



Hridya
From The Heart

TAMAHAR TRUST
2021-22





Tamahar

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Tamahar

BOARD OF TRUSTEES



DR K BHASKAR PAI | MANAGING TRUSTEE
SR CONSULTANT, GENERAL & LAPAROSCOPIC SURGEON,
APOLLO HOSPITAL, SESHADRI PURAM, B'LORE



DR NEELIMA RAO | TRUSTEE
MD & DCH, PGDAP, CONSULTANT PAEDIATRICIAN,
MANIPAL HOSPITAL, B'LORE



RAMAKRISHNA Y B | TRUSTEE
EX-CHAIRMAN OF WORKING GROUP ON BIO-FUELS
AT MINISTRY OF PETROLEUM & NATURAL GAS,
GOVERNMENT OF INDIA



DR A S ARVIND | TRUSTEE
MD, FRCP, ADVISOR TO BACC HEALTHCARE PVT LTD,
ECRONACUNOVA, QUARK PHARMACEUTICALS,
TATA INDUSTRIES, & MEDALA HOSPITALS



Tamahar

DIRECTOR'S STATEMENT

2 years of the pandemic have rolled by, teaching us so much, and through all that sadness, anxiety, fear, we made it. Our best wishes to all who fought their way through, and support to all those who had to go through tragedy. We will emerge stronger

Tamahar did emerge stronger. We are very happy to report that 11 out of the 50 children who attended online classes, managed to graduate to the next levels, and we proudly presented them to the world as we celebrated Aarohan (Graduation Day) on June 11th, 2022, on-site after 2 years. It was amazing to see how the children managed to embrace online learning, and soon master it. They taught us to be resilient, patient, and showered all their love on us.

Getting back to on-site classes was a riot, laughter, excitement and fun all around. Wonderful meeting parents, caregivers, donors, and all the people who make Tamahar family. A big thank you to all of you who have stayed with us, supported us, and most importantly, believed in us. We are stronger because of you

Hoping to meet all of you in person soon

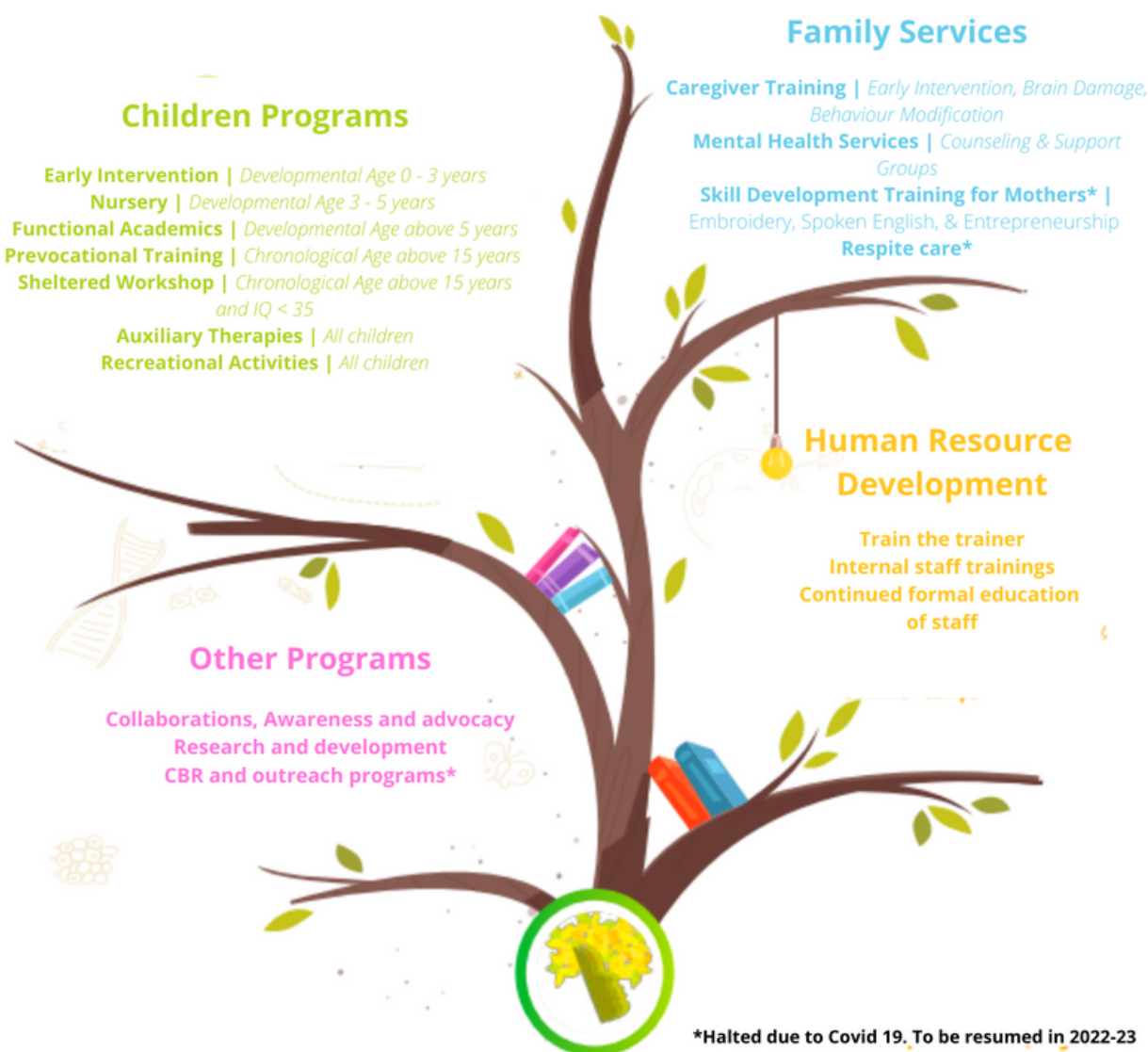


VAISHALI PAI
FOUNDER & DIRECTOR



Tamahar

OUR APPROACH



Our motto is 'Looking Beyond Survival'. The services provided to both children and their families, along with the creation of human resources in this sector, work on the principle of self-respect, self-reliance, and overcoming challenges.

ABOUT US

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 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. Our Motto is 'Looking Beyond Survival'.

VISION

Prevention & Alleviation of developmental disability in children with brain damage

MISSION

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

CORE VALUES

Opportunity - For a person to grow as an individual & develop 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



Tamahar

COO WRITES

We are back on our toes!

Our Chikkabidarakallu branch, which we started in 2021 August is stabilizing and giving us hopes of reach out. Early Intervention and the Pre-vocational & Sheltered Workshop programs are growing. All children are looking forward to be back and participate in all the programs that we offer them. The Mothers' Skill Development Program, fathers' support group are the programs that need to restart.

Thank you, all the donors of year 2021-22! We would not have crossed 13 years without your support and trust.

We are raring to grow, impact the lives of our special children around us



TRIPTI B. G.

COO



Tamahar

OUR PROGRAMS

All our core intervention programs are scientifically designed, based on a combination of globally standardized best practices & aligned with Goal 4 of the Sustainable Development Goals (SDGs) outlined by the United Nations which focuses on Quality Education, Goal 3 that talks about Good Health & Wellbeing, Goal 8 focusing on Decent Work & Economic Growth, & Goal 10 for Reduced Inequalities.

CORE INTERVENTION

Early Intervention | Nursery Program | Functional Academics
Pre-Vocational Training | Sheltered Workshop

AUXILIARY THERAPY

Music | Yoga Therapy | Speech Therapy
Physiotherapy | Occupational Therapy



FAMILY PROGRAMS

As part of our holistic intervention model, we offer services to the entire family. Our approach to family-centered care involves first and foremost viewing the parent as a separate, independent, autonomous being with their own needs. It includes, among other things, mental health support and skill development to improve the quality of their life and summer camps.

PARENT CAREGIVER TRAINING

This is a hands-on training program for Early Intervention (EI) to parents with kids in the EI program & classroom training to other parents, on brain damage, child development, behaviour modification, etc., to help them continue therapy as a part of their daily routine at home, accept their child's condition, & make the best of their family lives is a big part of our intervention. We're very pleased this went on smoothly all year round.

MENTAL HEALTH PROGRAMS

Raising a child with special needs is a highly stressful job & the parents need all the support they can get. Aiming to prevent burnout, remain emotionally healthy, & to create a long-term support system between parents, we provide mother/father/sibling support groups & individual counseling sessions, conducted by our Mental Health Services team, this has been a transformative program for many families. It aligns with Goal 3 of SDGs, Good Health & Well being

SKILL DEVELOPMENT PROGRAM

We've introduced this program to develop latent skills of mothers of children attending Tamahar's programs & are planning to expand that to include entrepreneurial skills training. This is aimed at helping mothers become financially active & self-reliant, realize their potential by turning their skills into a vocation. Currently, we have Embroidery, Tailoring, & Spoken English sessions. In future, we want to add Computer classes. This aligns with SDG Goal 8, 'Decent Work & Economic Growth'.

OUR STAFF = OUR LIFE FORCE



Tamahar

Our staff is our life force. We were able to grow and endure the tough times thanks to their commitment. We always strive to create a supportive & encouraging work environment for our staff so that they can seamlessly provide services to our families..

They're the ones who ensure every program runs smoothly & that no child is made to sit in a program that doesn't fit their specific needs. They're the ones who ensure every therapy program is designed in keeping with the intellectual abilities of the individual.

At Tamahar, our staff are encouraged to aspire for growth & they do it with great gusto and amazing levels of excitement!

29
FULL TIME
STAFF

5
PART TIME
STAFF

3
CONSULTANTS

1
HONOURARY
MEMBER



VOLUNTEERING & INTERNSHIP



At Tamahar, we actively encourage volunteers from all walks of life to spend time with our children & 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 2021-22, 12 students and community members volunteered with us.



Students from Mount Carmel College at Tamahar

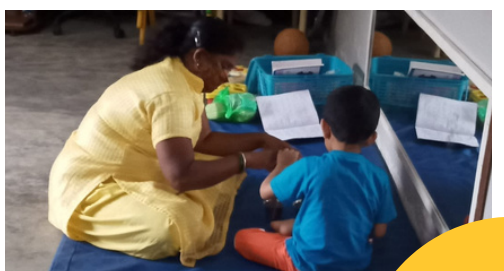


Tamahar

HIGHLIGHTS OF THE YEAR - BACK TO SCHOOL

We continued providing our services online through 2020-21. During the first year of the pandemic we focused on surviving the circumstances whereas in 2021 we thrived as the programs operated smoothly online. We were able to increase the number of sessions per week, conduct Physical and Occupational therapy online and even had regular yoga and music therapy classes throughout the year.

As the rules of lockdown began to be eased, we gradually began our routine on-site classes for a few children at a time.



HIGHLIGHTS OF THE YEAR - HOLISTIC INTERVENTION

At Tamahar, we implement an Integrated and Holistic Intervention Model, wherein we work on every aspect of a child's life that impacts him/her with the goal of developing rounded personalities capable of better inclusion. This includes everything from developmental intervention, medical counseling to mental health and skill development programs for parents to help relieve economic/emotional stress in the family.



TELEREHABILITATION

Pandemic lock downs posed a high risk of regression in children with disabilities- due to inaccessibility. Our Therapists worked relentlessly to provide the intervention that children needed using all tools at their disposal - video, audio, instructions etc. Although difficult at first, they were able to provide regular online therapy sessions for children. With their hardwork and dedication, they were not only able to arrest regression in all children but also saw improvements in some children which could contribute towards their growth in the future

KALAANGANA 2022

Kalaangana is a one of the kind talent competition for children with special needs held annually. Every year we encourage our children to participate in the event every year. Events include in drawing, singing, dancing, fancy dress and yoga. Our team came away from 6 prizes - 1st Prize for Gagana in Dancing, 4 special Prizes and our EI Program Manager, Mrs Lakshmi won the 'Best Teacher' award. Mrs Sowmya mother of one of children with special needs enrolled at Tamahar, received the 'Caregiver Excellence' award.



INTERVENTION SUCCESS STORY

Riyaanshi is a sweet child with loving parents. When she first joined our Early Intervention program she was mostly non-verbal. We got to work to improve all her areas of development with primary focus being cognition and communication. Through Intervention and play, we created opportunities for her to communicate and imitate rewarding her responses with desired activity/play. We also assisted the mother in applying these methods at home and use communication apps on mobile. Over the last year we saw considerable improvement in her and Riyaanshi is now a happy child who is now starting to communicate and indicate what she wants.



AAROHAN 2021-22



We finally met after two long years! It was a wonderful evening in June, 2022 when the Tamahar family got together and celebrated our children's successes. Not even a pandemic could dampen the spirits of our children and they continued to grow and blossom.

12 children progressed through their programs to the next level and we couldn't be more proud! Mrs Sowmya, mother of Sri Vishnu enrolled in our Nursery program, won the "Best Caregiver Award" in Kalaangana 2022 was recognised for her commitment, compassion and love throughout the years. 8 children were also recognised for their excellent attendance.





Tamahar



TESTIMONIES



Tamahar

Tamahar has not just been a working space to me but also feels home. The support I have gotten from , Vaishali ma'am Tripti ma'am Sree and the team has been immense and makes me feel empowered.

My work at Tamahar has been extremely rewarding and fulfilling. It aligns to my passion and life goals. The learning I have had over these months here is vast and purposeful.

Extremely grateful to be a part of the Tamahar family and be loved here.



Ms. Umaina Hafeez,
Clinical Psychologist, Mental Health Department
Tamahar

I have been working with special needs children for the past 4 years at Tamhar Institute. Every day I have a desire to teach new and energetic children, our children are our inspiration.

Heartfelt thanks to Tamhar Trust for giving this golden opportunity.



Mrs Sumati C
Pre Vocational & Sheltered Workshop Manager
Tamahar trust

We feel that we have benefited a lot after joining our child in Tamahar. Riyaanshi would not talk much before but now she is able to communicate a little and there is a change in her behaviour also. We are thankful for Mrs Pushpa and her team who treat Riyaanshi like their own child and the whole Tamahar team, Tripti & Vaishali ma'am, cooperate with us and make us feel very happy.



Mr Amar Giri
Father of Baby Riyaanshi, enrolled in our Nursery Program

OUR PARTNERS



Tamahar



Shri. Murli Menon

Director & Chief Security Officer GDC India, Head of Corporate Social Responsibility Atos (India)

Diversity and Inclusion is one of the major areas given importance by Atos and the required thrust for its commitment is extended by the company through its Corporate Social Responsibility initiatives. Atos decided to support Tamahar Trust under this initiative, who is providing appropriate interventions, to the families of children having developmental delay due to brain damage. These efforts by Tamahar not only gives an opportunity for brain damaged children, to improve from their existing conditions but also to make them usable for the Society in future.

FUNDING PARTNERS



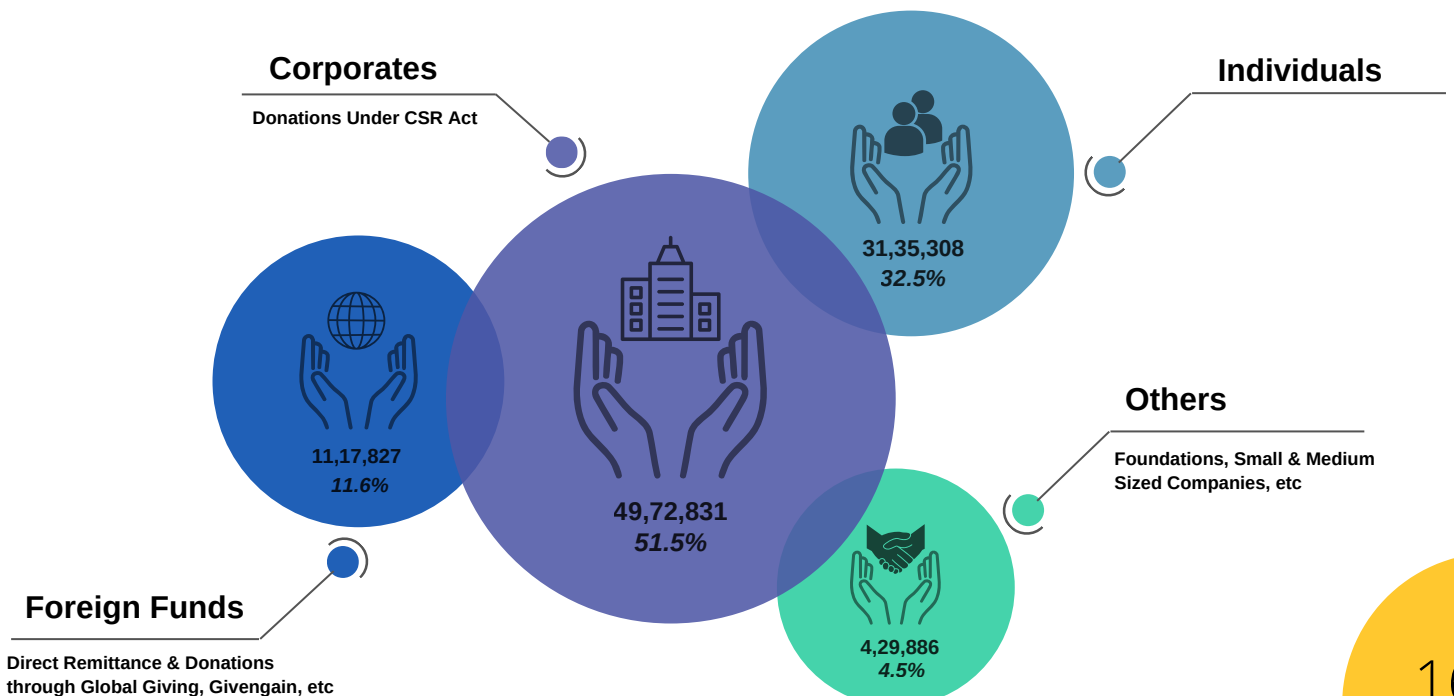
OUR PARTNERS



PROGRAM & STRATEGIC PARTNERS



FUNDS RAISED



BALANCE SHEET

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

Balance Sheet as on March 31, 2022

Particulars		Note No	As at March 31, 2022	As at March 31, 2021
I	Liabilities			
1	Corpus Fund			
	Opening balance		6,33,902	4,93,902
	Add : Current year additions		-	1,40,000
			6,33,902	6,33,902
2	General Fund			
	Opening balance		55,93,224	42,59,713
	Add : Current year additions		-	-
	Add : Excess of income over expenditure		(2,53,903)	13,33,511
			53,39,321	55,93,224
3	Current Liability			
	Creditors		1,23,938	-
	Duties & Taxes		92,164	-
	Other Current Liability		1,75,049	8,93,211
	Payable to employees		8,94,998	-
			12,86,149	8,93,211
Total			72,59,372	71,20,337
II	Assets			
1	Fixed Assets	1	3,95,664	4,63,313
2	Investment			
	Investment in Shares		-	10,22,865
3	Deposits			
	Rental Deposits		7,70,000	2,70,000
	Other deposits		30,000	-
4	Cash and Bank Balances			
	Cash in Hand		1,746	3,676
	Balance with current account		31,70,874	34,40,834
	Balance with Fixed Deposits account		20,19,046	19,01,270
	Balance with FCRA Account		8,42,667	-
5	Loans and advances			
	TDS receivables		649	-
	Advances to employees		25,000	18,379
	Other Current Assets		3,726	-
				-
Total			72,59,372	71,20,337


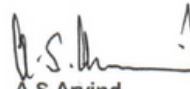
As per our report of even date
For G.V.Krishna & Associates
Chartered accountants
FRN : 016068S




G.V.Krishna
Chartered accountant
Membership No : 0028109
UDIN: 22028109A0F3IW5388

Place: Bangalore
Date: 29/08/2022

For and on behalf of
Tamahar Trust
PAN : AABTT8544P



K Bhaskar Pai
Trustee
A S Arvind
Trustee

Place: Bangalore
Date: 29/08/2022



BALANCE SHEET

Tamahar Trust
Apartment No 301, No 23, Venkat Vihar
12th Main, 15th Cross, Malleshwaram, Bangalore - 560055
Income & Expenditure for the period ended March 31, 2022

Particulars	Note No	As at March 31, 2022	As at March 31, 2021
Income			
Donations - Domestic		85,38,026	53,93,422
Donations - FCRA		11,17,827	12,93,377
Participation Fees		4,79,210	12,95,210
Donations - Shares		-	12,57,848
Interest Income	2	1,10,327	74,418
Profit on sale of shares		1,32,739	-
Other Income	3	24,077	19,760
Total Income		1,04,02,206	93,34,035
Expenditures			
Employee Cost	4	86,57,550	69,19,733
Depreciation		67,649	81,028
Bank Charges		7,916	-
Consultancy Fee		8,28,724	3,46,803
Brokerage Paid		50,000	-
Rent		4,92,988	2,42,247
Repairs & Maintaiance		32,958	1,74,287
Accounting Fees		1,10,000	53,000
Office Expenses		78,357	41,449
Loss on Sale of Share		-	29,309
Subscription and Membership		1,634	20,698
Website Expenses		1,18,000	-
Audit Fee		20,000	20,000
Power, Fuel & Water		65,813	19,784
Rates & Taxes		4,651	16,898
Printing Stationary		27,224	9,377
Staff Welfare expenses		9,842	9,065
Communication Expenses		51,044	6,132
Travelling & conveyance		31,759	10,714
Total Expenditure		1,06,56,109	80,00,524
Excess of Income over expenditure		(2,53,903)	13,33,511


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

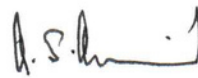

G.V.Krishna
Chartered accountant

Nemmbership No :0028109
UDIN:22028109AQBFIW5388

Place: Bangalore
Date: 29/08/2022

For and on behalf of
Tamahar Trust
PAN : AABTT8544P


K Bhaskar Pai
Trustee


A S Arvind
Trustee

Place: Bangalore
Date: 29/08/2022



BALANCE SHEET

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

Receipts and Payments for the period ended March 2022

Particulars	As at March 31,2022	As at March 31,2021
Receipts		
Opening balance		
Cash in hand	3,676	2,326
Balance with banks	34,40,834	25,65,271
	34,44,510	25,67,597
Current year Receipts		
Interest Income	1,05,743	68,542
Bank Balance withdrawn	14,00,000	17,99,736
Donations Received	96,67,292	66,86,799
Participation Fees	4,72,210	12,93,110
Other Income	11,689	10,866
Corpus fund receipts	-	1,40,000
Receipt from Sale of Shares	11,55,604	2,05,674
Income tax refund received	1,461	65,819
Rent Deposits received	-	4,53,600
Total - A	1,62,58,509	1,32,91,743
Payments		
Payment to Employees	77,24,603	69,51,561
Rent	4,66,251	2,03,131
Accounting Fees	36,000	49,700
Subscription and Membership	98,834	20,698
Consultancy Fee	7,59,502	3,36,066
Office Maintainance	30,026	40,796
Power, Fuel & Water	23,085	574
Communication Expenses	47,044	6,132
Repairs & Maintaiaance	33,398	15,150
Printing Stationary	27,224	8,029
Staff Welfare expenses	18,947	18,661
Travelling & conveyance	31,401	3,473
Miscellaneous expenses	-	1,701
Office Expenses	48,114	7,241
Duties and Taxed Paid	8,08,726	61,401
Rates & Taxes	4,651	2,919
Rent Deposits Paid	5,00,000	20,000
Bank Deposits	15,00,000	21,00,000
Other Deposits	30,000	-
Brokerage Paid	47,500	-
Bank Charges	7,916	-
Total	1,22,43,222	98,47,233
Closing Balances	40,15,287	34,44,510
Cash in hand	1,746	3676
Balance with bank	40,13,541	34,40,834
Total - B	40,15,287	34,44,510

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:22028109AGFBINS388

Place: Bangalore

Date: 29/08/2022

For and on behalf of

Tamahar Trust

PAN : AAHTT8544P

K Bhaskar Pai

Trustee

Place: Bangalore

Date: 29/08/2022

A S Arvind

Trustee



BALANCE SHEET

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, 2022

Particulars	WDV as on Apr 01, 2021	Addition < 180 days	Addition > 180 days	Deletion	Total	Depreciation	WDV as on Mar 31, 2022
Block - I (10%)							
Furnitures	88,392	-	-	-	88,392	8,839	79,553
Block - II (15%)							
Equipment	3,05,594	-	-	-	3,05,594	45,839	2,59,755
Toys	59,039	-	-	-	59,039	8,856	50,183
Block - III (40%)							
Printer	6,083	-	-	-	6,083	2,433	3,650
Software	4,205	-	-	-	4,205	1,682	2,523
Grand Total	4,63,313	-	-	-	4,63,313	67,649	3,95,664
Previous Year	5,44,341	-	-	-	5,44,341	81,028	4,63,313

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Tamahar Trust
PAN : AABTT8544P

K Bhaskar Pai
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A S Arvind
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G.V. Krishna
Chartered Accountant
Membership No : 028109
UDIN: 22028109AGFBIWS388

Place: Bangalore
Date: 29/03/2022

Place: Bangalore
Date: 29/03/2022



BALANCE SHEET

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

Notes to accounts


Particulars	As at March 31,2022
2 Interest Income	
Interest from SB account	77,256
Interest on FD	31,610
Interest on IT refund	1,461
Total Interest Income	1,10,327
3 Other Income	
Diya Sales	4,620
Income From Dividends	6,478
Sale of Old Paper	1,240
Seed Bomb Sales	11,739
Total Other Income	24,077
4 Employees Cost	
Salary to employees	86,57,550
Total Employee cost	86,57,550

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


G.V. Krishna
Chartered Accountant
Membership No : 028109
UDIN: 22028109A8FBIW5388



For and on behalf of
Tamahar Trust
RAN : AABTT8544P


K Bhaskar Pai
Trustee


A S Arvind
Trustee

Place: Bangalore
Date: 29/03/2022

Place: Bangalore
Date: 29/03/2022





Get Involved
contact@tamahar.org



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