



ESSENTIAL SUPPORTIVE INTERVENTIONS

ANNUAL REPORT

2021-22



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QITOHAPPINESSFOUNDATION_ESI



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WHAT IS Foundation?

Qi To Happiness Foundation is a non-profit organization that started as an initiative to create ground for Animal Assisted Therapy, amongst other Animal Assisted Interventions, for persons with disabilities (PWDs). However, with the realization that individuals with disabilities and at-risk children have access to only a handful of quality, affordable services, there was need for a more comprehensive program that would open up a wider range of modern, scientific therapeutic interventions at no cost. This was the beginning of the Essential Supportive Interventions program.

Vision

A nation practicing kindness and compassion

Mission

To promote the compassionate treatment of people and animals through education, advocacy, and sustainable interventions.

INTRODUCTION

Persons with disabilities (PWDs) and at-risk children belonging to the impoverished sections of society are often ill-treated and confined, without access to healthcare, education and assistance. There are massive gaps in infrastructure and human resources for them, 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 disability. There have been instances recorded in Ahmedabad wherein PWDs 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 they are cursed and are being punished for their ill deeds in a past life. This social stigma prevents them from leading a life of dignity and respect.

PRE-JANUARY 2022

Before the launch of the Essential Supportive Interventions (ESI) program in January 2022, Qi To Happiness Foundation ran an **Animal Assisted Interventions (AAI)** program with four partner organizations: Samerth Charitable Trust, Blind People's Association, Saath Charitable Trust and Prabhat Education Foundation. While, due to the COVID-19 pandemic, their clients were unable to come to our partner organizations' respective centres, foundational activities with these organizations were conducted. These foundational sessions involved weekly visits by the team and therapy dogs to each organization and working with their educators and therapists, with brief meet-and-greets with clients. This was done to ensure smoother transition to formal AAI sessions.

With this on-ground work came the realization that a wider, data-driven program was required to provide greater assistance to PWDs and at-risk children. This was the birth of the **Essential Supportive Interventions (ESI)** program.

WHAT IS ESSENTIAL SUPPORTIVE INTERVENTIONS?

The **Essential Supportive Interventions (ESI)** program aims to expand the existing ecosystem for persons with disabilities and at-risk children by introducing four ground-breaking modalities in Gujarat, free-of-cost for the under-resourced population:

Animal Assisted Therapy
Arts Based Therapy
Music Therapy
Sports

ESI is a scientifically-executed, data-driven program that provides these therapeutic modalities complementing existing traditional therapies to uplift persons with disabilities and at-risk children in a manner that not only works towards improved functioning, but also assists them in being happier, more comfortable and well-adjusted in the real world.

THE TECHNICAL TEAM



Dr. Ruwab Khemchandani
Program Director & Animal Assisted
Therapist



Yesha Sheth
Chief Scientific Officer



Rumani Trivedi
Senior Psychologist



Dr. Kunj Makwana
Sports Therapist



Hansa Makwana
Special Educator



Sonam Sanger
Research Associate

PSYCHOMETRIC ASSESSMENTS

Psychometric assessments are standardized tools used to assess various domains of an individual. To maintain the scientific nature of ESI, several standardized tools have been made use of:

- The **Vineland Social Maturity Scale (VSMS)** is used to identify a child's social deficits and social assets, along with identifying intellectual disability and superior intelligence.
- The **Developmental Screening Test (DST)** is used to measure whether a child's developmental milestones across various domains are on track.
- The **Behavioural Assessment Scales for Adult Living-Mental Retardation (BASAL-MR)** have been designed to elicit systematic information on the current level of competencies and behaviours in adults with mental retardation to identify and assess maladaptive behaviours in mentally retarded adults.

THERAPEUTIC INTERVENTIONS

The therapeutic interventions provided as part of ESI are designed to be received in conjunction with traditional therapies. Each batch consists of 20 clients who visit Qi To Happiness Foundation once every week on a predetermined day and time for a combination of the following therapies:

- **Animal Assisted Therapy (AAT)** incorporates the benefits of the "human-animal bond" by using certified animals in therapy to maximize gains and enhance impact.
- **Arts Based Therapy (ABT)** is an instrument that can help individuals form new pathways toward greater understanding and self-expression.
- **Music Therapy** is a goal-oriented therapeutic approach that uses the naturally mood-lifting properties of music for improved functioning.
- **Sports** boost self-confidence and teach relationship-building, enhancing overall fitness, cognitive health, social skills and motor skills.

RESEARCH AND IMPACT ASSESSMENT

ESI is in the process of creating its own impact assessment tool to measure the effect of services provided quantitatively, as well as to assist us in scientifically presenting the role of these interventions globally through paper presentations and publications.

These tools have their foundations in observations made by the therapists in their sessions, following which an itemized list of observable behaviours across domains is created. Through this, possible responses can be measured and categorized, and a factor analysis of the items can be done to check validity and reliability.

ESI is working on creating a standardized impact assessment tool of Animal Assisted Therapy, Arts Based Therapy, Music Therapy and Sports for PWDs and at-risk children which can be utilized globally, as well as making space for these newly-emerging therapeutic interventions in the scientific community.

EXPERT TALKS

Qi To Happiness Foundation hosted free expert talks each quarter for all four therapeutic interventions offered through ESI by inviting experts in the field to speak about these relatively unknown interventions. These expert talks were open to students, educators, medical and clinical professionals, social workers, parents, caregivers and other stakeholders, and saw attendees from across the country.

CAREGIVER SUPPORT GROUPS

The work Qi To Happiness Foundation does would be incomplete without support given to caregivers of PWDs and at-risk children, owing to the fact that their challenges are often disregarded from the mainstream. Our community-based caregiver support groups are a closed, safe space to allow caregivers to share their struggles with other caregivers and hopefully, find solace in the environment created by the facilitators of ESI.

JANUARY – DECEMBER 2022

Therapies launched:

- *January:* Animal Assisted Therapy
- *April:* Arts Based Therapy
- *July:* Music Therapy
- *October:* Sports

Partner organizations:

- Samerth Charitable Trust (*2 batches*)
- Utthan Talim Kendra
- Anand Dham - Home for Intellectual Disability
- Blind People's Association
- Saath Charitable Trust

Peripheral activities:

- Impact assessment tools have been created for each vertical through 2022, which will be tested and standardized from 2023
- Free expert talks for each vertical have been hosted through 2022 to create awareness amongst stakeholders
- Community support group meetings have been conducted periodically to provide comfort and relief to struggling caregivers

TESTIMONIALS FROM PARTNER ORGANIZATIONS

”

We have seen a change in the kids' behaviour patterns and also the demonstration of their willingness to learn something new. Believe me, it's like they are going to a funfair! They dress up and come back cheerful.

**Afroz Baig, Samerth
Charitable Trust**

”

This has been the first experience of its kind for our children. Initially, they were quite scared of the therapy dogs, but now they are very excited to go to Qi To Happiness and meet their friends- Maska, Malai and Kulfi!

**Bhavna Pandya, Utthan
Talim Kendra**

TESTIMONIALS FROM PARTNER ORGANIZATIONS

”

Our children have started expressing their feelings and needs with self-confidence. They have learnt how to stay without their parents. The staff consider the needs of each child while working with them, and we appreciate that.

**Nitin Parvaliya, Blind
People's Association**

”

Our students love their therapy sessions. The ones who were not making friends have also started to make friends. Their confidence level in speaking with others has increased, and they really enjoy their friendship with the therapy dogs!

**Hina Patel, Saath
Charitable Trust**

TESTIMONIALS FROM PARTNER ORGANIZATIONS

”

We are a residential facility for older adults with intellectual disabilities. Through these therapies, our residents' behaviour has changed and they have become calmer; earlier, they used to be aggressive. The most wonderful thing is that they get to go outside our campus every week. Now they wait for the yellow bus every Friday!

Bakul Parmar, Anand Dham

ACCOUNTS AND FINANCIALS



THE BOMBAY PUBLIC TRUST ACT, 1950 [Schedule VIII [Vide Rule 17 (iii)]]					Date of Registration	26.08.2020
Registration Number : E - 23255, AHMEDABAD					Phone No. :	9696007989
Name of Public Trust : QI TO HAPPINESS FOUNDATION						
Address of Trusts' office : SECTOR-1, BUNGALOW NO. 41, KALHAAR BUNGALOWS, NANDOLI VILLAGE, SHILAJ, AHMEDABAD - 380058						
Balance Sheet As on 31st March, 2022						
FCRA Details : NOT APPLICABLE						
FUNDS & LIABILITIES		Rs.	Rs.	PROPERTY & ASSETS	Rs.	Rs.
Trust Funds or Corpus :						
Balance as per last Balance Sheet		11,111		Immovable Properties :		-
Adjustments during the year (corpus Donation.)		-	11,111	Balance as per last Balance Sheet		-
				Add : Additions during the year		-
				Less : Sales during the year		-
				Depreciation up to date		-
Other Earmarked Funds :				Investments :		
Other Earmarked Funds :				Note : (i) The Market Value of the above investments is Rs.		-
(Created under the provisions of the Trust Deed or				(ii) Including in concerns in which the Trustees		-
Schemes or out of the Income)				are interested Rs.		-
Depreciation Fund		-		Fixed Assets [ANNEXURE 6]		
Sinking Fund		-		Balance as per last Balance Sheet		58,293
Reserve Fund		-		Add : Additions during the year		-
Specific Reserve [ANNEXURE 7]		27,52,000		Less : Sales during the year		9,916
[Amount invested as per Section 11(2) of the Income Tax Act]				Depreciation		-
Less: Amount Transferred to Inc. & Exp. Acc.		-	27,52,000	Loans (Secured or Unsecured)		
				From Trustees		-
				From Others		-
Liabilities :				Advances / Deposits		
For Project Advances		10,285		To Trustees		21,341
For Creditors for Expenses		2,52,630		To Contractors		4,000
For Creditors for Salaries		1,31,228		To Sundry Receivables		7,475
For Professional Tax		16,230		To TDS Receivable		-
For TDS Payable (Net balance)		46,965		To Others - Rent Deposits		2,76,000
				Income Outstanding :		
Income and Expenditure Account :				Rent / Interest		-
Balance as per last Balance Sheet		1,49,496		Cash and Bank Balances		
Less : Appropriation, if any		-		(i) Bank Balances		37,41,344
Add: Surplus as per Income & Expenditure Account		11,75,531		in Savings account with Yes Bank A/c 1540		4,33,126
Less: Deficit as per Income & Expenditure Account		-		in Savings account with Yes Bank A/c 1450		-
				(ii) Cash on hand with Trustees & Managers		13,813
Total Rs.			45,45,476	Total Rs.		45,45,476

Income Outstanding for the year ended on 31/03/2022 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

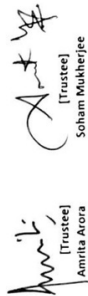
For, Khandhar & Khandhar
Chartered Accountants
ICAI FRN : 137865W
[Partner]
Nishil Khandhar
Membership No : 157541
Address : 601, Ratanam Tower, Bodadker, Ahmedabad 380054

Place: Ahmedabad

Date: 20th September, 2022

UDIN : 22157541AVTPTA5663

For, QI to Happiness Foundation


Anrita Aora [Trustee]
Soham Mukherjee

Address : Sector-1, 41 Kahaar Bungalows, Shilaj, Ahmedabad 380058

ACCOUNTS AND FINANCIALS




THE BOMBAY PUBLIC 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, SHILAJI, AHMEDABAD - 380058		Phone No.: 9909007389	
Income and Expenditure Account for the year ending: 31st March 2022			
FCRA Details: NOT APPLICABLE			
EXPENDITURE	Rs.	Rs.	Rs.
To Expenditure in respect of properties Rates, Taxes, Cesses Repairs and Maintenance Salaries Insurance Depreciation (by way of provision or adjustments) Other expenses	15,72,844	15,72,844	90,558
To Establishment Expenses [ANNEXURE 3]	-	-	-
To Remuneration to Trustees	-	-	-
To Remuneration (in the case of a math to the head of the math, including his household expenditure, if any)	-	-	-
To Legal / Professional Expenses	40,600	40,600	47,30,103
To Audit Fees	-	-	-
To Contributions & Fees	-	-	-
To Amount written off (a) Bad Debts (b) Loan/Advance (c) Irrecoverable rents (d) Other items	109	109	53,70,380
To Miscellaneous Expenses	2,299	2,299	-
To Depreciations [ANNEXURE 6]	9,916	9,916	-
To Amount transferred to Reserve or Specific Funds	25,10,000	25,10,000	-
To Expenditure on objects of the trust (Specify if any from FCRA) (a) Religious (b) Educational (c) Medical Relief (d) Relief of poverty (e) Other charitable objects [ANNEXURE 5]	45,25,627 3,54,115	45,25,627 3,54,115	13,00,000 1,76,400 38,88,080 5,900
To Surplus carried over to Balance Sheet	11,75,531	11,75,531	-
Total Rs.	1,01,91,041	1,01,91,041	1,01,91,041

For, Khandhar & Khandhar
Chartered Accountants
ICAI FRN : 137865W
Nishil Khandhar
[Partner]
Membership No: 157541
Address: 601, Ratnam Tower, Bodakev, Ahmedabad 380054

For, QI to Happiness Foundation
[Trustee]
Amrita Arora
[Trustee]
Soham Mukherjee
Address: Sector-1, 41, Kalhaar Bungalows, Shilaj, Ahmedabad 380058
Phone Number: 9909007389





Qi to happiness
Foundation
thanks you for your support.



Questions?
Contact us.

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