

ANNUAL REPORT

FY 2022-2023

Essential Supportive Interventions
Qi Animal Sanctuary



 Qi to happiness
Foundation

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Overview

Vision
A nation practising kindness and compassion

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

Qi To Happiness Foundation runs two programs under the charity:

1. The Essential Supportive Interventions (ESI) program aims to expand the existing ecosystem in the disability and mental health movement by introducing four ground-breaking modalities for special needs. We are currently working with 140 **people with disabilities** and **at-risk children**.



2. The Qi Animal Sanctuary which houses **more than 500 animals**, educates individuals on how to create a **compassionate** and **caring society** that accepts benign responsibility for fellow humans and animals, and the earth at large.



Essential Supportive Interventions

ESI is a scientifically-executed, data-driven program that provides 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.

How Does It Work?

A team of a qualified therapists can alleviate a range of issues by strategizing specific therapeutic goals and outcomes by using certified therapy animals and artistic modalities. These modalities can act as ice-breakers and catalyse communication, enhancing therapeutic outcomes especially when done in conjunction with traditional therapies.



Animal Assisted Therapy incorporates the benefits of the “human-animal bond” into a therapeutic setup for positive effects on health, improved mood, and quality of life. For centuries, people have noticed the positive influence animals have on human functioning, and animals can help individuals deal with mental, emotional, behavioural, and physical issues. Interacting with animals also releases our “happy hormones” and results in increased motivation.



Arts Based Therapy is an instrument that can help individuals with such challenges form new pathways toward understanding and self-expression. The creation and appreciation of art can help individuals develop self-awareness, boost self-esteem, and work on social skills.



Music Therapy uses music to address physical, emotional, cognitive, and social needs by employing a variety of activities such as listening to melodies, playing an instrument, drumming, writing songs, and guided imagery.



Sports benefits all children from exercise, energy release and, pure enjoyment of playing. This includes children with special needs. Participating in sports can help boost self-confidence and improve skills in relationship-building and working as part of a team. The benefits range from better overall fitness and improved cognitive health to better emotional and psychological health, improved social skills, and improved motor skills.

Impact Through The Year

◇ **140** people with disabilities and at-risk children were given free of cost therapeutic services.



◇ We conducted **234** sessions.



◇ **2700+** free meal/snacks were served to the participants.



◇ We shared transportation costs with our partner organisations.



◇ We supported **6** partner organisations working with persons with disabilities and at-risk children.

Testimonials

“

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

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

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

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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

Just an amazing experience at Qi to happiness.

All students tried how to handle animals which helps them to manage their own emotions. Students also understood the need of skills like logical thinking, reasoning, motor development, Eye-hand coordination and many more through different activities.

-Ami Shah, Visamo Kids

It has been a month since we started taking sessions at Qi to happiness. Our children look forward to once-in-a-week sessions with much interest and enthusiasm. For them, it's a joyful experience and children are becoming less apprehensive and hesitant to express themselves.

-Dimple Aju, Missionaries of Charity

This is the first time we have experienced something like this, where the children didn't just get exposure but also learning and a lot of love. In my opinion, this is the first of its kind in Ahmedabad, especially for children with special needs.

-Keshav Chatterjee, Prabhat Education Foundation

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Problems That We Solve

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 an immense stigma that surrounds intellectual disability.

There have been instances recorded 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.

- ◇ **2.2%** or **2,68,00,000** of India's population is recorded to be persons with disabilities.
- ◇ **61%** of children with special needs attend educational institutions of some sort. The remaining are most often neglected and ignored- with diminished quality of life.
- ◇ **83.2%** of people with intellectual disability are dependent on caregivers (financially and otherwise).

Most of them are subjected to severe social exclusion and violence, with only a few having access to quality treatment, services, and a respectable environment. PwDs also go through immense stress during their treatment. With these precipitating circumstances, it is more crucial today than ever before to gather as many resources as possible and execute successful scientific therapeutic models that are accessible to children and adults with special needs- not only to continue progress but also to protect their well-being.





Our Methodology

Schools and non-profit organizations that provide inclusive education or therapy to persons with disabilities and at-risk children have been tied up as partner institutions.

- ◇ Each institution sends 20 individuals for therapy to Qi To Happiness Foundation along with 2-3 therapists and/or special educators and/or teachers once a week on a predetermined day and timeslot.
- ◇ These individuals are provided with Animal Assisted Therapy, Arts Based Therapy, Music Therapy and Sports by Qi To Happiness Foundation's specialized team of therapists, special educator, handlers, and support staff with the aid of each partner organization's team members.
- ◇ The goals for each child could be in the cognitive, emotional, behavioural, social, or physical domains.

Depending upon the domain, specific therapeutic activities that could assist with the achievement of goals are determined. 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 in scientifically presenting the role of these interventions globally through paper presentations and publications.

Qi To Happiness Foundation is currently catering to developmental disabilities such as delayed milestones, attention deficit disorder (ADD), attention deficit hyperactive disorder (ADHD), learning disabilities, Autism Spectrum Disorder (ASD), Cerebral Palsy (CP) and Down syndrome, while also providing care to at-risk children and those with behavioural issues, social issues, anxiety, depression, trauma, etc.

Our Approach

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 therapies.

PSYCHOMETRIC ASSESSMENTS:

Psychometric assessments are standardized tools used to assess various domains of an individual. To maintain the scientific nature of ESI, we use the Vineland Social Maturity Scale (VSMS), the Developmental Screening Test (DST), and the Behavioural Assessment Scales for Adult Living-Mental Retardation (BASAL-MR).

RESEARCH & IMPACT ASSESSMENT:

ESI is working on creating a standardized impact assessment tool for Animal Assisted Therapy, Arts Based Therapy, Music Therapy, and Sports and administering it quarterly so that it may be utilized globally, as well as making space for these newly emerging therapeutic interventions in the scientific community.

EXPERT TALKS:

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

CAREGIVER SUPPORT GROUPS:

The work Qi To Happiness Foundation does would be incomplete without the 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.





Animal Assisted Therapy

Animal Assisted Therapy (AAT) is a form of therapy that uses animals to help individuals deal with mental, emotional, behavioural, and physical issues. It involves specific therapeutic goals, strategies, 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. Animals are accepting, non-threatening and non-judgemental, making it easier for people to open up. It has proved to be incredibly beneficial for people of all ages- children, adolescents, adults, and the elderly population. Interacting with a dog also releases our “happy hormones” oxytocin, serotonin, and dopamine.

People with a variety of conditions can benefit from AAT, including but not limited to:

- ◇ Stress, anxiety, and depression
- ◇ Low self-esteem
- ◇ Developmental disabilities
- ◇ Emotional and behavioural disorders
- ◇ Addictions
- ◇ Cancer
- ◇ Cardiac disorders
- ◇ Diabetes and blood pressure
- ◇ Abuse
- ◇ Post-traumatic stress disorder
- ◇ Anger issues and aggression
- ◇ Chronic pain
- ◇ ADHD and dyslexia

Since AAT has shown immense improvement in the social domain, group AAT sessions could be very beneficial in facilitating the social development of an individual. It has shown to increase feelings of safety in the group, and improved willingness to be involved in a therapeutic program or group activity. It also increases trust, empathy, teamwork, self-control and enhances problem-solving skills as well as social skills. It builds empathy, and an understanding of appropriate behaviours with animals as well as others, instilling a feeling of responsibility and better communication skills. AAT has helped children with Down Syndrome show improvement in verbalization and recognition of persons while decreasing impulsiveness. It has also shown results with visual motor integration, and there is scope for improvement of balance and postural control. Group sessions in AAT allow individuals to experience humour relief in sessions, and lowers resistance to treatment, and alleviate difficulty arising in accessing one’s emotions and expressing themselves.

At Qi To Happiness Foundation, our therapists, therapy dogs, and clients work together with clear goals for change in mind. It has proven to be wonderful for those with disabilities. A trained therapist uses animals as part of a therapy plan, such as helping a child learn communication skills. The therapy plan might involve encouraging the child to talk to the dog. If the child feels comfortable interacting and communicating with a dog, they might learn how to apply these social and communication skills in family and other relationships. Connecting with an animal can help persons with disabilities feel grounded and keep them from getting upset in tough situations. AAT can also help enhance self-esteem and self-confidence and increase empathy, compassion, and nurturing. Children with ADHD, PTSD, and autism have sometimes seen reduced symptoms, plus improved levels of interest, focus, and motivation.

AAT comes from studies of human-animal interaction and human-animal bonding. The field of human-animal bond looks at the relationship between animals and humans. The theory is that animals are a source of calming, non-judgemental support and can help with communication and social interaction. It most often involves dogs, but it can also involve horses, guinea pigs, cats, ferrets, birds, farm animals, and zoo animals. In conjunction with other forms of therapy, AAT can have countless benefits for patients and has proven to be very effective.

Under the Essential Supportive Interventions (ESI) program, we provide AAT to individuals with developmental disabilities and at-risk children and work on goals in the cognitive, emotional, behavioural, social, and physical domains. Once the clients form a bond with therapy dogs, Maska, Malai, and Kulfi, there is a greater willingness to be involved in therapy and interact in group activities. It provides reinforcement to achieve short-term- and subsequently long-term- therapeutic goals. Activities such as petting the therapy dogs, walking them, brushing them, caring for them, etc. help work on specific areas where intervention is needed.

A FEW STORIES OF IMPROVEMENT THROUGH ANIMAL ASSISTED THERAPY:

AVESH (SAMERTH CHARITABLE TRUST)

Avesh, a 22-year-old boy with Down Syndrome, was completely uninterested in the therapy dogs or activities that were being conducted for his batch when he first started coming to Qi To Happiness Foundation. He was put into the Maska group that works on the clients’s physical development and speech. He was shy, uninvolved, and minimally communicative. He would walk into the premises and pick a corner to sit away from the group. With time, he started to smile more and show visible signs of excitement. He also started to initiate greetings and actively participate in various activities. Today, he seems to have formed a bond with his therapy dog, Maska and lovingly interacts with him. We have also observed him looking for Maska to spend extra time with him outside of group activities, and communicate with Maska.



◇ Avesh playing and cuddling with Maska, his favourite therapy dog.

PINKY (UTTHAN TALIM KENDRA)

Pinky, a 37-year-old woman with 75% Intellectual Disability, was terrified of dogs when she first started coming to Qi To Happiness Foundation. At the first sight of the therapy dogs, she screamed and ran out of the hall. She was not forced to interact with any of the therapy dogs but asked to observe other clients’ interactions through a glass door. Eventually, she asked to meet one dog and was introduced to Malai. Surrounded by humans she trusted, she was asked to try touching Malai from behind while Malai was asleep. Reluctantly, she tried and increasingly got more comfortable around Malai. Now, her fear has visibly and significantly diminished and she has started to actively participate in the therapy sessions and volunteers to do activities with her therapy dog, Malai. She also asks questions about Malai’s day, habits, likes, and dislikes.



◇ Pinky enjoying her time with Malai.



Arts Based Therapy

Arts Based therapy is an effective approach by which various issues related to mental health and disability. It uses different art forms like visual aesthetics, drama, music, writing, and plays to create various activities and interventions to address issues faced by clients.

The therapy is based on Indian and Buddhist psychology. Art has been an integral part of human culture used for self-expression for centuries. In our therapy sessions, we make use of rangolis, singing, and dancing to express emotions such as happiness, sadness, enactment of incidents and folk tales and much more as a part of our culture. We use our client's inherent love for different art forms to engage and improve their participation.

The therapy has a scientific base to it. Some well-known researches have stated the following:

1. A study done by Lucinda Mora, Kellie Seville and Lloyd Neill performed a study in 2018 to evaluate the effects of play therapy for 42 children aged 4-16 years with intellectual disabilities. Post intervention significant statistical improvements were seen in prosocial, emotional, and behavioural domains.
2. A study done by Neerja Thergaonkar and Deborah Daniel explored the effects of arts based therapy on basic skill level and behaviour parameters assessed by BASIC-MR and performance on Arts-Based Therapy rating scale in children with Intellectual disability. 6 children with mild-moderate intellectual disability were given individualized ABT modules for 9 months. The assessment tools were administered quarterly. The results indicated steady improvements in various domains and these improvements were steady across quarters.
3. Another study done by Peyman Hashemian and Lida Jarahi studied the effects of painting therapy on aggression in educable children with intellectual disability. 20 children studying in elementary school for special needs in Iran were studied in 2012. The students were provided with painting therapy which showed a significant reduction in aggressive behaviours in the students.
4. In a book written by Anita Stefanska, research was mentioned about theatre therapy for young people with Intellectual disabilities. The personal dignity of children with Intellectual disability was studied in the research. The research was conducted on 42 individuals with intellectual disability. The usage of Drama therapy showed improvement in self-esteem acquired or developed through drama activities.

Other Studies have proven that it helps with improving cognitive and sensory motor functions, improving self-esteem, building emotional resilience, creating insight, enhancing social skills, learning various coping mechanisms to resolve conflicts and stress and building a healthy self-perception.

Considering the strong backing from our culture and the scientific research and evidence, this therapy has been chosen by the Essential Supportive Interventions program.

In our program, we provide each client to express themselves through art forms and be whoever they want to be. Children with disabilities often do not have a say in things they are asked to do. In our therapy sessions, the child is very much given a choice to not participate if they do not wish to participate. It is often observed that upon observing other group mates they themselves, with their own will come ahead and take part in the activity going on. This gives the child a sense of self-respect and gives them the space to make decisions for themselves. Another interesting component of Arts Based Therapy is that the activities crafted for the group or the individual is done on the bases of metaphors. Each child can be given a metaphor.



For example, let's take a child who is being hyper and is running and jumping all around the room. They can be given a metaphor of a bouncy ball that bounces all around the room despite of friction. The immediate therapeutic aim for the child could be to restrict their movement a little so that eventually they can hold their attention more and stay at one place in the room.

One of the many ways to help give the child some direction is to plan activities in which maybe the child jumps only inside the circles drawn or a designated area. This is one simple example as to how can Arts Based Therapy work.

The partner organisations, ESI program staff members, and therapists have seen various changes in the individuals receiving services. They are showing significant changes in their attention spans. Initially, a lot of clients could not sustain attention but now they are able to sit throughout the activity. They are showing improvements in their gross motor skills as well. Gradually they can be seen coming out of their shells and shining at various activities in the session. Not only have they started participating in the activities but have started sharing their inner feelings through art forms. They have started helping each other out whenever they see others struggling. There are so many other areas where they have shown significant growth. The groups that include children at risk have shown significant improvement as well. They are slowly learning to speak to each other more compassionately. Often they lack empathy for one another, which is beautifully dealt with in the sessions. They have shown improvement in their self-confidence. They have gained some clarity about their future and what kind of goals they wish to fulfill as they approach adulthood. They are often surrounded with harsh truths and tragedies of life but no one provides them the space to express themselves and their feelings. They have been given that space in the sessions. Each one of them has grown beautifully and is embarking on the journey to be better versions of themselves.

A FEW STORIES OF IMPROVEMENT THROUGH ARTS BASED THERAPY:

PARVEZ (SAMERTH CHARITABLE TRUST)

Parvez suffers from Attention Deficit Hyperactivity Disorder (ADHD). He was very aggressive when he came to us initially. He would create a ruckus in sessions by teasing and bullying his batchmates. He would sometimes dominate the sessions by forcing his batchmates to do activities a certain way overtaking instruction given by the therapists. The group seemed to listen to him which showed some sort leadership. We dealt with him with extra care and empathy and introduced activities for him that diverted his aggression towards Arts. Additionally, we started giving him the responsibility to care for the younger members of his batch as well as making him comfortable with the idea of others leading the group in a few activities. With time, he is able to focus more on his work and less on his aggression. He has now become a very nurturing member of the group.



◇ Parvez showing off his art work.

SALEHA (SAMERTH CHARITABLE TRUST)

Saleha is a Cerebral Palsy patient since birth. She has always been a smart girl but is limited because of her locomotor disability. Initially, she had a lot of difficulty in gripping objects. We started her ABT sessions by using her bare hands and fingers to paint. She was fascinated to be able to play colours, brushes, clay and various other art materials. Slowly and gradually we trained her to use different size of art materials till she became comfortable using objects of different dimensions. With our dedication and her hard work, she now not only grabs the art supplies but can paint pictures of herself, our therapy dogs, etc.



◇ Saleha expressing herself through art.



🎵 Music Therapy

Music Therapy is the clinical use of music to address various psychological issues. It is an evidence-based therapy. Music therapy is an offshoot of Arts Based Therapy. The roots of Music therapy used at Qi to Happiness Foundation are based upon Indian and Buddhist Psychology. By applying a therapy based on our own culture, we make sure that we can address the relevant needs of the people seeking our therapy.

Music and rhythm run in our veins. In any religion or culture present in India, we use music as a medium to express ourselves. We make use of music to address every emotion we feel. We have pop songs to groove to, we listen to gazals to feel the lyrics, we listen to classic music to enjoy our roots, we listen to folk music to hear stories of common people- these are just a few examples of the way we relate to music. Whenever we hear a rhythm and music we like, we tap our hands or feet or snap our fingers or move our body. Music therapy uses this inherent fondness of music to create beautiful activities in our sessions.

Music Therapy uses rhythm, sounds, voice, body, and words to attain individual and group goals. Studies have indicated that the use of rhythm helps with motor skills (fine motor and gross motor skills), auditory perception, cognitive processes, group dynamics, self-expression, self-esteem, confidence, mental state, etc.

A study done by Duffy and Fuller inquired about the role of music therapy in social skills development in children with Moderate Intellectual Disabilities. 32 children aged from 5-10 years from 4 different disability centers were studied. An 8-week intervention was performed in which 5 social skills were targeted at turn taking, imitation, vocalisation, initiation, and eye contact. After the intervention, children showed significant improvements in the five targeted social skills. As a part of the Essential Supportive Interventions program, we use all these aspects of the therapy to tailor sessions for each group, as per their needs. We organise drum circles in which they play different rhythms with different instruments. We plan relaxation activities and guided imagery activities with the help of music. Sometimes words are too complicated when one wants to express their emotions. We provide a space where they can play various songs or instruments to express their emotions. Music is also partnered with other art forms to create various activities. Elements of drama, movement, visual aesthetics, writing, and play are also involved, with music remaining the main art form use.

Music is said to have a great healing property, culturally and now scientifically. By combining psychotherapy and music, we intend to create a healing and safe space for our clients where they can grow as individuals and also as a group. Our partner organisations and therapists are witnesses to the growth in various aspects of our clients.

The groups we are addressing often has issues with modulating their voice. With music therapy, they know when to be loud, when to voice, when to whisper, and when to speak with a soft voice. They have shown significant improvement in their motor skills by playing different instruments.

Through this therapy, we want to move forward on this path of growth. The clients are given space where they can express themselves and be whoever they want to be.



With the groups including children at risk, we have observed changes as well. Initially, they often treat objects very roughly. Music therapy sessions teach them to be kind, careful, and be gentle towards the instruments, people, animals, and environment. The children that come to our organisation often have great ideas but do not know how to put them forth in a way that is gentle and logical. They often run high on emotions and get into conflicts in case of even minor disagreements. With the help of Music therapy, they are directly and indirectly learning how to lead a group more gently.

A girl having Cerebral Palsy has benefited greatly with her gripping through the therapy. Individuals who were shy and less communicative have started opening up and communicating more. They have started expressing their likes and dislikes. They are learning how to coordinate with each other in the rhythm sessions. They have started to observe more. Even after the session ends, they sing the rhythms and beats. Whenever they see instruments, they get very excited.

They are learning how to discuss and not impose ideas on each other. Studies have proven that children at risk have a lot of misdirected energy and aggression which is slowly being channelised through the therapy sessions. All the above learning happens through fun activities.

A FEW STORIES OF IMPROVEMENT THROUGH MUSIC THERAPY:

PARIN (ANAND DHAM)

Parin is an adult with an intellectual disability. When Parin first started coming to Qi To Happiness Foundation about six months ago, he would only do as directed and not show any excitement or enthusiasm for any activities. He would remain in his shell, lacking confidence. He would even speak in low volume when he would speak at all. He was always given a choice to say no to perform. In one of the sessions, he was exposed to the djembe and was asked to play it. He loved the way the sound came out of it. He slowly started getting attached to the djembe (an african instrument). He would play it in his place. One fine day, he observed all his group members come up and lead the group. Whoever came up got to play the djembe. He volunteered and not only did he play the djembe but he led the entire group and conducted a proper drum circle. Since then, he has opened up a lot and now, his involvement with the therapies has increased significantly, particularly in Music Therapy.



◇ Parin playing a rhythm on the djembe.

PRAKASHBHAI (ANAND DHAM)

Prakashbhai is an adult with intellectual disability. Initially, he would keep to himself in the sessions with minimal interaction with the group and the facilitators. He would often stare at the floor and remain seated in sessions. Upon asking him how was he doing, he would look up for a second and then look down without saying anything. He would not participate much in activities. He would just sit silently. Prakashbhai was always encouraged to greet his group members in the sessions. There were sessions designed where the group had to verbally say the rhythms taught. He did not say it initially but he was asked to clap in the rhythm. As he noticed others, he slowly started saying the rhythm. As time went, he was encouraged and appreciated to say the rhythms. After months of therapy, now Prakashbhai has started exchanging few sentences with staff and group members. He asks how people are doing. He now talks in an audible volume. In music sessions, different types of voices are used. He has started participating in these activities. He is relatively softer but it is a huge achievement for Prakashbhai given his initial condition. He now has started making eye contact with the facilitators and other participants. He is getting more involved with different activities in the music therapy sessions.



◇ Prakash exploring the sound bowl.



Sports

The unique ability of sports to transcend linguistic, cultural, and social barriers makes it an excellent platform for strategies of inclusion and adaptation. Furthermore, the universal popularity of the sport and its physical, social, and economic development benefits make it an ideal tool for fostering the inclusion and well-being of persons with disabilities.

Persons with disabilities often face societal barriers and disability evokes negative perceptions and discrimination in many societies. As a result of the stigma associated with disability, persons with disabilities are generally excluded from education, employment, and community life which deprives them of opportunities essential to their social development, health, and well-being. In some societies persons with disabilities are considered dependent and seen as incapable, thus fostering inactivity which often causes individuals with physical disabilities to experience restricted mobility beyond the cause of their disability.

Sport can help reduce the stigma and discrimination associated with disabilities because it can transform community attitudes about persons with disabilities by highlighting their skills and reducing the tendency to see the disability instead of the person. Through sports, persons without disabilities interact with persons with disabilities in a positive context forcing them to reshape assumptions about what persons with disabilities can and cannot do.

Sport changes the person with disabilities in an equally profound way by empowering persons with disabilities to realise their full potential and advocate for changes in society. Through sports, persons with disabilities acquire vital social skills, develop independence, and become empowered to act as agents of change. Sport teaches individuals how to communicate effectively as well as the significance of teamwork and cooperation and respect for others. Sport is also well-suited to reducing dependence and developing greater independence by helping persons with disabilities to become physically and mentally stronger. These skills can be transferred into other new arenas including employment and advocacy work further helping to build self-sufficiency.

Sports benefit your mental health too. Playing sports makes you happier or less stressed. Sports calm your mind, strengthen your muscles, and improve your overall well-being. It's easy to start playing sports and receiving these benefits in your life. Exercise reduces the levels of stress hormones in your body. At the same time, physical activity stimulates the production of endorphins. These are natural mood lifters that can help keep stress and depression at bay. Endorphins may also leave you feeling more relaxed and optimistic after a hard workout on the field.

Almost any sport in which able-bodied athletes can participate can be modified for participation by individuals with a disabilities including archery, athletics, basketball, cycling, bowling, canoeing, equestrian, fencing, golf, kayaking, rowing, rugby, sailing, shooting, skiing, ice hockey, swimming, table tennis, tennis, water skiing, powerlifting, and others.

The overall motivation and self-confidence and the strategies used to sustain these positive mindsets are used by sports psychologists to better the execution of clients in sports. We evaluate the strengths and weaknesses of the client and identify equipment and activities accordingly. Children who have strong arm muscles are given more

Through Sports, we focus on the overall development of clients. After assessing their case, the process of sports is decided for them. Indoor and outdoor activities are also decided according to their physical ability. First, rapport with sports is built by making children do small activities. There are many positive changes in children from sports therapy over the years. Improvement is seen in children's muscle movement and eye contact.



dexterous activities with their arms. Children with strong leg muscles are encouraged to do leg activities. We also work on children's weak muscles working on their motor control and gross control skills. We conduct outdoor games like cricket, badminton, table tennis, football, volleyball, and basketball. Indoor games such as carrom board, colour stick, target game, dart game, Board Games, Card Games, Strategy Games, Pencil and Paper Games, Guessing Games, and Role Play Games are also played.

A FEW STORIES OF IMPROVEMENT THROUGH SPORTS:

AYAN (SAMERTH)

Ayan is a 22-year-old adult with intellectual disabilities. He has been seeking sports therapy with ESI for more than a year now. Initially, he would resist following orders and randomly do activities without following instructions. After sessions focused on his mental conditioning and social skills through team sports and individual-specific interventions, he has learned to control his body movement and communicate with his peers and facilitators. Now he is much more focused on taking instructions and observing others to improve his sports performance. He gets excited about the sessions and participates in groups.



◇ Ayan is seen opening up to his friends.

ASHPAQ (SAMERTH)

Ashpaq is a 23-year-old adult with Intellectual Disability. He was very introverted. He also had concentration problems and issues making eye contact and aiming targets. He would often keep to himself and show minimal interaction with other participants and facilitators. He would prefer to do activities alone rather than in a group. We worked on his emotional intelligence and learning skills that helped him to work in a team and concentrate. We also worked on his motor skills and physical exercise. Ashpaq has now grown quite fond of the facilitators and his peers. He has now matured emotionally, maintains good eye contact, and exchanges a beautiful smile. He now enjoys his time at our sessions and has become much more involved in activities. He also participates enthusiastically and cheers for himself whenever he thinks he has done a good job.



◇ Aspaq is all smiles during a race!

ESI Partners



Blind People's Association



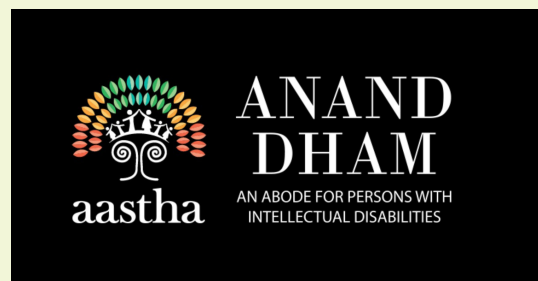
Utthan Taalim Kendra



Samerth Charitable Trust



Saath Charitable Trust



Anand Dham



Smit Child Education & Development Trust

Comfort Dog Program

Our Comfort Dog Program allows an individual or group to spend time with a therapy dog, as a mere interaction with such a dog, or looking into its eyes even can help release one's "happy hormones" associated with good health and feelings of well-being, such as endorphins, oxytocin, dopamine and serotonin, while simultaneously decreasing stress.

The Program is a perfect way to spend time alone, or with friends, family, and colleagues. Our dogs, Maska, Malai, and Kulfi would just add to the fun!

From 5 to 75, it's fun for every age group! This program allows an individual or group to spend time with therapy dogs as a mere interaction with such a dog or looking into its eyes can help release one's "happy hormones" associated with good health and feelings of well-being, such as endorphins, oxytocin, dopamine, and serotonin, while simultaneously decreasing the stress hormone, cortisol. It works like magic in alleviating depression, anxiety, loneliness, and low morale, and allows people to de-stress and feel refreshed. With the amount of stress and anxiety most of us are experiencing today, we could all use some joy and laughter in our lives!

Our Comfort Dog Program typically follows a structure wherein the attendees are first introduced to the concept of Comfort Dogs and its benefits, moving over to an introduction to each dog and their personalities, followed by an interaction with each therapy dog. This interaction can include walking, petting, grooming, playing with, and caring for the dog.



Just one hour with these dogs can change your entire day, leaving you with a smile on your face for a very long time!

We have also conducted Comfort Dog Programs with Tata Consultancy Services, Radio Mirchi, and Novotel Hotel, along with 85+ private on-site and off-site sessions.

Challenges and Opportunities

OPPORTUNITIES:

- 1. Large UnAddressed Population:** In India, about 2.2% of the population are persons with special needs. Only 61% of children with special needs attend educational institutions of any sort and this information is based on the reported number (Thakkar, 2018). There are close to 160000 People with Disabilities (PwDs) in Ahmedabad alone.
- 2. Massive Unaddressed Population:** 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. There exist many scientific complementary and supportive therapies that are not practiced and are relatively unknown. The treatment gap has been found to be 76-85% in less-developed countries (Srivastava, Chatterjee & Bhat, 2016).
- 3. Program Expansion:** There are close to 160000 PwDs in Ahmedabad alone. ESI being a first-of-its-kind program, that needs Proof of Concept in other cities as well.
- 4. Government & Private Funding:** We have immense potential to grow once we have CSR eligibility and FCRA certification. We will be completing our 3 years of establishment in Aug 2023 and we are already in preparation to fulfil the eligibility criteria.
- 5. Corporate De-stress Program:** We can use our therapies to create sustainable partnerships with corporates through paid sessions and CSR projects.
- 6. Art supplies, Dog Food and Medicine:** Partner with businesses and individuals interested in providing target service in-kind funding such as catering, traveling, medical equipment, sports & music equipment, infrastructure, etc.

CHALLENGES:

- 1. Sustainable Institutional Funding:** We have been majorly supported by the charity donations facilitated by two editions of golf tournament. We are currently dependent on individual funding. Our ineligibility for CSR, Government, and foreign funding leaves us with very few channels of support. We have added three types of therapies for our clients in the last year. Such an expansion comes with increased running costs which makes sustainability a challenge.
- 2. Communications and Marketing Resources:** Our financial limitations have helped us develop an excellent program with a very lean team. We are not being able to send out the right kind of message to our intended audience. We are lacking in visibility in reaching like-minded stakeholders. We are in dire need of communications and marketing professionals to create a strong brand and disseminate our work across various social media platforms and the general public.
- 3. Commercial Avenues:** The program, in its current state, is offered completely free-of-cost and is donor-driven. Without any commercial avenues, the dependence on funding increases exponentially.



- 4. Outdoor Infrastructure:** We use a rented space to conduct our programs. This space has a limited build-up area which inhibits the activities that could be provided to our participants. We are in need of a makeshift shed for which we have permission from our lessor but require funds to build it.
- 5. Patronage:** In addition to financial aid, a charity also requires other forms of support for greater visibility and branding- a way towards growth in many directions. ESI hasn't had many patrons involved deeply with the program, supporting its growth.
- 6. Administrative Staff:** While the program's technical team is in place, the charity doesn't have adequate administrative support. Any non-profit organization has several administrative and legal responsibilities and compliances it needs to have in place, along with best practices that should ideally be ensured. However, without the HR and legal teams, a lot of the administrative burden falls onto the technical team.

Qi Animal Sanctuary

I. INTRODUCTION:

Dear Friends, Partners, and Fellow Advocates,

In a world that frequently grapples with noise, chaos, and disconnection, the Qi Animal Sanctuary stands as a beacon of hope, compassion, and understanding. Established not just as a home for the rescued, but also as an educator and transformer of hearts, our sanctuary seeks to reintroduce humanity to the depth of connection we can share with our fellow creatures.

BRIEF ABOUT THE QI ANIMAL SANCTUARY:

Our Mission: To illuminate the world with the light of compassion, fostering a society where every living creature, be it man or animal, is met with understanding, respect, and love.

Our Vision: A harmonious world where boundaries between species dissolve, and where the laughter of children playing with animals resonates in every corner.

The Qi Animal Sanctuary is not just a place; it's a movement. It's a living testament to the promise that with understanding, care, and education, we can create spaces where animals can heal and humans can learn. Our Sanctuary is filled with stories - of animals that have faced adversity, of children whose eyes light up as they make their first animal friend, of volunteers who dedicate countless hours ensuring every being here feels loved.

THE IMPORTANCE OF BRIDGING THE GAP BETWEEN HUMANS AND ANIMALS:

- School children interacting with ducks
- A child feeding a rabbit
- A visitor hugging a sheep

Modern society often erects barriers – tangible and intangible – that distance humans from the natural world. We live in concrete jungles, engrossed in digital screens, often unaware of the rich tapestry of life that thrives outside our windows. This distance isn't just geographical; it's emotional. It's a gap in understanding and empathy.

BUT WHY IS BRIDGING THIS GAP SO CRITICAL?

Because when we distance ourselves from animals, we also distance ourselves from our innate nature – our ability to feel deeply, to connect genuinely, and to love unconditionally. Animals, with their unspoken languages and boundless affections, teach us what many human interactions these days lack - genuine connection, patience, and unwavering love.



School children interacting with ducks.



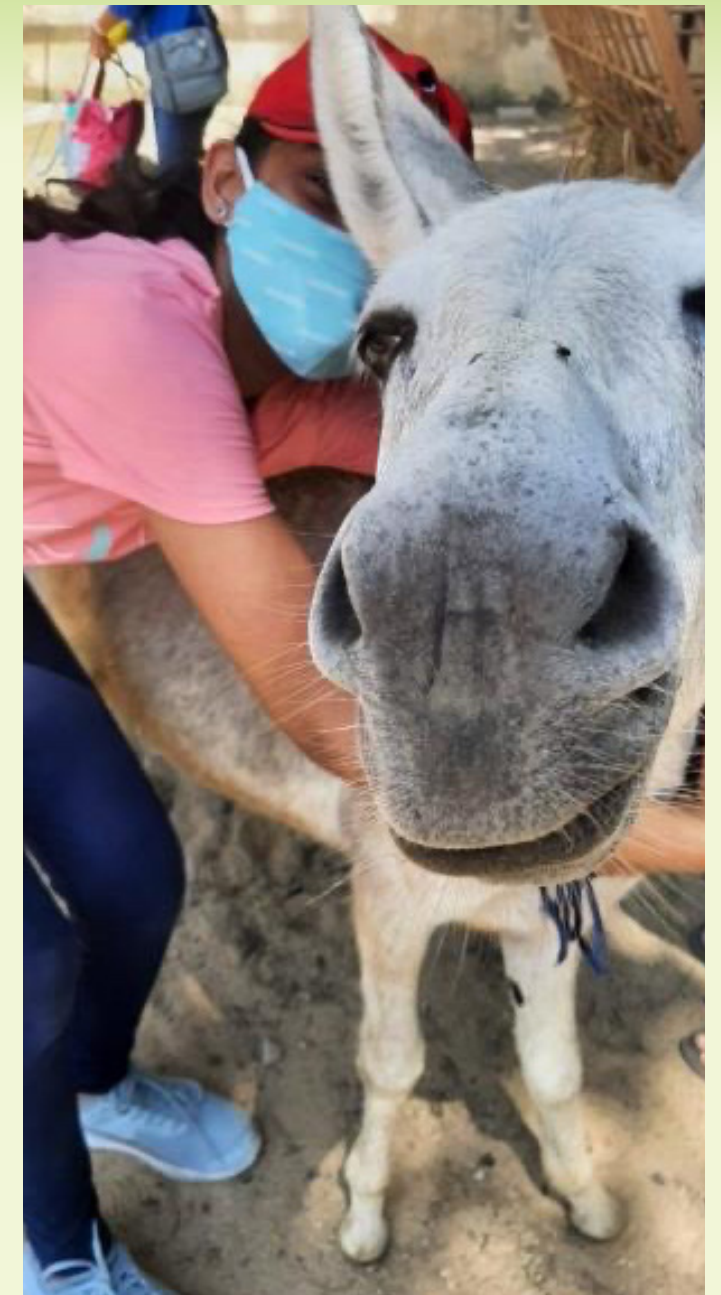
A child feeding a rabbit.



A visitor hugging a sheep.



A child hugging a rat.



A child hugging a donkey.

Moreover, as stewards of this Earth, it is our responsibility to understand, protect, and coexist with all of its inhabitants. Our futures are intertwined. By understanding animals, we not only safeguard their futures but also enrich our own lives, paving the way for a society that is more compassionate, conscious, and harmonious.

As you delve deeper into this report, we invite you to journey with us, to understand the magic that unfolds every day at the Qi Animal Sanctuary, and to see firsthand the transformative power of love and understanding.

With heartfelt gratitude and hope,
Soham Mukherjee
Trustee, Qi to Happiness Foundation

Objectives and Goals Achieved

Promotion of Empathy Through Animal Affection

Empathy is a virtue often spoken of but rarely experienced in its truest form. At Qi Animal Sanctuary, we believe that animals possess an innate ability to mirror genuine emotions and affections. Their world, unclouded by the trappings of ego or artifice, offers a pure, unfiltered experience of connection and emotion.

HOW DO WE NURTURE THIS UNDERSTANDING AND COMPASSION?

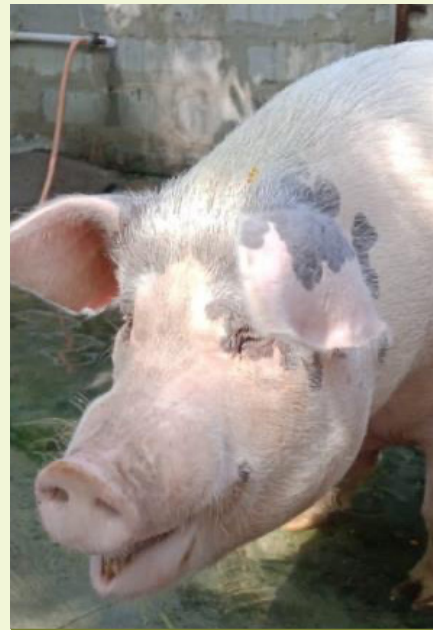
- ♦ **Rescued Animal Tales:** Our sanctuary is home to many rescued animals, each carrying a unique tale of survival and resilience. By sharing their stories, we allow visitors to see firsthand the potential for transformation when a creature is treated with kindness and love.



Emu



Donkey



Pig

- ♦ **Interactive Sessions:** We hold regular interactive sessions where visitors, especially children, are encouraged to spend time with our animals. Through touch, play, and care, humans experience a raw, emotional bond, often leading to profound moments of understanding and connection.



Bhola being a gentle animal ambassador.

EDUCATING FOR A COMPASSIONATE SOCIETY

Building a compassionate society is not just about feeling for one another; it's about understanding our role in the larger tapestry of life and recognizing that our actions echo in the lives of countless beings and the health of our shared planet.



A child hugging a mule.

HOW DO WE EDUCATE TOWARDS THIS GOAL?

- ♦ **Workshops and Field Trips:** Schools and institutions are invited for tailored workshops, where we discuss the interconnectedness of life. The curriculum includes understanding animal emotions, ecosystems, and the importance of coexistence.
- ♦ **The Sanctuary Experience:** Simply walking through our sanctuary is an educational journey. Informational plaques detailing animal habits, environments they come from, and the challenges they face in the wild are strategically placed. This educates visitors about the larger world outside our sanctuary and the importance of conservation.
- ♦ **Virtual Tours for Schools:** Adapting to the digital age and the constraints of the past year, we introduced virtual educational tours - live shows that reached an astounding 20,000 children from over 200 schools. These interactive sessions allowed students to explore the sanctuary, learn about our animals, and participate in Q&A sessions, all from the safety and comfort of their classrooms.

Ethical and Holistic Approach

It is critical that we emphasise our unwavering commitment to an ethical and holistic approach in all aspects of our operations. These principles guide not only our daily activities but also our long-term vision. Let us shine some light on our foundational pillars:

SOCIAL AWARENESS:

At Qi Animal Sanctuary, we believe that children are the vanguards of the future. Their understanding and appreciation of their role within the broader community can shape the trajectory of our society.

ACTIVITIES AND IMPACT:

- ◇ **Community Integration:** Our sanctuary serves as a communal hub where children interact with diverse members of the community, fostering unity and mutual respect.
- ◇ **Civic Engagement Workshops:** Through interactive sessions, children learn the nuances of community service, societal structures, and their role as change-makers.

ENVIRONMENTAL GUARDIANSHIP:

Our sanctuary isn't merely a haven for animals; it's a testament to the potential of sustainable living and its broader implications for earth stewardship and social justice.

RECOGNIZING INTERDEPENDENCE:

We actively promote the understanding that no life exists in isolation. Every creature, plant, and element is intertwined in the grand dance of existence.

Steps Forward:

- 1. Interdependency Workshops:** Through visual aids, interactive sessions, and guided sanctuary tours, visitors witness firsthand how the well-being of one species affects another.
- 2. Ecosystem Education:** Our educators elucidate the delicate balance of different ecosystems and how human actions can tip these scales, for better or worse.



Rabbits comfortably interacting with a group.



Kids feeding a mule.



A child playing with a goat.

SOCIAL EMOTIONAL LEARNING (SEL):

Recognizing the complexities of human emotion and relationships, SEL takes center stage in our educational endeavors.

Program Highlights:

Emotional Intelligence Workshops: Tailored for varying age groups, these workshops equip children with tools to identify, express, and manage their emotions.

DEVELOPMENT OF EMPATHY:

Empathy is the cornerstone of a just and compassionate society. At Qi Animal Sanctuary, we spare no effort in fostering this vital trait.

Empathetic Endeavors:

- ◇ **Rescue Stories:** Sharing the poignant stories of our rescued animals, we allow visitors to walk in their paws, fostering deeper understanding and compassion.
- ◇ **Empathy Workshops:** Through role-playing, discussions, and guided reflection, participants learn to place themselves in others' shoes, cultivating a genuine desire to alleviate distress.
- ◇ **Compassionate Outreach:** We organize community visits where our team and animals interact with different societal segments, allowing for mutual empathy and understanding.



A child hand-feeding pigeons.

Our Ethical and Holistic Approach is a living testament to our commitment to a brighter, more compassionate future, a beacon of hope in a world fraught with challenges.

Humane Education Program

The ancient Greek philosopher Aristotle once remarked that “Educating the mind without educating the heart is no education at all.” At Qi Animal Sanctuary, we wholeheartedly resonate with this sentiment, and our Humane Education Program is the embodiment of this belief.

USING ANIMALS AS A MEDIUM:



Surya loves interacting with school kids.



Goose enjoying yummy treats.

For centuries, animals have been silent teachers, mirroring back to us qualities that are fundamental to humanity yet often overlooked. They reflect unconditional love, trust, loyalty, and resilience. Through their stories of survival and camaraderie, they gently steer our hearts towards understanding, compassion, and empathy. Their indiscriminating affection stands as a powerful lesson in acceptance and non-judgment.

At Qi Animal Sanctuary, our rescued animals, each with their unique narratives of hardship and revival, become focal points of our educational sessions. We’ve observed, time and again, that firsthand experiences with these sentient beings leave indelible imprints on the psyche. The joy of a dog’s wagging tail, the trust in a cat’s purring embrace, or the wisdom in an elephant’s gaze – each interaction weaves a story, gently guiding our visitors towards a deeper understanding of compassion and kindness.

Animals, in their simplicity, cut through the layers of human conditioning, making the learning of empathy and compassion experiential rather than just conceptual. The lessons learned in the company of these beings often surpass those taught through traditional mediums, for they touch the soul, and what touches the soul stays with us for a lifetime.

STATISTICS: APRIL 2022 - MARCH 2023

The numbers bear testament to the profound impact our Humane Education Program has had on the community:

- ♦ Children Educated: 8,500
- ♦ Adults Educated: 4,300
- ♦ Schools Engaged: Over 230, including virtual educational tours.
- ♦ Open Group Sessions: We’ve hosted and educated a total of 5,600 individuals, including both children and adults, during our open group sessions.
- ♦ Special Workshops: Over 20 specially curated workshops on empathy, kindness, and sustainable living.



School children attending an educational talk.

As we reflect on the year gone by, it’s heartening to see the ripple effect of our endeavours. Thousands have walked through our gates, and thousands have walked out with a renewed perspective, not just on animals, but on life itself.



School children interacting with rabbits.

Animal Welfare and Management

RESCUE STORIES: FROM SHADOWS TO SUNLIGHT

Every animal at Qi Animal Sanctuary has a story, a journey marked by resilience and hope. Their tales are not just stories of survival, but they serve as a testament to the boundless capacity for love and healing that each being possesses.

Buddha is around 29 years old, and is one of the oldest residents in our sanctuary. He was rescued from a panjrapole in Jaipur where he was suffering from several ailments including severely infected wounds and emaciation. He was originally owned by tanga wala who repeatedly abused him and gave him little to no food. Buddha had collapsed due to unbearable pain in his knees. He was abandoned by his owner to die, literally. After his rescue he gradually got better physically but his hatred towards humans was evident and understandable. Flash forward to now - he is living his life to the fullest in the company of his new friends, eating his favourite foods, rolling in the sand, getting baths and massages, and rolling in the sand again. He is one of the most vocal of all, and is famous for greeting anyone who carries yummy carrots and alfalfa greens. His transformation is nothing short of magical - from a dying mule to a human hater to an absolute sweetheart.



Khatti and **Meethi** are two of the goofiest donkeys you'll ever meet. As their names suggest, Khatti is super mischievous and Meethi is a darling. It is hard to imagine that they were destined to a cruel life carrying heavy loads at a brick factory in Anand, Gujarat. Their timely rescue prevented them from a lifetime of suffering. They were severely malnourished and had a hard time trusting people. They have now opened up and exhibit strong personalities. They were only a year old when they came to us, timid little donkeys, and now they're confident brats. They demand attention at all times. If they get to know someone is carrying treats, they will shouting at the top of voice till their demand is met with. One may try their best to avoid them but a tug on their clothes will bring the attention right back.



Stella, our beautiful Sulphur-crested cockatoo, is a symbol of strength and hope. Her left wing bears a testament to her past, having fractured and healed at an unusual angle after being rescued from difficult circumstances. Stella will always require a little more care and understanding because of this one-of-a-kind challenge.

Her unbreakable spirit and natural ability to bond with humans, however, drew QiAS to adopt her into our fold. Her connection, particularly with children, is profound, making her an unrivalled ambassador for our cause. Stella's story, and similar ones, serve as daily reminders of our mission. The transformations we see occur within the animals as well as within the souls of the humans they love.



Jessica embodies the gentleness that makes her a sanctuary treasure, and she stands as a testament to compassion and resiliency. She was in terrible shape when she was first saved; she had been starved and left by an owner who was unable to meet her basic requirements. Her initial condition, when found foraging close to a landfill, was heartbreaking.

Jessica, however, has not only recovered but flourished because of the committed care and rehabilitation she received. She is now a mainstay of our interactive educational programmes and is especially adored by kids because of her kind and friendly nature. She loves attention and fits right in with groups of people of all ages, acting as an ambassador for compassion and animal care just by being herself.

BEST HUSBANDRY PRACTICES

At the heart of our sanctuary lies a commitment to the well-being of our residents. We adopt globally recommended best husbandry practices, ensuring a holistic approach to their care. Regular health check-ups, timely vaccinations, and a team of dedicated veterinarians and caretakers ensure that each animal is not just surviving but thriving.

HOUSING: A HOMAGE TO NATURE



Perching for enrichment of pigeons



Water pool for pigs

One of the primary goals of our sanctuary is to make our animals feel at home. The enclosures are meticulously designed to mimic their natural habitats. Whether it's the burrows for the rabbits or the vast grasslands for our herbivores, each setting is a reflection of their natural environment, ensuring they stay mentally and physically invigorated.



Mixture of vegetables and fruits for pigs as a supplement

Understanding the diverse dietary needs of our residents, we've incorporated nutrition plans that are species-specific and adjust to seasonal requirements. Our nutritionists ensure a balanced staple diet, enriched with necessary supplements. Special diets and foods are sourced, both domestically and internationally, ensuring that every animal receives the nourishment they need.

ENRICHMENT AND BEHAVIORAL CONDITIONING



Hanging fodder for goats.



Brushing and grooming of a donkey.



Ash bath for chickens.

The mental well-being of our animals is just as important as their physical health. We have a robust behavioral and environmental enrichment program in place. From toys to puzzles and dietary variety, we ensure that our animals are always engaged, stimulated, and learning. Their interactions with humans are filled with positive reinforcements, ensuring that every interaction they have is a step towards healing and trust.



Rabbits are provided with air cooler during the summer months.



Mother duck with ducklings.

Timeline and Major Events

2020-2021: *Qi Animal Sanctuary Takes Root*

When the world was dealing with the unprecedented challenges of the pandemic, Qi Animal Sanctuary emerged as a beacon of hope and comfort. As the uncertainty grew, the sanctuary continued to care for all of its resident animals. The sanctuary conducted virtual programs for over 20,000 school children from several cities in India. The sanctuary reinforced the vital bond between humans and animals at a time when human connection was restricted.

2022: *School Outreach Program*

Believing in the philosophy that compassion is best sown young, Qi Animal Sanctuary welcomed young minds to its serene environment, aiming to nurture empathy and kindness. In this period, a total of 3500 school children walked through our gates and left with widened horizons and hearts filled with compassion.

2022: *Open to All - Embracing the Community*

The sanctuary threw its gates open for group visitors, aiming to educate and inspire a wider audience. Between January 2022 and March 2023, Qi Animal Sanctuary had the honour of educating over 18,000 children and adults. These sessions were marked by profound conversations, newfound realizations, and a shared commitment to a more compassionate world. The sanctuary offers free programs to under-privileged community members and government schools.

2023: *Consistent Work Amidst Adversity*

The year saw a world slowly coming to terms with the new normal, and Qi Animal Sanctuary stood resilient, providing refuge to animals in need and acting as an educational hub for individuals from all walks of life.



School kids feeding ducks in water.

Testimonials

Finding Purpose and Building Bonds: Our Volunteers Speak

Jiya Bhatt:

"When I first stepped into Qi Animal Sanctuary as a volunteer, I wasn't prepared for the profound transformation I would undergo. Each day brings with it a lesson in patience, love, and resilience. The animals have taught me about unconditional love, and the sanctuary has provided me a purpose. I don't just volunteer; I am part of a movement."

Anishka Adukia:

"Qi isn't just a sanctuary for animals; it's a sanctuary for humans too. Here, amidst the laughter of kids, the chirps and growls of animals, I found my tribe. Each animal I care for reminds me of the strength of spirit and the boundlessness of compassion."

Shweta Dhiman:

"I joined Qi to give, but every day, I feel like I receive so much more. The connections I've made, with both animals and humans, have been life-changing. It's not just about rescue and care; it's about building bridges of understanding and empathy."

Visitors Reflect: Glimpses of Awe and Transformation

Trusha Sutaria:

"Visiting Qi was an eye-opener. The serene environment, the heartfelt stories of each animal, and the dedication of the staff moved me deeply. I came away with a renewed respect for all living beings."

Nidhi Patel:

"My son's face lit up with wonder as he interacted with the animals at Qi. It was an enriching experience, one that sowed seeds of compassion and understanding in his young heart."

Educational Outings with Lasting Impacts: Schools Share

Ms. Hitiksha Patel, Special Activity Coordinator, Satellite School for Children:

"Our students' visit to Qi Animal Sanctuary was beyond educational; it was transformative. They learned vital life lessons about care, empathy, and the interconnectedness of all beings. Such experiential learning is invaluable."

Ms. Komal Botha, HOD Pre-Primary Section, Shreyas Foundation:

"The bond our students formed with the animals at Qi was heartwarming to witness. The sanctuary's educational approach is commendable, intertwining knowledge with compassion."

Each testimonial, each reflection, is a testament to the impact Qi Animal Sanctuary has on shaping hearts, minds, and the broader community. These voices, together, echo the shared mission of creating a compassionate world.

Challenges and Future Plans

CHALLENGES FACED:

1. **Financial Constraints:** Like many non-profit organizations, one of our primary challenges has been securing sufficient funds to ensure the daily operations of the sanctuary, including medical care, nutrition, enrichment programs, and maintenance of infrastructure.
2. **Balancing Rescue and Capacity:** As the word spread about our sanctuary, the number of animals needing rescue and rehabilitation increased. However, with limited space and resources, it became a challenge to accommodate every animal in distress.
3. **Pandemic-Related Limitations:** The ongoing pandemic meant fewer visitors, cancelled educational programs, and disrupted supply chains. This significantly affected our revenues and the availability of essential supplies.
4. **Skilled Labor Shortage:** Finding skilled staff, especially veterinary professionals and trainers familiar with diverse animal needs, has been a challenge given our remote location.
5. **Environmental Changes:** Unexpected climatic changes, including heavier monsoons and fluctuating temperatures, posed challenges in terms of housing, food storage, and overall animal care.

FUTURE PLANS AND STRATEGIES:

1. **Diversified Fundraising:** To mitigate our financial challenges, we are planning various fundraising events, both online and offline. We're also exploring grant opportunities and partnering with corporate entities for sponsorships.
2. **Expansion:** We aim to acquire more land to accommodate more animals. This will not only help us rescue more animals but will also provide them with larger and more natural habitats.
3. **Virtual Engagements:** We intend to leverage technology by offering more virtual tours and online workshops. This will not only provide educational opportunities but also open an additional revenue stream.
4. **Training Programs:** We plan to tie up with animal care and management institutions to offer internships and training programs, ensuring a steady influx of skilled individuals.
5. **Community Engagement:** By involving the local community more deeply, we aim to create a network of volunteers and foster a deeper bond between the sanctuary and its immediate surroundings.

Our journey may be dotted with challenges as we look to the horizon, but our resolve is stronger. We are confident in navigating these challenges and paving the way for a compassionate future because of our collective effort, strategic planning, and the unwavering support of our donors, volunteers, and well-wishers.

Conclusion

Our sanctuary may be a small stitch in the grand tapestry of life, but it brings warmth, hope, and a sense of belonging to countless human and animal lives.

Every meal provided, every rescue made, every child educated, and every act of compassion performed has only been made possible by the collective spirit of our community. From our hard-working staff to our selfless volunteers, from every visitor who walked our grounds to every child who discovered empathy in the eyes of a rescued animal, from our donors to the schools that partnered with us, each and every one of you has played an important role in making our vision a reality.

The most resilient communities are those that come together with a common goal and mutual respect in the face of adversity. Our animals' heartbeats resonate with the love and care they receive, and this is reflected in the children's laughter and the transformation stories we hear every day.

Looking ahead, we are filled with optimism, not only for our sanctuary, but also for the world we envision, one in which compassion is the guiding light. We are constantly reminded that when we extend our hand to assist another living being, we not only change their world, but we also change our own.

Thank you from the bottom of our hearts and the voices of our animals to each and every one of you. Your belief and support have been pillars of strength for us. As a community, we are not only creating a sanctuary; we are also fostering a movement. A movement promoting compassionate and peaceful coexistence.



A child hugging an emu.



A child interacting with a donkey.

Annual Charity Golf Tournament



To fuel its Essential Supportive Interventions program for persons with disabilities and at-risk children, Qi To Happiness Foundation hosted its second Qi Annual Charity Golf Tournament on 08 Jan 2023.

Replicating the tournament's ability to attract eminent personalities from the first edition, this edition also saw participation from the Indian professional golfers, Mr. Anirban Lahiri and Mr. Chikkarangappa S.

The first leg of the Qi Annual Charity Golf Tournament was held on 11 Dec 2021. Both editions of the Charity Golf Tournament have been successful because Mr. Vijay Divecha and Mr. Rajiv Vasa put in all their time, energy, and resources into creating a beautiful tournament filled with people who wanted to help us do the work Qi To Happiness Foundation was created to do. The tournament, needless to say, was a massive success!



The Management



"She is a psychology major with honors from Delhi University, and a creative and passion-driven entrepreneur with experience in education."

Amrita Singh
Managing Trustee



"He is a herpetologist and wildlife biologist who is known for his work on urban wildlife rehabilitation, crocodile conservation, and animal behaviour management."

Soham Mukherjee
Trustee



"He has spent over 2 decades professionally in the field of animal welfare at a global level. He believes that we can create a better future by feeling and practicing compassion as naturally as we breathe and blink."

Rahul Sehgal
Trustee



"She has worked in the social sector for over 30 years, contributing to many different causes. Her special relationship with both children and animals is what connects her to the Qi To Happiness Foundation family."

Manjula Choudhary
Secretary

Accounts & 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 - 380058				Phone No. : 9909007989	
Balance Sheet As on 31st March, 2023					
FCRA Details : NOT APPLICABLE					
FUNDS & LIABILITIES	Rs.	Rs.	PROPERTY & ASSETS	Rs.	Rs.
Trust Funds or Corpus :			Immovable Properties :		
Balance as per last Balance Sheet	11,111		Balance as per last Balance Sheet	-	
Adjustments during the year(corpus Donation.)	-	11,111	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 Schemes or out of the Income)			(ii) Including in concerns in which the trustees are interested Rs.	-	
Depreciation Fund	-				
Sinking Fund	-		Fixed Assets [ANNEXURE 6]		
Reserve Fund	-		Balance as per last Balance Sheet	48,377	
Specific Reserve [ANNEXURE 7]	6,00,000		Add : Additions during the year	1,21,622	
[Amount invested as per Section 11(2) of the Income Tax Act]			Less : Sales during the year	-	
Less: Amount Transferred to Inc. & Exp. Acc.	-	6,00,000	Depreciation	20,495	1,49,504
Loans (Secured or Unsecured)			Loans (Secured or Unsecured) Good/Doubtful		
From Trustees	-		Loan Scholarships	-	
From Others	-		Other Loans	-	
Liabilities :			Advances / Deposits		
For Refundable Deposits	5,000		To Trustees	-	
For Creditors for Expenses	91,813		To Advances to Managers for Project	25,000	
For Creditors for Salaries	10,850		To Sundry Receivables	5,000	
For Professional Tax Payable	34,800		To TDS Receivable	9,475	
For TDS Payable (Net balance)	(8,096)		To Others - Rent Deposits	2,82,750	3,22,225
For GST Payable (Net Balance)	5,02,276	6,36,643			
Income and Expenditure Account :			Income Outstanding :		
Balance as per last Balance Sheet	13,25,027		Rent / Interest	-	
Add : Adjustments, if any (TDS reflected in P&L in past year)	31,000		Cash and Bank Balances		
Add: Surplus as per Income & Expenditure Account	-		(i) Bank Balances		
Less : Deficit as per Income & Expenditure Account	2,96,977	10,59,050	in Savings account with Yes Bank A/c 1540	15,15,026	
			in Savings account with Yes Bank A/c 1450	3,04,815	
			(ii) Cash on hand with Trustees & Managers	15,234	18,35,075
Total Rs.		23,06,804	Total Rs.		23,06,804

Income Outstanding for the year ended on 31/03/2023 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

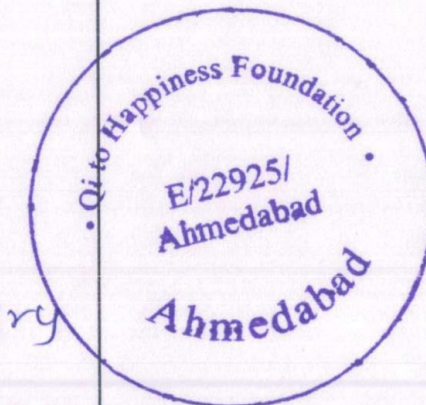
For, Khandhar & Khandhar
Chartered Accountants
ICAI FRN : 137865W

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

For, Qi to Happiness Foundation

Manjula Choudhary
[Trustee / Secretary]
Address : Sector-1, 41 Kalhaar Bungalows, Shilaj, Ahmedabad 380058
Phone Number : 9909007989

Place: Ahmedabad
Date: 25th September, 2023
UDIN : 23157541BGPYRT6224



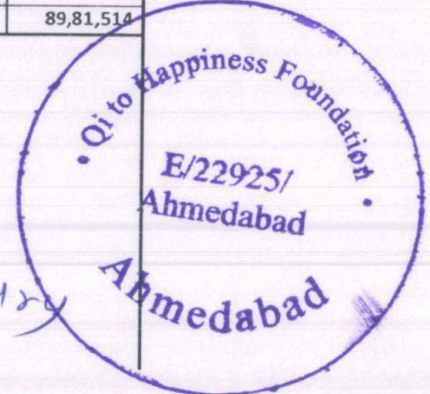
Name of Public Trust : QI TO HAPPINESS FOUNDATION		Registration Number E - 22925, AHMEDABAD		Date of Registration 26.08.2020	
Address of Trusts' office : SECTOR-1, BUNGALOW NO. 41, KALHAAR BUNGALOWS, NANDOLI VILLAGE, SHILAJ, AHMEDABAD - 380058				Phone No. : 9909007989	
Income and Expenditure Account for the year ending: 31st March 2023					
FCRA Details : NOT APPLICABLE					
EXPENDITURE	Rs.	Rs.	INCOME	Rs.	Rs.
To Expenditure in respect of properties			By Rent (accured / realised)		
Rates, Taxes, Cesses	-		Rent	-	
Repaires and Maintenance	-		By Interest (accured / realised)		
Salaries	-		On Securities	-	
Insurance	-		On Loan	-	
Depreciation (by way of provision or adjustments)	-		On Savings Account	1,58,916	
Other expenses	-		Other interest (I.T. Refund)	-	1,58,916
To Establishment Expenses [ANNEXURE 3]	10,43,081	10,43,081	By Dividend		
To Remuneration to Trustees	-	-	By Donation in cash or kind		
To Remuneration (in the case of a math to the head of the math, including his household expenditure, if any)	-	-	Domestic [ANNEXURE 1]	23,67,327	
To Legal / Professional Expenses	29,500	29,500	International (FCRA No. & Date)	-	23,67,327
To Audit Fees	29,500	29,500	By Grants		
To Contributions & Fees	-	-	Domestic	-	
To Amount written off			International (FCRA No. & Date)	-	
(a) Bad Debts	-		By Income from other sources		
(b) Loan/Advance	-		In relation to objects of the Trust		
(c) Irrecoverable rents	-		Sponsorship Incomes	12,00,000	
(d) Other items	-		Confort Dog - Stress Relieving Program	79,662	
To Miscellaneous Expenses	-	-	Entry Fees for Animal Welfare Shelters	27,06,325	
To Depreciations [ANNEXURE 6]	20,495	20,495	Other Incomes [ANNEXURE 2]	20,307	40,06,294
To Amount transferred to Reserve or Specific Funds	-	-	By Transfers from Reserve	21,52,000	21,52,000
To Expenditure on objects of the trust (Specify if any from FCRA)			By Deficit carried over to Balance Sheet	2,96,977	2,96,977
(a) Religious	-				
(b) Educational	-				
(c) Medical Relief [ANNEXURE 4]	75,40,678				
(d) Relief of poverty	-				
(e) Other charitable objects [ANNEXURE 5]	3,18,260	78,58,938			
To Surplus carried over to Balance Sheet	-	-			
Total Rs.		89,81,514	Total Rs.		89,81,514
As per our report of even date					

For, Khandhar & Khandhar
Chartered Accountants
ICAI FRN : 137865W
N Khandhar
Nishil Khandhar
[Partner]
Membership No: 157541
Address : 601, Ratnam Tower, Bodakdev, Ahmedabad 380054
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Manjula Choudhary
[Trustee / Secretary]
Address : Sector-1, 41 Kalhaar Bungalows, Shilaj, Ahmedabad 380058
Phone Number : 9909007989





Contact Information

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WEBSITE

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QI ANIMAL SANCTUARY

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◇ **Phone:**

+91 70416 36524

◇ **Social media:**

Instagram- @qianimalsanctuary

Facebook- qianimalsanctuary

ESSENTIAL SUPPORTIVE INTERVENTIONS

◇ **Email:**

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Facebook- qitohappinessfoundation.esi

LinkedIn- qitohappinessfoundation-esi

Youtube- qitohappinessfoundation-esi



