



Animal Assisted Interventions

Annual Report 2020–21



ANIMAL ASSISTED INTERVENTIONS

PHASE 1: SETTING UP FRAMEWORK AND FOUNDATIONAL ACTIVITIES

Vision

For Animal Assisted Interventions (AAI) to become a viable and scientific therapeutic model of mental health and disability in India, aiding traditional therapies.

Mission

Designing a successful scientific module of AAI for persons with disabilities in a structured way by creating meaningful partnerships with organizations working closely with the under-resourced along with servicing those with means, and allowing AAI into the Indian mainstream as an effective and strategic tool of mental health and disability.

Introduction

Mental health and disability have been major concerns worldwide, and low- and middle-income countries have particularly lacked resources to cater to special needs and there remains a massive unaddressed need within the population. The treatment gap has been found to be 76-85% in less-developed countries (Srivastava, Chatterjee & Bhat, 2016). In India, inadequacy exists in infrastructure as well as human resources, and a large proportion of the population is unable to access the available resources because of the high out-of-pocket healthcare expenditures and suffers the adverse consequences of poor quality of care. There is also immense stigma that surrounds mental health and owing to the lack of awareness, which often leads to ill-treatment of individuals with intellectual disabilities, especially in impoverished communities. There have been instances recorded in Ahmedabad wherein such individuals are tied up in a single room all day in the most unhygienic conditions, or are subjected to abuse which is often sexual in nature too. They are not given the care and treatment they need, but are discarded and disregarded. Sometimes illiteracy also makes their families believe that they are cursed and are being punished for their ill deeds in a past life. This social stigma prevents them for leading a life with dignity and respect that is our every human being's birth right. Qi To Happiness Foundation aims to not only provide treatment models for such individuals, but also give them some happiness and laughter through that process.

It's crucial today to gather as many resources possible and execute successful scientific therapeutic models that are accessible to those that are under-resourced. Animal Assisted Therapy (AAT) is one such form of therapy that has proved to be extremely successful globally. For centuries, people have noticed the positive influence animals have on human functioning (Nimer & Lundahl, 2007). It uses animals to help individuals deal with mental, emotional, behavioural and physical issues. A team of a qualified therapist and a certified therapy animal can alleviate a range of issues by strategizing specific therapeutic goals and outcomes. The

presence of an animal, especially a dog, acts as an ice-breaker and catalyses communication, enhancing therapeutic outcomes when done in conjunction with traditional therapies (Chandler, 2005). Animals are accepting, non-threatening and non-judgemental, making it easier for people to open up. Many different animals are useful for therapeutic purposes, most popularly dogs, but also horses, dolphins, llamas, rabbits and other animals. AAT can take place in a variety of settings, including hospitals, nursing homes, rehabilitation centres, geriatric care facilities, orphanages, boarding schools for teens and mental health facilities.

Qi To Happiness Foundation is an initiative to create ground for AAT, amongst other Animal Assisted Interventions, to become mainstream in India and find the acceptance that it deserves. This will also bring about a huge difference in the lives of the differently-abled and socially challenged individuals who will benefit from such interactions. It is a long-term plan, however, in its first year, Qi To Happiness Foundation aims to tie up with four organizations providing assistance to persons with disabilities and/or underprivileged communities. Structured and goal-oriented sessions will be taken, allowing the therapist to assess progress individual progress made. These goals will be set by the Animal Assisted Therapist in accordance with the goals chalked out by the organization's representatives, assisting the organization with the work they are doing with their clientele. However, due to the COVID-19 pandemic, a delay in the initiation of the formal program is expected. This interim period will be utilized to build a foundation with each organization to ensure smooth functioning of the program.

Background of AAT

The use of AAT was first seen by the Father of Psychoanalysis, Sigmund Freud. He informally used his dog, Jo-Fi into therapy and noticed that Jo-Fi had a calming effect on his patients, in particular children. AAT has now gone on to become a more scientific and structured practice, with immense research reflecting its benefits.

AAT has proved to be beneficial across settings for a variety of individuals. It can bring positive outcomes in the following four areas (Nimer & Lundahl, 2007):

1. Autism-spectrum symptoms such as positive social interaction skills, decrease in self-absorption and increased communication
2. Medical difficulties such as heart rate, blood pressure, fine or gross motor skills and coordination
3. Behavioural problems such as verbal resistance, aggression, violence or compliance with rules
4. Emotional well-being such as anxiety, depression or fear

Research suggests that human-animal interaction significantly improves social functioning, decreases depression, anxiety and behavioural disturbances (Virues-Ortega et al., 2012), significantly decreases trauma symptoms including anxiety, depression, anger, post-traumatic

stress disorder, dissociation and sexual concerns in children (Dielitz, Davis & Pennings, 2012), and assists in anger management with benefits including a calming effect, humour relief and increased feelings of safety, and experience of empathy and motivation to attend sessions (Lange, Cox, Bernert & Jenkins, 2007). Newer research has also targeted educational settings of severely-challenged children diagnosed with Attention Deficit Hyperactive Disorder, conduct disorder and developmental disorders, with outcomes indicating inclusion of animals being beneficial and children's positive behaviours being carried over to other structured settings (Katcher & Wilkins, 2006). Children with Down syndrome have shown improvement in verbalization and recognition of persons, while decreasing impulsiveness (Griffioen & Enders-Slegers, 2014). It has also shown results with visual motor integration, and there is scope for improvement of balance and postural control (Satiansukpong, Pongsaksri & Sasat, 2016). For children with cerebral palsy, AAT has shown significant improvement with symmetry of muscle activity in muscle groups displaying the highest asymmetry prior to therapy (Benda, McGibbon & Grant, 2003).

Organization background

Qi To Happiness Foundation is a one-of-its-kind facility in India that provides AAI with its in-house certified therapy dogs, Maska, Malai and Kulfi. All three therapy dogs are 2 year old golden retrievers who have been rigorously trained in accordance with international standards. We also believe that to achieve our vision, we would need a dream team that would be able to take us in the right direction. Hence, along with the three therapy dogs, a team of a qualified therapist and trained dog handlers will provide care to the specified populations using Animal Assisted Interventions. We have on board with us, Ms. Ruwab Khemchandani who is currently pursuing her doctoral studies in Behavioural Sciences from National Forensic Sciences University and is visiting faculty of Psychology at St. Xavier's College (Autonomous), Ahmedabad, and Ms. Salomi Gupte who is a canine behaviourist and trainer and has received her training from Shirin Merchant and John Rogerson. We also have trained dog trainers who will be facilitating the therapeutic process and caring for the therapy dogs. It is an initiative to create ground for AAI to become mainstream in India and find the acceptance that it deserves owing to the wondrous therapeutic powers of dogs. We aim to bring about a huge difference in the lives of persons with disabilities, which will not only benefit them, but also eventually, in the grand scheme of things, improve their quality of life. As we envision it, the image of dogs in India will improve too as they will be ambassadors of healing.

Qi To Happiness Foundation also recognizes the lack of access to different kinds of therapies in under-resourced communities. This is why there has been a natural transition from for-profit to non-profit, which would enable the Foundation to reach out to communities that need these interventions more than anybody else. The charity has, until now, provided comfort and relief to many struggling with anxiety, depression, grief, trauma, etc. or dealing with disorders such as autism, ADHD, cerebral palsy, etc. We aim to replicate these benefits in communities that would, otherwise, not have access to such a therapeutic model.

Objective

AAI has been an extremely effective model of caregiving, but it is largely unheard of and unrecognized in India. It is imperative, thus, that a professional, scientific, and well publicized program be initiated in India. The wheel does not have to be re-invented, but the ground must be built to replicate the western model and its success. Qi To Happiness Foundation will provide AAI services to four registered organizations in Ahmedabad that directly work with persons with disabilities and/or impoverished communities. This service will be provided free of cost to them and will be undertaken by external donors who will cover the cost of maintaining the team and the expenses of delivering this service. Since the COVID-19 pandemic has delayed this process, until the programme begins, the charity has been working with these targeted organizations continues through foundational activities. These foundational activities have ensured that staff members of each partner organization are informed about the process and activities of AAI, the research parameters to be adhered to, and are acquainted with each therapist and therapy dog. These activities have also ensured that the infrastructure is set up for smooth functioning of the program with minimal stress on the therapy dogs or clients.



Methodology

For the formal program, a team of 3 trained and certified therapy dogs with a 5-member handler/therapist team would be visiting 4 organizations once a week. A total of 02 individual therapies and 04 group therapies would be done per visit. This would cover a total of 26 individuals per week, and 104 individuals per month. Progress will be evaluated by the Animal Assisted Therapist and an organization representative, who might be the teacher or counsellor, with use of standardized tools. The goals could be in the cognitive, emotional, behavioural, social or physical domain. Depending upon the domain, specific therapeutic activities that could assist with the achievement of goals such as walking the dog, petting the dog, playing with the dog, talking to the dog, reading to the dog, etc. will be determined.

Do to the COVID-19 pandemic, the formal program has been on hold. In the interim, a plan has been formulated with each organization to work on foundational activities, which include working with the organization's staff members and infrastructure, setting up research parameters as well as training one point person in each organization to assist with program activities. These foundational activities will ensure a smooth transition into the formal program once these organizations are able to begin their work normally.

Letters of intent have been secured from the following organizations:

- i. Blind People's Association (Appendix A)
- ii. Prabhat Education Foundation (Appendix B)
- iii. Samerth (Appendix C)
- iv. Saath (Appendix D)



Foundational activities

Foundational activities with the staff of each organization were spread out through November and December 2020, and February and March 2021 (owing to the rise in COVID-19 cases in January 2021) These activities are detailed as follows:

Activities	Duration
Educating partner organizations' staff members regarding AAI - A PowerPoint presentation was made to the staff members regarding AAI, consisting of a review of literature, case studies, photos and videos. - An interactive Q&A session was conducted to ensure any questions or concerns that the organization may have are addressed.	30 days
Identification of individuals and groups for AAI - For the formal program, 02 individual and 04 group sessions per visit will be conducted. Each group will consist of not more than 06 individuals. - Qi To Happiness Foundation designed specific, brief guidelines for selection of clientele for AAI. Each organization was handed these guidelines to assist with selection of individuals and groups for the program, which was supervised by Qi To Happiness Foundation.	30 days
Setting up infrastructure and research parameters - A facility review of each organization was done to evaluate the physical infrastructure for AAI in accordance with a checklist that was prepared by Qi To Happiness Foundation to ensure that the location was conducive to the program. Based on the review, a report was given to each organization in case of any changes required. - Therapy goals, performance indicators and outcome measures were determined with the educators or counsellors of each organization. Therapy goals would be useful for strategy-making by the Animal Assisted Therapist during the formal program, performance indicators and	30 days

outcome measures will help assess if the program is meeting expectations.	
Training a point person in each organization to assist with program activities and monitor weekly progress A point person in each organization was trained to manage internal logistics, obtain permission from parents with the use of informed consent forms if required, and assess outcome measures based on performance indicators. Their training prepared them to recognise, monitor and document progress in a pre-determined format which was designed and provided to them by Qi To Happiness Foundation.	30 days





A meet-and-greet was first hosted by Qi To Happiness Foundation to discuss the foundational activities to be formally scheduled henceforth, with visits to each organization twice each month. A blueprint of the Animal Assisted Interventions programme was chalked out with each organization, starting with the foundational activities transitioning into the formal therapy programme. The foundational activities began with acquainting the staff members of each partner organization with Animal Assisted Interventions, the team and how it would be implemented since the staff members would be working very closely with the target clientele.

A facility review of each organization was also done with the help of a pre-designed checklist to ensure that the infrastructure of each organization was suitable for the therapy dogs. This review of Saath Charitable Trust showed that it would be difficult to work with the NGO since they work in “kacha” structures on construction sites, which could potentially be dangerous for the therapy dogs and unsuitable for therapy as well.



The team of Samerth Trust was hosted by Qi To Happiness Foundation to acquaint the team with the functioning of Qi To Happiness Foundation and meet its entire team that goes beyond the active Animal Assisted Interventions team. This also allowed the entire staff of Samerth Trust to interact with the therapy dogs at their home.



Foundational activities with the three active partner organizations, Blind People's Association, Prabhat Education Foundation and Samerth Trust progressed with identification of individuals and groups for the Animal Assisted Interventions programme, with specific guidelines provided to each organization for selection of clientele to determine therapy goals, performance indicators and outcome measures that would assess if the programme is meeting expectations.

A point person for each organization was also identified for management of internal logistics, obtaining consent from parents, and assess outcome measures based on performance indicators. Limited clientele from each organization were also made to interact with therapy dogs, Maska, Malai and Kulfi to assess their comfort and ease with the therapy dogs.



Most beneficiaries grew comfortable with the therapy dogs with increased interaction. Partner organizations' staff reported excitement of clients for future sessions indicating motivation to participate in therapy including therapy dogs.



Accounts and financials

THE BOMBAY PUBLIC TRUST ACT, 1950 [Schedule VIII [Vide Rule 17 (II)]]

Name of Public Trust : **Qi TO HAPPINESS FOUNDATION** Registration Number : **E - 22925, AHMEDABAD** Date of Registration **26.08.2020**
 Address of Trusts' office : **SECTOR-1, BUNGALOW NO. 41, KALHAAR BUNGALOWS, NANDOLI VILLAGE, SHILAJ, AHMEDABAD - 380068** Phone No. : **9909007989**

Balance Sheet As on 31st March, 2021

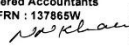
FCRA Details : NOT APPLICABLE

FUNDS & LIABILITIES		PROPERTY & ASSETS	
	Rs.		Rs.
Trust Funds or Corpus :		Immovable Properties :	
Balance as per last Balance Sheet	0	Balance as per last Balance Sheet	0
Adjustments during the year (corpus Donation.)	11111	Add : Additions during the year	0
		Less : Sales during the year	0
		Depreciation up to date	0
Other Earmarked Funds :		Investments :	
Other Earmarked Funds	0	Note : (i) The Market Value of the above investments is Rs.	0
(Created under the provisions of the Trust Deed or Schemes or out of the Income)		(ii) Including in concerns in which the trustees are interested Rs.	0
Depreciation Fund	0		
Sinking Fund	0	Fixed Assets	
Reserve Fund	0	Balance as per last Balance Sheet	0
Any Other Fund	242000	Add : Additions during the year	0
[Amount invested as per Section 11(2) of the Income Tax Act]		Less : Sales during the year	0
Less: Amount Transferred to Inc. & Exp. Acc.	0	Depreciation	0
Loans (Secured or Unsecured)		Loans (Secured or Unsecured) Good/Doubtful	
From Trustees	0	Loan Scholarships	0
From Others	0	Other Loans	0
Liabilities :		Advances / Deposits	
For Creditors	0	To Trustees	0
For Expense	0	To Employees/Staff	0
For Taxes - Professional Tax	400	To Contractors	0
For Unutilised Grants	0	To Project Advances	100
For Others	0	To Others - Rent Deposits	159750
Income and Expenditure Account:		Income Outstanding :	
Balance as per last Balance Sheet	0	Rent	0
Less : Appropriation, if any	0	Interest	0
Add: Surplus as per Income & Expenditure Account	149496	Grant Receivable	0
Less : Deficit as per Income & Expenditure Account	0	(I) Cash and Bank Balances	
		In Savings account with Yes Bank	242779
		(II) Cash on hand with Trustees	378
Total Rs.	403007	Total Rs.	403007

Income Outstanding for the year ended on 31/03/2021 is Rs NIL.

The above Balance Sheet to the best of our belief contains a true account of the Funds and Liabilities and of the property and Assets of the trust.

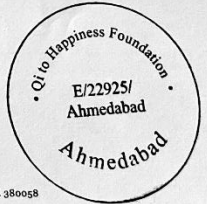
As per our report of even date

For, Khandhar & Khandhar
Chartered Accountants
ICAI FRN : 137865W

Nishil Khandhar
[Partner]
Membership No: 157541
Address : 601, Ratnam Tower, Bodakdev, Ahmedabad 380054
Phone Number : 9974280997



For, Qi to Happiness Foundation

[Trustee]
Rakesh Sehgal
Place: Ahmedabad
Date: 22nd September, 2021
UDIN : 21157541AAAAGW1397
Address : Sector-1, 41 Kalhaar Bungalows, Shilaj, Ahmedabad 380068
Phone Number : 9909007989



THE BOMBAY PUBLIC TRUSTS ACT, 1950 (Schedule IX [Vide Rule 17(i)])					
Name of Public Trust : QI TO HAPPINESS FOUNDATION		Registration Number : E - 22925, AHMEDABAD		Date of Registration : 26.08.2020	
Address of Trusts' office : SECTOR-1, BUNGALOW NO. 41, KALHAAR BUNGALOWS, NANDOLI VILLAGE, SHILAJ, AHMEDABAD - 380058				Phone No. : 9909007989	
Income and Expenditure Account for the year ending: 31st March 2021					
FCRA Details : NOT APPLICABLE					
EXPENDITURE	Rs.	Rs.	INCOME	Rs.	Rs.
To Expenditure in respect of properties			By Rent (accrued / realised)	0	0
Rates, Taxes, Cesses	0				
Repairs and Maintenance	0		By Interest (accrued / realised)		
Salaries	0		On Securities	0	
Insurance	0		On Loan	0	
Depreciation (by way of provision or adjustments)	0		On S. B. Bank Acc./ FD Acc.	3078	
Other expenses	0		Other interest (I.T. Refund)	0	3078
To Establishment Expenses [ANNEXURE 2]	44486	44486			
To Remuneration to Trustees	0	0	By Dividend		
To Remuneration (in the case of a math to the head of the math, including his household expenditure, if any)	0	0	By Donation in cash or kind [ANNEXURE 1]	507164	
To Legal / Professional Expenses	0	0	Domestic (FCRA No. & Date)	0	507164
To Audit Fees	0	0	By Grants		
To Contributions & Fees	0	0	Domestic (FCRA No. & Date)	0	0
To Amount written off			By Income from other sources (in details as far as possible)		
(a) Bad Debts	0		Miscellaneous Income	2	2
(b) Loan/Advance	0				
(c) Irrecoverable rents	0		By Transfers from Reserve	0	0
(d) Other items	0				
To Miscellaneous Expenses	0	0	By Deficit carried over to Balance Sheet	0	0
To Depreciations	0	0			
To Amount transferred to Reserve or Specific Funds	242000	242000			
To Expenditure on objects of the trust (Specify if any from FCRA)					
(a) Religious	0				
(b) Educational	0				
(c) Medical Relief [ANNEXURE 3]	74262				
(d) Relief of poverty	0				
(e) Other charitable objects	0	74262			
To Surplus carried over to Balance Sheet	149496	149496			
Total Rs.		610244	Total Rs.		610244

Conclusion

The COVID-19 pandemic has made it difficult for us to sustain ourselves. However, Qi To Happiness Foundation is committed to making its programs even better by using this opportunity to build a stronger foundation by working with its partner organizations and perfecting the program. We are looking for a chance to change lives of those that are completely disregarded by society. Not only would we change the image of dogs in our country, we will be uplifting persons with disabilities in a manner that has never been thought of before.

Thank you,

Soham Mukherjee

Trustee, Qi To Happiness Foundation



References

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- Virues-Ortega, J., Pastor-Barriuso, R., Castellote, J. M., Población, A., & de Pedro-Cuesta, J. (2012). Effect of animal-assisted therapy on the psychological and functional status of elderly populations and patients with psychiatric disorders: a meta-analysis. *Health Psychology Review*, 6(2), 197-221.

Appendix A

	BLIND PEOPLE'S ASSOCIATION (INDIA) અંધજન મંડલ (ANDHJAN MANDAL) Jagdish Patel Chowk, 132 ft. Ring Road, Vastrapur, Ahmedabad-380015. INDIA <i>Devoted to comprehensive development of persons with disabilities</i>	E-mail : blinabad1@bsnl.in bpaiceviad1@bsnl.in Web site : www.bpaindia.org Ph. # : (Executives) +91-79-26305082 (General) 26304070, 26303513 Fax # : +91-79-26300106
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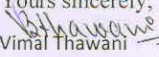
Ref. No. : _____ Date : _____

To whomsoever it may concern,

Blind People's Association hereby state our intention to work with Qi To Happiness Foundation on activities as proposed by them. Once the COVID-19 situation normalizes, a formal agreement can be drawn up as suitable to both parties involved.

We are in agreement with the work done by your organization, Animal Assisted Therapy (AAT) in particular. We have gone through the AAT literature provided by you, and we are certain that the module formulated by you will add a great deal of value to the services we provide to our clientele.

In the interim, we hereby confirm working together on foundational activities, which will include working with our staff members and infrastructure, setting up research parameters as well as training our in-house point person who would assist with program activities. These foundational activities will ensure that our shared vision actualizes once the formal program begins.

Yours sincerely,

Vimal Thawani
Project Director
Blind People's association (India)


PROJECT DIRECTOR
Blind People's Association
132 Ft. Ring Road, Vastrapur,
Ahmedabad-380 015, Gujarat, India.

NATIONAL AWARD : 1985 Handicapped Welfare | 2003 Barrier Free Building (KCRC) | 2008 Empowerment of Disabled | State Award : 1982 Placement of Mentally Retarded | 2008 Outstanding organization (ATCB)
FICCI AWARD : 1982 Placement of Disabled | Godfrey Phillips : 2007 Bravery Award | Rotary Award : 2007 Samaj Sewa Puraskar
Most Outstanding Organization : 2003 Rehabilitation Council of India | HelpAge International Award : 1983 Community Development Services | Quality Mark Trust : 2014 Quality Mark Award
PRESIDENT Piyush O. Desai | VICE PRESIDENT Manubhai G. Patel & Prakash Mankodi | GENERAL SECRETARY Nandini P. Munshaw | SECRETARIES G. J. Vachhani & F. J. Porwal
TREASURER Sunita Thakor | EXECUTIVE SECRETARY Dr. Bhushan Punani | EXECUTIVE DIRECTOR Nandini Rawal | DIRECTOR (TRAINING) Harish M. Panchal | PROJECT DIRECTOR Vimal Thawani

Appendix B



An alternative for those with special needs

October 21, 2020

To whomsoever it may concern,

Prabhat Education Foundation, Ahmedabad hereby state our intention to work with Qi To Happiness Foundation on activities as proposed by them. Once the COVID-19 situation normalizes, a formal agreement can be drawn up as suitable to both parties involved.

We are in complete agreement with the work done by your organization, Animal Assisted Therapy (AAT) in particular. We have gone through the AAT literature provided by you, and we are certain that the module formulated by you will add a great deal of value to the services we provide to our clientele.

In the interim, we hereby confirm working together on foundational activities, which will include working with our team members and infrastructure, setting up research parameters as well as training our in-house point person who would assist with program activities. These foundational activities will ensure that our shared vision actualizes once the formal program begins.


Keshav Chatterjee
(Director)



PRABHAT EDUCATION FOUNDATION

Registered Address: A-4, Sujal Apartment, Opp. Satellite Bungalows, Ramdevnagar, Ahmedabad 380015

Mailing Address: B-1002, Rushin Towers, Opp. Star Bazaar, Nr. Santorini Square, Satellite Road, Ahmedabad 380015

Ph. No: +91 79 48903054 **Website:** www.prabhateducationfoundation.org, **Email:** prabhat@prabhateducationfoundation.org

Appendix C



A Quest Towards Collective Action for Freedom & Development

To whomsoever it may concern,

We hereby state our intention to work with Qi To Happiness Foundation on activities as proposed by them. Once the COVID-19 situation normalizes, a formal agreement can be drawn up as suitable to both parties involved.

We are in complete agreement with the work done by your organization, Animal Assisted Therapy (AAT) in particular. We have gone through the AAT literature provided by you, and we are certain that the module formulated by you will add a great deal of value to the services we provide to our clientele.

In the interim, we hereby confirm working together on foundational activities, which will include working with our staff members and infrastructure, setting up research parameters as well as training our in-house point person who would assist with program activities. These foundational activities will ensure that our shared vision actualizes once the formal program begins.

Yours sincerely,



Ms Gazala Paul
Managing Trustee
Samerth Charitable Trust

Trust Registration No. : E-9150/Ahmedabad

PAN No. : AACTS9428G

Coordination Office : Q-402, Shrinand Nagar-2, Vejalpur, Ahmedabad-380 051. Gujarat, India
Tel/Fax : +91 79 2682 9004 E-mail : samerthtrust1992@gmail.com Website : www.samerth.org

State Office : T-15, Sai Vatika, Deopuri, Dhantari Road, Raipur, Chhattisgarh-492015.
Tel/Fax : +91 771 4025628 Mobile : +91 9825465731

Accredited by Credibility Alliance

Appendix D

Public Charitable Trust,
No. E-7257, Ahmedabad
Dt. 28-2-1989

O-102, Nandanvan V,
Near Prernathir Derasar,
Jodhpur Gam,
Ahmedabad - 380015

Tele : +91-79-2692 98 27
+91-89800 01822
email : mail@saath.org
www.saath.org



SAATH

Creating Inclusive Societies

To whomsoever it may concern,

We hereby state our intention to work with Qi To Happiness Foundation on activities as proposed by them. Once the COVID-19 situation normalizes, a formal agreement can be drawn up as suitable to both parties involved.

We are in complete agreement with the work done by your organization, Animal Assisted Therapy (AAT) in particular. We have gone through the AAT literature provided by you, and we are certain that the module formulated by you will add a great deal of value to the services we provide to our clientele.

In the interim, we hereby confirm working together on foundational activities, which will include working with our staff members and infrastructure, setting up research parameters as well as training our in-house point person who would assist with program activities. These foundational activities will ensure that our shared vision actualizes once the formal program begins.

Yours sincerely,


Rajendra Joshi
Managing Trustee

27th October 2020

Saath envisions inclusive and empowered communities and individuals