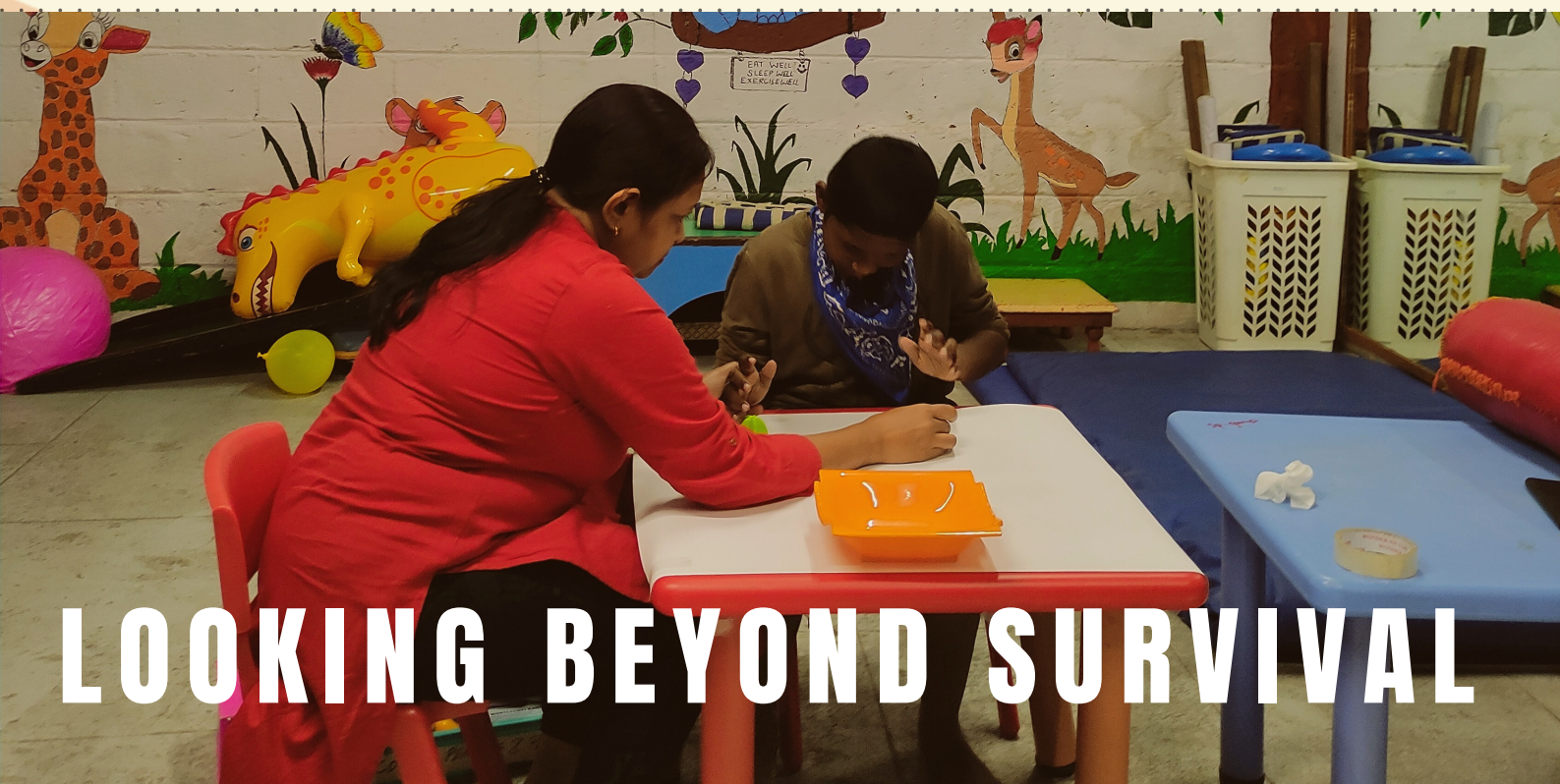


Humble beginnings with just 4 children in May our very first EI program and 2 employees

By the end of the year, we leapt to the milestone of 35 children, 11 staff and conducted summer camps for children and their mothers

We started our new 3 programs: Prevocational training, Sheltered Workshop and Nursery class with 50 children and 30 employees. We won the newly instituted N S Hema Memorial Award (by APD) in its inaugural year. We were certified by the Social Audit Network And Credibility Alliance

Successfully navigated the COVID years (2020-2022) by transitioning to online training (parent-supported for younger children) and showed amazing improvement in 50 children



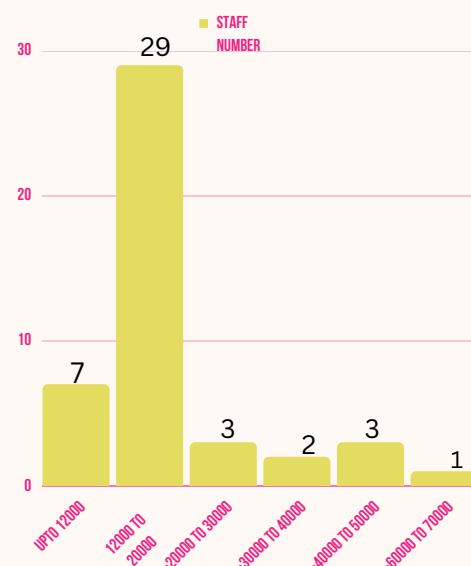
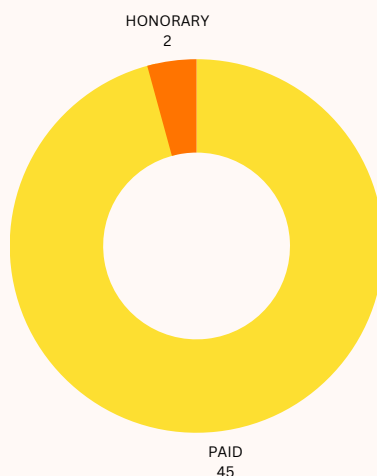
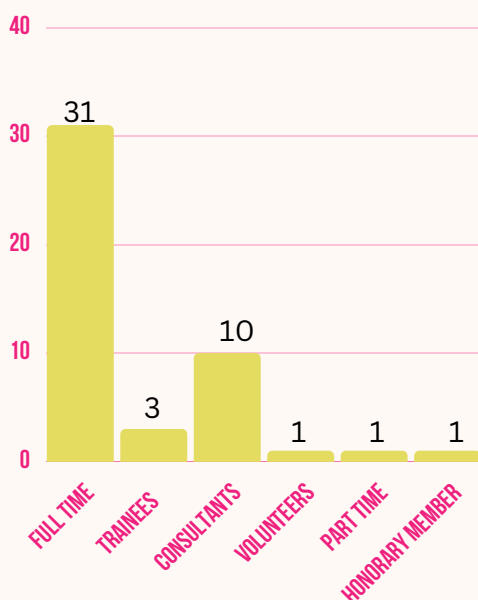
LOOKING BEYOND SURVIVAL

OUR TEAM IS OUR LIFE FORCE



Our staff is our life force. We always strive to create a supportive and encouraging work environment for our staff. They're the ones who ensure every program runs smoothly and that no child is made to sit in a program that doesn't fit his/her specific needs. The ones who ensure every therapy program is designed in keeping with the intellectual abilities of the child. The positive and supportive work environment ensures low attrition rates year on year. At Tamahar, our staff are encouraged to aspire for growth and they do it with great gusto and amazing levels of excitement!

STAFF COUNT AND SALARY RANGE



MEET OUR TRUSTEES



DR K BHASKAR PAI | MANAGING TRUSTEE

SR CONSULTANT, GENERAL & LAPAROSCOPIC SURGEON, APOLLO HOSPITAL, SESHADRIPURAM, B'LORE



RAMAKRISHNA Y B | TRUSTEE

EX-CHAIRMAN OF WORKING GROUP ON BIO-FUELS AT MINISTRY OF PETROLEUM & NATURAL GAS, GOVERNMENT OF INDIA



Dr. NILIMA RAO | TRUSTEE

MANAGING DIRECTOR, REMIDEX PHARMA PVT LTD, 6 TH MAIN, 2ND STAGE, PEENYA INDUSTRIAL ESTATE, BANGALORE



Dr. A S ARVIND | TRUSTEE

MD, FRCP, ADVISOR TO BACC HEALTHCARE PVT LTD, ECRONACUNOVA, QUARK PHARMACEUTICALS, TATA INDUSTRIES, & MEDALA HOSPITALS



DIRECTOR'S STATEMENT

"They say, if you love the work you do, it stops being a chore, and I feel, if you love your workplace, it becomes a home "

VAISHALI PAI
FOUNDER & DIRECTOR

Having successfully navigated the difficult COVID years, we have re-established our on-site activity..and how??!! There is a buzz that everyone had forgotten during those 2 awful years at home. There is laughter, activity, naughty kids, and harried staff (grinning from ear to ear). It almost feels like spring all year round (in spite of the horrible rains that lashed Bangalore). Last year we moved to a bigger facility, helping us reach more families. We have also started steadily adding to our repertoire of interventions (waiting for Vision Therapy to start soon). As Hridya (from the heart) says it all, I want to shout out to all who belong to Tamahar family - our financial supporters, emotional supporters, volunteering support, our families, caregivers, staff and of course our darling children, you all make it happen. We are very grateful to you.

COO-WORDS

Tripti BG, COO

Greetings from the COO Desk!!
Our EI, Nursery, and FA programs shifted to a new rented place in August 2022. All our programs including auxiliary therapies have started on-site. Children have started enjoying Music and Yoga sessions too. The external visits of children in Nursery and FA programs are helping in tuning their social/public behavior. We are getting good feedback from the parents about this change. We are happy to share that we have started an afternoon batch of EI in January 2021 and the number of children is matching the Pre-Covid Times. Currently across all programs, we have around 70 children on our rolls. There has not been a single dull day and we have amazing stories of our children showing huge strides in their social, emotional, cognitive, and physical development.

Our young adults in the Prevocational and Sheltered Workshop Training are enthusiastic about their skilling and we thank AZIM PREMJI FOUNDATION for supporting the program completely for the next 3 years. The Fathers Support Group which had taken some time off around the pandemic has started in full force with meetings happening twice in month. Our advocacy group has initiated “Parents Movement for Inclusive Development”, with the aim of advocating the issues families face with the Government and community. We are hoping to extend this service to all parents in the disability sector. We are excited about our community engagement and advocacy efforts this year. Thank you, Donors, all stakeholders, and staff for bringing us to where we are. Warm wishes for a fruitful year ahead!



GRADUA
ADHA

CHILDREN PROGRAMS



EARLY INTERVENTION

This is the core foundation program at Tamahar. This program essentially creates self-awareness in the child; helps build social skills, communication, and cognition. This is aimed at encouraging development of the child up to 3 years in all domains.

NURSERY

Our nursery program is a bridge between formal literacy and early intervention. At Tamahar, the curriculum of the Nursery program spread out for skills to be learned during the developmental period of 3-4 of age (as per The Carolina Curriculum). Activities mainly include group activities covering all aspects of development - memory games, story time, board games, role play, behaviour modification, sexuality education, exposure visits for socialization and to community activities, and park visits.



FUNCTIONAL ACADEMICS

Children who are developmentally above 4 years of age start with academic training, based on the Montessori method of teaching, where self-experiential learning is given importance. In Functional Academics class, the stress is on learning the essential subjects needed for life navigation (English, Kannada/Hindi, EVS, and Math) and focus weighs more on teaching life skills. Tamahar FA program incorporates principles of Art-based Therapy along with free expression using Horticulture, Culinary Arts, Theatre, Dance, and Fine Arts.



PRE VOCATIONAL & SHELTERED WORKSHOP PROGRAM

Pre-vocational training is a program designed for young adults/children with special needs to learn and practice basic skills which make up the foundation of any job / vocational training. These include soft skills, social skills, self-reliance in an unfamiliar environment, travel and finance skills, etc. Sheltered workshop was started at Tamahar in June 2016 for those with moderate to severe disability/intellectual impairment (IQ <35) that would make it impossible for them to pursue education, and independent vocational training.



AUXILIARY THERAPY

At Tamahar, auxiliary services are open to all children along with education programs and are conducted once or twice every week. Sessions are conducted in batches. Currently, we provide physiotherapy, occupational therapy, speech therapy on a need basis, and yoga, and music is given to every child



HIGHLIGHTS OF 2022-23



A A R O H A N

Aarohan Graduation Day is dedicated to honoring the incredible achievements of our students. On this special day, our students are awarded graduation certificates, symbolizing their perseverance and growth throughout the year at Tamahar. The event takes place in a joyous atmosphere, filled with cultural programs organized by the staff, parents, and students. The cultural programs showcase the diverse talents and abilities of our students, celebrating their unique identities and fostering a sense of pride and inclusivity. The event highlights the importance of acknowledging not only academic milestones but also personal triumphs, as each child's journey at Tamahar is a testament to their strength and resilience.

K A L A N G A N A

Tamahar children participated in the event Kalangana, an interschool competition, in November 2022. The event included competitions like music, dance, drama, and instrumental play. One of the mothers, Anupama, won 1st prize in painting.



P R E R A N A

We conduct Prerana every year on 3rd December which is the International Day Of Persons with Disabilities, to create awareness in the community. This year it was organized at Gayatri Devi Park, Mariyapanapalya-Bangalore. This event was inaugurated by Anoop Iyengar. It was a wonderful event participated by 155 beneficiaries which included children, their parents, staff, and volunteers.



HIGHLIGHTS OF 2022-23



PRANI VISIT

Prani, an interactive pet sanctuary is located slightly outside the city, some distance on Kanakpura Road, Bangalore. Our children visited Prani on the 10th of December 2022 and had a great time interacting with the animals there. It is an experiential education park, where we can observe animals and spend quality time with them. There were 28 children, 28 parents and 13 staff. This was one of the best visits where children enjoyed a lot.



BELAKOO CULTURAL COMPETITION

It was conducted on 18th February 2023 our children participated in group dance and group singing. We won 2nd prize in the dance competition. We also displayed the handmade products made by our children at the event.



FAMILY PROGRAMS

CAREGIVER TRAINING

Parents are the primary therapists any child can get. It is thus imperative that parents understand the development of their children. In our EI program, **we ensure that at least one parent/caregiver is present every day to get hands-on learning of child development.** During the sessions, we educate and train the parents/caregivers on the necessary skills that are essential to work with their children at their homes along with carrying out their housekeeping chores

MENTAL HEALTH SERVICE

Our Mental health services consist of a support group for Mothers, a Support Group for fathers, One-on-One/Counseling Services for Mothers and families, and Awareness/Advocacy programs for parents. We support families to get an accurate diagnosis for their children and enroll them in government-supported programs like the Niramaya scheme, pension scheme, etc. We also conduct UDID programs to ensure all children get a disability card. We enable families to get medicines and investigations for their children at subsidized rates

SKILL DEVELOPMENT

Over the years of working with our families, we realized that we have a lot of caregivers amongst us who have a wonderful talent and are looking for an outlet to utilize it gainfully. Most of the mothers are primary caregivers with no means of earning and are hence unpaid caregivers. With the hope of nurturing this talent, we started the program for caregivers - A skill development program, that will include formal training in creating different products along with basic knowledge of business development. Skill Development Program aims to empower them to be self-reliant and enterprising.



CLASS ABOUT EPILEPSY

The knowledge about epilepsy at Tamahar is crucial for parents as it equips them with knowledge and understanding to effectively support and care for their children with epilepsy, parents gain valuable insights and practical strategies to ensure the safety, well-being, and optimal development of their children living with epilepsy.

TRAINING FOR DIAPER USAGE AND WITHDRAWAL

This session was mainly conducted for the parents of the children who cannot or have difficulties in toilet training. The session included: The main steps for toilet training, Do's and don'ts during toilet training, and The importance of withdrawing the diaper.



CLASS ABOUT BRAIN DEVELOPMENT

The class about brain development at Tamahar empowers parents with a deeper understanding of their child's neurological growth, enabling them to make informed decisions and provide appropriate support throughout their developmental journey. By attending the brain development class at Tamahar, parents acquire valuable knowledge and tools to promote healthy brain development in their children, fostering their cognitive, emotional, and physical well-being



PARENT'S MOVEMENT FOR INCLUSIVE DEVELOPMENT

A platform for the awareness of caregivers about PWD rights. They are provided information about the diagnosis and other aspects related to disability. It's conducted once or twice a month. Parents can also share their perspectives regarding their children and the difficulties they go through. The coordinators and facilitators of PMID are Mr. Basavaraj (Former Karnataka State Commissioner for PWDs) and Mr. Alvito, a well-wisher of the sector.



MOTHER SUPPORT GROUP- OUTINGS

Conducted once every month

Purpose: Provide a platform for the mothers to enjoy, socialize, and make time for themselves.

It started in November 2022 and 4 outings have been done till now





UNDERSTANDING CHILDREN'S MENTAL HEALTH

It was conducted under the "Children's Mental Health Awareness Week" on 25-03-2023. The session was held by a practicing psychiatrist, Dr. Abhishek. The session included creating awareness regarding mental health issues of children for parents and staff.

NGO HABBA

It was conducted on 12th February 2023 at Malleswaram, Canara Union. The mothers of our children displayed their hand-made products at the stalls. It also included products made by the our trainees of PVSW program. Eg. home decor items, chocolates, envelopes, dream catchers, mobile pouches, and sling bags were displayed. All the products were sold out, making it a successful event.



ORDI -STALL

The ORDI run on the last Sunday of February is held to create awareness among people about the 7000 rare diseases that have been currently identified. Among all the others who participated, 120 people were from Tamahar. Our young adults and magical supermoms from the skill development program also showcased their handmade products in the event - Race for 7

A POTLUCK TO GET-TOGETHER

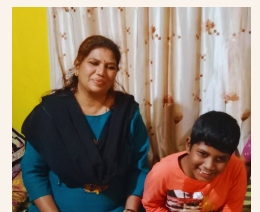
It was conducted on 1st February 2023 by our magical supermoms. It was a feast of the handmade dishes by the mothers dedicated to the hardworking staff. A sumptuous feast with 38 dishes was enjoyed by everyone.





HUMAN RESOURCE DEVELOPMENT

Our Human Resource Development program focuses on continued formal education of staff and internal staff training. We strongly believe in continued education for the staff. Every year we conduct various training for staff to improve their skills, to make them efficient in their work, for example, MAITS (www.maits.org.uk) training. We also enable their attendance at external workshops, trainings, and seminars.



MAITS-TRAINING

MAITS (Multi-Agency International Training and Support) provides support to children with developmental disabilities as well as their families mainly in rural areas. They focus on adaptive/functional ADLs (Activities of Daily Life) like brushing, bathing, toileting, etc. The first cohort was trained in April 2022. There were specific goals for each child given by the parents. The staff converted these into simple tasks, making the final goals easy to achieve. The MAITS training was impactful. Many of the children could fulfill their goals.



PRODUCTION ACTIVITY TRAINING

- Production activity training was held by CRAFTIZEN FOUNDATION. One of the staff members, Kasthuri attended the training .
- Sexuality education training was given by ENFOLD. Two members From the staff namely Sumathi and Pushpa, attended the training .





Tamahar

VOLUNTEERING & INTERNSHIP

At Tamahar, we actively encourage volunteers from all walks of life to spend time with our children and help in the daily activities and programs. There are multiple ways in which one can volunteer, Some of them include working directly with children in extracurricular or production activities; assisting the staff in classroom management; photographing/shooting videos of events and activities; or even supporting the operations team with tasks like data entry, transcription, translation, documentation, etc. In 2022-23, we got support from 81 interns and 3 volunteers.



Ms.Toiba irshad
Mount Carmel College

“ Tamahar to me is the representation of celebrating life in all its forms. My time at Tamahar was nothing short of extraordinary; I had the opportunity to work with some exceptionally talented individuals. It has taught me the importance of embracing diversity, celebrating individual strengths, and fostering a society that values inclusivity. The children I worked with taught me resilience, determination, and the beauty of finding joy in even the smallest achievements. The memories we created, the progress we witnessed, and the bonds we formed will forever hold a special place in my heart. I am forever grateful for this opportunity ”

“ As a volunteer at Tamahar, a non-profit organization dedicated to providing support and care for children with special needs, I had the privilege to contribute to a cause that truly makes a difference in the lives of these children and their families. Working at Tamahar has been an incredibly rewarding experience. Witnessing the progress and smiles on the children's faces has reaffirmed my passion for making a positive impact on the lives of those in need. I am grateful for the opportunity to contribute to Tamahar's mission and will continue to support the organization's efforts in any way possible. ”



Ms.Ujwala Gowda
Student at RV University

SUCCESS STORIES





Ms. Meenakshi
Mother of Yuvan

"I was married very early and soon delivered our son. Little did we know that I would be giving birth to a child with special needs. We were driven to desperation by seeing our child suffer. Though I had a loving husband and a supportive family it was hard for me to overcome what my son and I were going through. My world seemed blank, I was stuck and didn't know to even seek help. I had lost my happiness, forgotten to laugh, and thought it was the end of my life.

Our son Yuvan was diagnosed with Epileptic disorder and Visual impairment when he was 19 months old. In November 2014, we brought him to TAMAHAR. The better version of our life began and we slowly understood what our child needs. We started with one-on-one sessions thrice a week and continued for 8 months with very minimal fees. During those days he showed a drastic change in his development. Unfortunately, transportation was a problem and we had to stop. I did not give up and immediately started learning to drive, I got my first scooter and after a year, I learned to drive with him tied to my waist and brought him to Tamahar. After a 4-year break in studies, I enrolled in a University program and began my formal education with the help of other mothers who had children with special needs.

However, during my B.Com degree in 2018, I delivered my younger son, Gaurav. I was again helped through the guidance from TAMAHAR for a healthy pregnancy. Life seemed beautiful and meaningful all of a sudden. I completed my degree with first class. We continued taking Yuvan to school through all this. My husband was a great support so it was easy for me to manage my family life and my higher studies. Yuvan is now 10 years old but is not the same child as in 2014. Though he has multiple disorders, with the support of the whole team he can now walk, talk, fight, dance, play, jump and so much more. Achieving all this was not easy but was possible.

I'm a tutor. I have been teaching children for 10 years. I'm now a student doing my Masters in Commerce. I'm a traveler, I love to explore. Learning the Art of Life, balancing family, career, and passion has been lovely! My personal and professional life is very stable. Now I'm financially independent, working as an assistant manager of two major programs. I'm a proud woman who is celebrating my life. For all that I am today, I owe it to my son Yuvan and TAMAHAR. It has not only helped my son but also me to be a good human being"

**The lives we
changed**



Ms. Kavitha
Mother of Chiruvinayak

"Ours was a small , lower middleclass family. Without realizing the concept of marriage I entered this institution of marriage .I got a loving and caring partner but it required adjustments in life .Life changed from a joint family to a nuclear family. There was happiness in starting a nuclear family. Then our first child Chiru entered our happy married life. There was joy in the first grandson on my in-law's side and the 17th on my mother's side. My father expressed his happiness by distributing sweets to the whole street. We were proud parents of a cute baby. Everything was heavenly but God was jealous to see our joy. I lost my father when my son was just 19 days old. Despite having 8 children my mother was feeling all alone. Her responsibility came on my shoulders. Meanwhile, there was a property dispute in the family and I forgot my postpartum care. I took my mother's responsibility but my mother-in-law insisted that I take up a job and I joined a private school as a teacher. By that time my son was one year old, I felt guilty as I was not able to take care of Chiru but I was not brave enough to face my mother-in-law. I had to finish my household work and commit to school work. Despite all the hardships 1 year and 3 months passed and Chiru was 2 years and 3 months, but he was still not calling (saying) mumma, papa and not sitting in one place. This worried me. Once while traveling on the bus, a teacher from a Government school observed my stressed face and suggested I visit a neurologist. There they told me Chiru has Autism. I was not aware of this. I took time to understand and accept it.

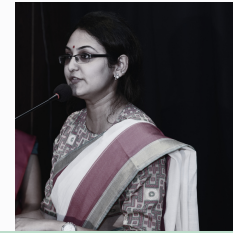
After that, I left my job and began a journey of therapy. After visiting many therapy centers I was wondering if it is curable.....? Always had a doubt, and was anxiously thinking about it. After many years I got used to it. In this 7 years of journey, my daughter Nukshita came into our life. She used to take care of us like a mother.

During Covid, Chiru had to stay at home without school or therapy. At that time his behavior went to an extreme level so we all four didn't want to continue living. We wanted to stay together. Our tears have gone dry. At this time we came across Tamahar as water in the desert. When I entered Tamahar, I could feel the positive vibrations and happiness. Every special child's mother is resourceful. They can take care of their children but Tamahar has made it even more easier and creative. Tamahar has also helped us to overcome our mental issues reduce issues in the family and reduce our anxiety. I have not seen such an environment in any other institution. They treat everyone with respect and welcome us with a happy face. If we make any mistakes, they correct us like a teacher does and bring us to the right path. They take care of us like siblings, treat us like a friend create a comfort zone, and teach us that we also have a life that we can utilize in a good way. We can laugh like everyone does and live our lives anywhere we go. Tripti ma'am and Vaishali ma'am have taught us this and we will be forever thankful to them"



Ms. Shobhana
FA Program Manager

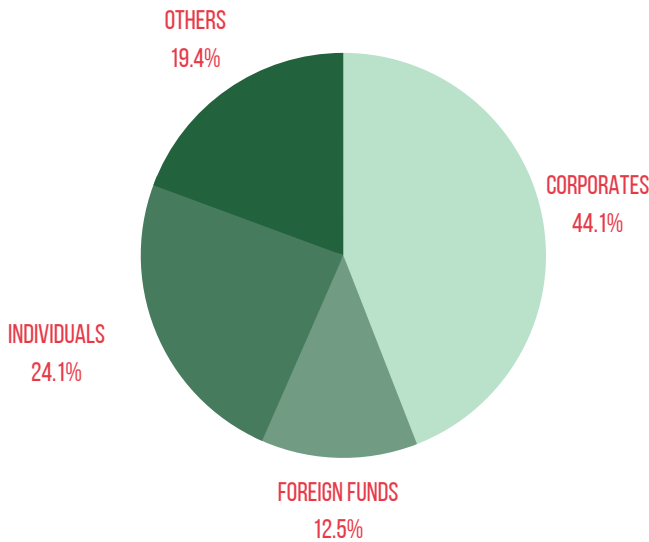
I joined Tamahar in 2015 and that was the best decision I made. I was clueless about special kids and school as this was my first job. After joining in here I learned a lot of things, I got a better understanding of special children and their disabilities. It was all possible because of Vaishali Ma'am and Tripti Ma'am who trained me and made me courageous for the role of interventionist. I have been in this institution for 8 years and the amount of growth that has taken me here is incredible. I am grateful to Shree ma'am who gave me a chance to work here. The most interesting part of Tamahar what I feel is along with education we also teach how to deal with real-life situations. Every day I have learned something new from the children. I learned behavior modification and how to implement it in our kids. This gave me clarity on the main reason for their unwanted behavior and on finding a solution to deal with it. I have been working as the Program Manager for Functional Academics children for the past 7 years. There were a lot of challenges in the beginning but I overcame all of them with the help and guidance of the team through training. I am glad for what I am today because of Tamahar and the children. They have molded me to be strong and confident. I am proud to be the Interventionist and blessed to teach these incredible children. These kids and programs are a major part of my life and I have grown so much since the day I came.



Ms. Umaina (Psychologist)
Assistant Manager
Mental health services

Tamahar is well known as a center for children with disabilities. What's best about Tamahar is its uniqueness of a kind, offering programs for mothers of our very special children and the only center that probably looks into promoting holistic development of not just children but also of their caregivers. When you believe in making a difference within families, empowering women folk can be the most crucial in achieving this goal. The overcoming of challenges parents face as caregivers is something that needs so much grit and power. And the fact lies in giving equal importance to a space to feel healthy, especially focusing on emotional wellness. After all, empowerment is about unapologetically being 'YOU'. Tamahar mothers are being given opportunities to build themselves stronger and rediscover potential. The Mental Health department at Tamahar aims to create safe environments that enhance resilience through support groups for mothers, fathers, and siblings of the children while also engaging in skill development to help them find financial independence, training to learn and equip themselves and do events and outings to learn and socialize. Every Wednesday is their day... a day where millions of feelings are poured out. Our mothers at Tamahar feel liberation and peace, they encourage each other to be the best versions and put out their great skills forward. We have great talent in each one of them and an army of these super moms are going to lead in empowering more such families and communities.

FUNDS RAISED



TOTAL FUNDS RAISED : 1,85,25,629 INR

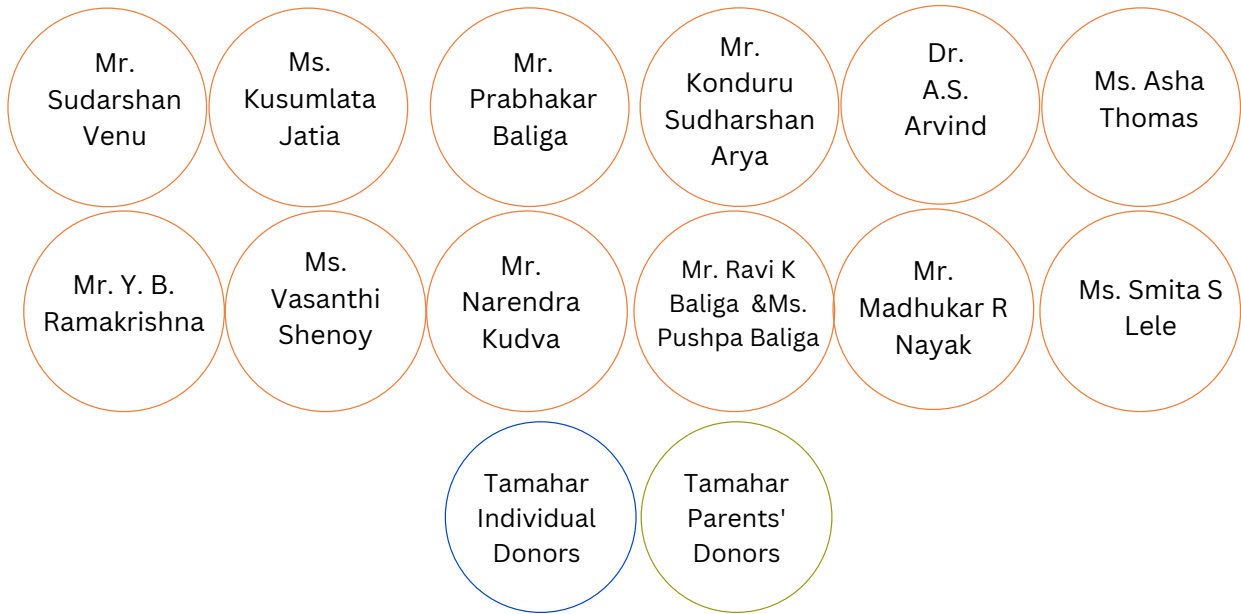
- CORPORATES: 81,66,000 INR
- FOREIGN FUNDS : 23,14,206 INR
- INDIVIDUALS: 44,57,488 INR
- OTHERS: 35,87,935 INR

FUNDING PARTNERS



An eye-opening experience! This is how I would describe my interaction with Tamahar Trust. Their team is so filled with positive and unwavering dedication. Lots to learn from them about living life.

HNI



WE ARE REGISTERED UNDER FOREIGN CONTRIBUTION (REGULATION) ACT, 2010.

FCRA REGISTRATION NUMBER:094421668

DARPAN REG NO. KA/2016/0097373

WE ARE ACCREDITED BY



**CREDIBILITY
ALLIANCE**



**give
INDIA**



TORRY HARRIS

Torry Harris is one of our staunch supporters since 2018. We are grateful for their sincere commitment to our children. The happiest moment for Tamahar was when they visited us to spend their valuable day with our children. They engaged the children in a lot of activities and also had fun-activities for the parents. They donated games and puzzles for our children.



ATOS

ATOS staff visited us to observe and spend time with our children. They were overwhelmed with the abilities that our children have in different areas. Our children also prepared greeting cards for them as part of thanks giving. ATOS team enjoyed the music therapy a lot as they observed how well our children are involved in music session. They were also impressed by the skill of the mothers of our children in making different and attractive products. They purchased products prepared by our PVSW children and from the mothers.



OUR PROGRAM

PARTNERS



OUR STRATEGIC PARTNERS



Ms.Savitha Devi
Disability NGOs Alliance -DNA

☞ We feel proud to share about Tamahar Trust - as one of our member NGOs based in the prime location of the city in Bangalore and its association with Disability NGOs Alliance -DNA (an alliance of 200 plus NGOs working in the disability sector across the state of Karnataka). As an NGO — they offer a variety of programs for children with special needs (having neurodivergent issues and diagnosed with -Autism, Cerebral Palsy, Down syndrome, Rare diseases, Genetic disorders, etc.) and their families. The core area of their work is to help the child to build and achieve their developmental milestones and impart foundation skills for their future personal, social, and professional lives through the medium of holistic developmental intervention. The unique quality of this center is to work closely with the families of these children by constantly empowering parents and caring for their mental well-being apart from keeping them engaged in some or the other skill development programs. The journey of the organization in the last 14 years, since its inception in 2009 has been great and well received by the beneficiaries and families they work with. The Founder Mrs.Vaishali Pai-is is known for her proficiency in the sector with her specialization as an occupational therapist. Her tremendous knowledge and skills to develop individual need-based services with hands-on experience through several \ multiple interventions in this field are remarkable and very much appreciated by other experts in the disability sector. Hundreds of young mothers are touched, moved, and inspired by their work and approach. They have taken on the game of being counselors, mentors, and special educators by reaching out and helping out other couples who have identified similar neuro-divergent issues in their children in and around the geographical area of the city. ☞



Mr. V S Basavaraju
Former state commissioner, RPWD act
Government of Karnataka.
Founder Secretary Disability NGOS Alliance-DNA.



“ I am happy to know that Tamahar publishing its annual report. I have known Tamahar for over ten years now. I work associated with Mrs. Vaishali Pai the founder of TAMAHAR very closely. We have been organizing many programs together for the growth disability sector in the country. The distinctive feature of Tamahar is its commitment to the cause, which focuses more on empowering the parents of special needs children through skilling and building their competency, The parents are actively involved in the development of the program and its implementation. Tamahar has dedicated staff who are fascinated about the work and tirelessly working. I had the opportunity to observe many such sessions and programs. The parents work with the teachers and learn the necessary skills to help the growth of their children and other children Perhaps, this kind of work is very little in our country. This kind of work makes Tamahar stand out in the country. Tamahar has been working to build awareness and sensitization about Children with Special needs. Tamahar also works towards awareness with different stakeholders, including the larger society, and professionals, and works closely with them. Such work must be spread across and reach many people and places. I appreciate and thank Tamahar for their commendable achievement over the past years. ”



“ I have the privilege of being associated with Tamahar for four months. The staff are articulate and their interaction with guests is very good and warm. It is one of the few institutions that have activities for the various needs of children with intellectual and developmental disorders. And the same quality therapy is given to all the children irrespective of the child’s background. The parents also have easy access to children while in Tamahar so they can reinforce their behavior at home. The idea of having a mothers’ support group is great for them to share their experiences and journey. They share what has been repressed for long. They begin to feel they are not alone. What is beautiful are the different activities they have together like sari day, jeans day, potluck, outings, and other activities that assist in bonding and energizing them to further the journey of assisting their child to reach her/his potential. The fathers’ groups are also beginning to take initiative and become dynamic. PVSW is taking baby steps. The greatest testimonies are of the parents on what Vaishali and her team have done to help their children develop.

My best wishes to the children, parents, and the Tamahar team. ”

Mr. Alvito
From Parents Movement for
Inclusive Development (PMID)

OUR SUPPORTERS



Dr. Anand
Functional Vision Specialist

“Tamahar Trust is one of the rarest trusts I have witnessed that gives need-based service to persons with disabilities especially people with multiple disabilities. These kinds of institutions are very few in India, in Bangalore and not everybody gives so much of comprehensive services for children with multiple disabilities I'm extremely happy with the way they are giving services and I wish them good luck.”



Ms. Deepthi
Music Therapy, Consultant

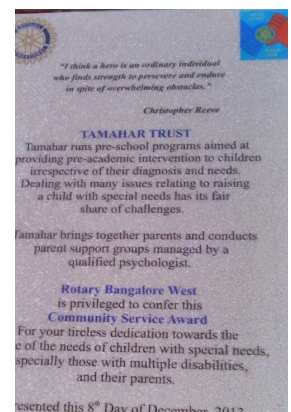
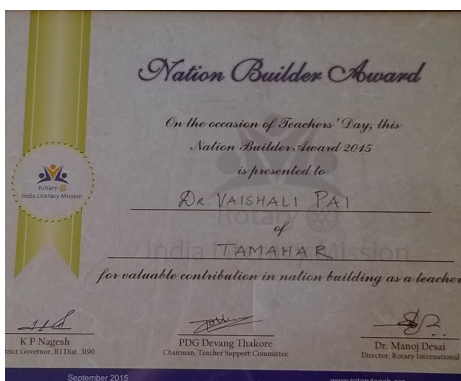
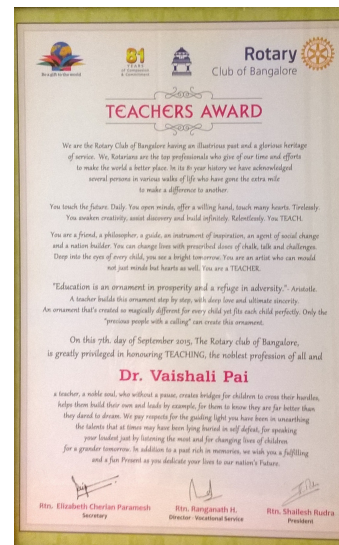
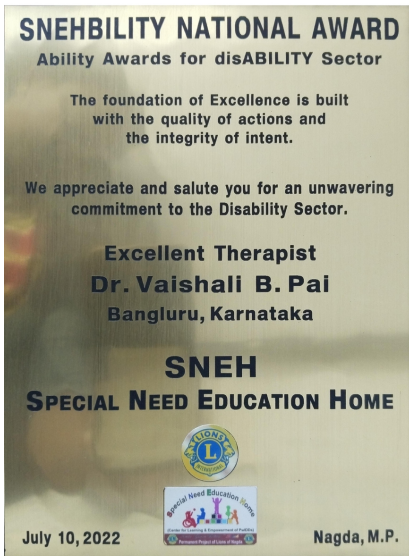
“Tamahar, to me, is my home away from home. A place where I feel extremely comfortable and can always find a willing ear to listen, where I can find so much freedom and a whole lot of unconditional love every time I step in and step out. The kids here are MAGICAL and give me an immense sense of satisfaction and gratitude. As their music therapist, I at times feel like I'm getting therapy by just being in their wholesome presence and singing with them. I consider it to be an absolute blessing and privilege to be a part of their EPIC team and can't wait to create many many milestones together.”



Ms. Chandra
Yoga Therapy, Consultant

“Tamahar has a vision to transform the lives of children with special needs. This not only makes them mold their future but also helps teachers like us to be a part of an inclusive environment.”

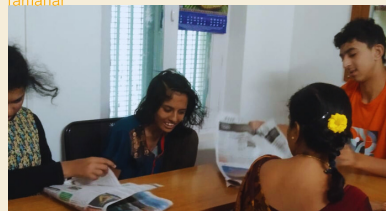
ON THE BASIS OF PERFORMANCE AND ACTIVITY WE RECEIVED ACHIEVEMENT AWARDS



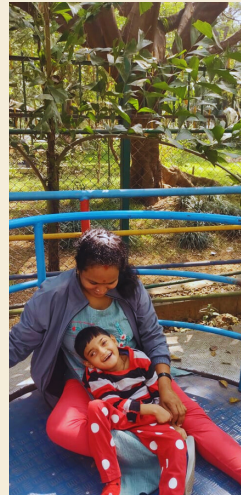


IMAGES

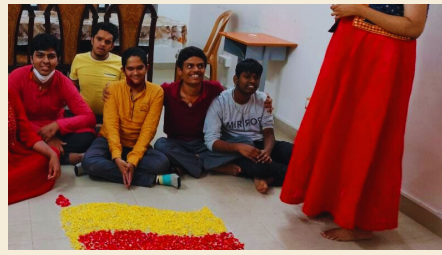
CLASSROOM ACTIVITIES



EXPOSURE VISITS



CELEBRATIONS



THERAPIES



MOTHER SUPPORT GROUP - VISITS



STAFF OUTING





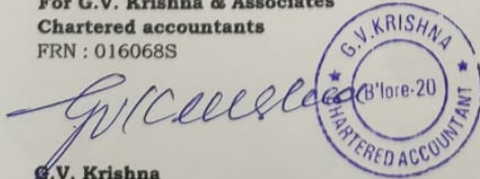
Financial Report FY 2022-2023

Tamahar Trust
Apartment No 301, No 23, Venkat Vihar
12th Main, 15th Cross, Malleshwaram, Bangalore - 560055

Consolidated Balance Sheet as on March 31, 2023

Particulars	Note No	Total As at March 31, 2023	Total As at March 31, 2022
Liabilities			
Corpus Fund			
Opening balance		6,33,902	6,33,902
Add : Current year additions		1,15,000	-
		7,48,902	6,33,902
General Fund			
Opening balance		53,39,321	55,93,224
Add : Current year additions		-	-
Add : Excess of income over expenditure		56,17,675	(2,53,903)
		1,09,56,996	53,39,321
Current Liability			
Sundry Creditors		97,792	1,23,938
Duties & Taxes		1,08,540	92,164
Other Current Liability		10,78,484	1,75,049
Payable to employees		5,41,638	8,94,998
		18,26,454	12,86,149
Total		1,35,32,352	72,59,372
Assets			
Fixed Assets			
	1	9,43,530	3,95,664
Deposits			
Rental Deposits		11,40,000	7,70,000
Other deposits		10,30,000	30,000
Cash and Bank Balances			
Cash in Hand		1,697	1,746
Balance in Happay & Prepaid card		38,582	-
Balance with current account		64,06,695	31,70,874
Balance with FCRA Account		5,52,930	8,42,667
Balance with Fixed Deposits account		33,20,880	20,22,772
Loans and advances			
TDS receivables		6,800	649
Advances to employees		14,070	25,000
Other Current Assets		77,168	-
		-	-
Total		1,35,32,352	72,59,372

As per our report of even date
For **G.V. Krishna & Associates**
Chartered accountants
FRN : 016068S



G.V. Krishna
Chartered Accountant
Membership No : 028109
UDIN: 23028109364XPV6772

Place: Bangalore
Date: 29/08/2023

For and on behalf of
Tamahar Trust
PAN : AABTT8544P

K Bhaskar Pai
Trustee

A S Arvind
Trustee



Place: Bangalore
Date: 29/08/2023

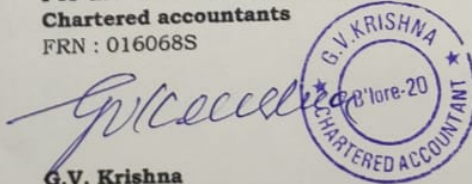


Tamahar Trust
Apartment No 301, No 23, Venkat Vihar
12th Main, 15th Cross, Malleshwaram, Bangalore - 560055

Consolidated Income & Expenditure for the period ended March 31, 2023

Particulars	Total For the FY 2022-23	Total For the FY 2021-22
Income		
Donations - Domestic	1,59,45,758	85,38,026
Donations - FCRA	23,14,206	11,17,827
Participation Fees	90,084	4,79,210
Interest Income	1,30,514	1,10,327
Profit on sale of shares	-	1,32,739
Other Income	45,067	24,077
Total Income	1,85,25,629	1,04,02,206
Expenditures		
Employee Cost	79,91,670	86,57,550
Depreciation	3,05,586	67,649
Bank Charges	25,713	7,916
Consultancy & Professional Charges	15,14,518	8,28,724
Brokerage Paid	-	50,000
Rent	17,88,200	4,92,988
Repairs & Maintenance	1,49,721	32,958
Accounting Fees	1,32,600	1,10,000
Office Expenses	1,61,988	78,357
Subscription and Membership	11,675	1,634
Website Expenses	91,401	1,18,000
Audit Fee	23,600	20,000
Power, Fuel & Water	1,23,368	65,813
Rates & Taxes	7,500	4,651
Printing Stationary	79,127	27,224
Staff Welfare expenses	1,17,588	9,842
Communication Expenses	11,857	51,044
Travelling & conveyance	50,838	31,759
Auxiliary Therapy Expenses	71,575	-
Event Expenses	2,29,952	-
Miscellaneous Expenses	19,476	-
Total Expenditure	1,29,07,954	1,06,56,109
Excess of Income over Expenditure	56,17,675	-
Excess of Expenditure over Income	-	(2,53,903)

As per our report of even date
For **G.V. Krishna & Associates**
Chartered accountants
FRN : 016068S



G.V. Krishna
Chartered Accountant
Membership No :028109
UDIN:33028109064xPV6772

Place: Bangalore
Date: 29/08/2023

For and on behalf of
Tamahar Trust
PAN : AABTT8544P

K Bhaskar Pai A S Arvind
Trustee Trustee



Place: Bangalore
Date: 29/08/2023

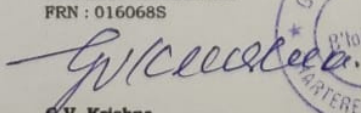


Tamahar Trust
Apartment No 301, No 23, Venkat Vihar
12th Main, 15th Cross, Malleshwaram, Bangalore - 560055

Consolidated Receipts & Payments for the period ended March 31, 2023

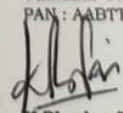
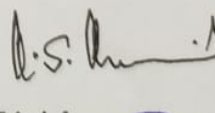
Particulars	Total For the FY 2022 23	Total For the FY 2021-22
Receipts		
Opening balance		
Cash in hand	1,746	3,676
Balance with banks	40,13,541	34,40,834
	40,15,287	34,44,510
Current year Receipts		
Interest Income	1,16,547	1,05,743
Bank Balance withdrawn	-	14,00,000
Donations Received	1,82,59,964	96,67,292
Participation Fees	90,084	4,72,210
Other Income	45,067	11,689
Corpus fund receipts	1,15,000	-
Receipt from Sale of Shares	-	11,55,604
Income tax refund received	680	1,461
Rent Deposits/Fixed deposits received	20,22,772	-
Duties and Taxed reimbursed	1,75,931	-
	-	-
Total - A	2,48,41,332	1,62,58,509
Payments		
Employee Cost	72,86,317	77,24,603
Rent	17,88,200	4,66,251
Audit Fee	23,600	-
Accounting Fees	1,32,600	36,000
Subscription and Membership	11,675	98,834
Consultancy & Professional Charges	14,90,918	7,59,502
Office Maintenance	-	30,026
Power, Fuel & Water	1,23,368	23,085
Communication Expenses	11,857	47,044
Website Expenses	91,401	-
Repairs & Maintenance	1,49,721	33,398
Printing Stationary	79,127	27,224
Staff Welfare expenses	1,17,588	18,947
Travelling & conveyance	50,838	31,401
Office Expenses	1,61,988	48,114
Duties and Taxes Paid/reimbursed	12,33,482	8,08,726
Rates & Taxes	7,500	4,651
Rent Deposits Paid	5,00,000	5,00,000
Bank Deposits	33,20,880	15,00,000
Other Deposits/advances	80,000	30,000
Brokerage Paid	-	47,500
Bank Charges	25,713	7,916
Auxiliary Therapy Expenses	71,575	-
Event Expenses	2,29,952	-
Purchases of Fixed Assets	8,33,652	-
Miscellaneous Expenses	19,476	-
Total	1,78,41,429	1,22,43,222
Closing Balances		
Cash in hand	1,697	1,746
Balance with bank	69,98,207	40,13,541
Total - B	69,99,904	40,15,287

As per our report of even date
For G.V. Krishna & Associates
Chartered accountants
FRN : 016068S


G.V. Krishna
Chartered Accountant
Membership No :028109
UDIN:23028109367XPV6772

Place: Bangalore
Date: 29/03/2023

For and on behalf of
Tamahar Trust
PAN : AABTT8544P

 
K Bhaskar Pai **A S Arvind**
Trustee Trustee

Place: Bangalore
Date: 29/03/2023





Tamahar Trust
Apartment No 301, No 23, Venkat Vihar
12th Main, 15th Cross, Malleshwaram, Bangalore - 560055

1

Schedule for Fixed Asset and Depreciation as on March 31, 2023

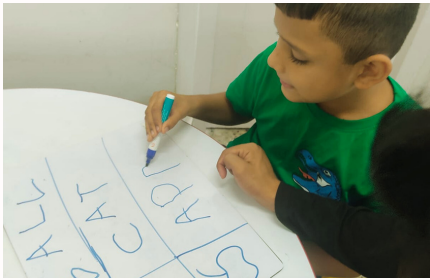
Particulars	WDV as on Apr 01, 2022	Addition 180 days >	Addition 180 days <	Deletion	Total	Depreciation	WDV as on Mar 31, 2023
Block - I (10%)							
Furniture	79,553	1,27,270	-	-	2,06,823	20,682	1,86,141
Block - II (15%)							
Equipment	2,59,755	1,26,237	39,600	-	4,25,592	60,869	3,64,723
Toys	50,183	-	-	-	50,183	7,527	42,656
Block - III (40%)							
Printer	6,173	-	-	-	6,173	2,469	3,704
Lease hold premises	-	5,09,845	-	-	5,09,845	2,03,938	3,05,907
Computer	-	-	50,500	-	50,500	10,100	40,400
Grand Total	3,95,664	7,63,352	90,100	-	12,49,116	3,05,586	9,43,530
Previous Year	4,63,313	-	-	-	4,63,313	67,649	3,95,664





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Account Number: 007805008884
IFSC Code: ICIC0000078
ICICI Bank, 5th Cross, Malleshwaram
Branch, Bangalore 560003



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(<https://payments.cashfree.com/forms/tamahartrust>)

Support us and avail tax benefit.
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+91 9663325766

 www.tamahar.org

 tamahar@gmail.com



TAMAHAR CENTER FOR CHILDREN WITH DEVELOPMENTAL DISABILITY



KNOW MORE ABOUT US



PROJECT SITE 1

#15/2, 11TH MAIN RD, 13TH CROSS,
MALLESWARAM, BENGALURU,
KARNATAKA 560003



PROJECT SITE 2

NO. 55/1, GROUND FLOOR, EAST PARK
ROAD, 15TH CROSS, OPPOSITE
BEAGLES BASKETBALL COURT GATE 1,
MALLESWARAM, BENGALURU -560055



REGD OFFICE:

301, 23 VENKAT VIHAR APART,
12TH MAIN, 15TH CROSS,
MALLESWARAM, BANGALORE
560055

 +91 9663325766

 tamahar@gmail.com



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