

ANNUAL REPORT 23/24



 *Qi to happiness*
Foundation

ESSENTIAL SUPPORTIVE INTERVENTIONS



MENTAL HEALTH
DISABILITY

TABLE OF CONTENTS

ESSENTIAL SUPPORTIVE INTERVENTIONS (ESI)

OVERVIEW	4
ESSENTIAL SUPPORTIVE INTERVENTIONS	6
WORK IN DISABILITY	7
WORK IN MENTAL HEALTH	11
IMPACT	14
TESTIMONIALS	16
PROBLEMS THAT WE SOLVE	18
OUR METHODOLOGY	20
ANIMAL ASSISTED THERAPY	22
ARTS BASED THERAPY	26
MUSIC THERAPY	30
SPORTS	34
LIFE SKILLS TRAINING	38
NEW HORIZONS	41
PARTNERS	44
CHALLENGES AND OPPORTUNITIES	46

MANAGEMENT	48
------------	----

AUDIT REPORTS	50
---------------	----

CONTACT INFORMATION	53
---------------------	----





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 the following program under the charity:

- Essential Supportive Interventions (ESI):

The Essential Supportive Interventions program aims to expand the existing ecosystem in the disability and mental health movement by introducing four ground-breaking modalities.

- Qi Animal Sanctuary:

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.

WORK IN DISABILITY

Disability is a broad term used to describe a range of physical, mental, or sensory impairments that significantly impact a person's ability to perform certain activities or participate in daily life.

Stigma:

Barriers to accessing important spaces, education, and employment can lead to a sense of exclusion and lower self-esteem. The frustration of navigating these barriers can also impact self-worth.



WORK IN MENTAL HEALTH

Mental health refers to a person's emotional, psychological, and social well-being. Taking care of mental health involves managing stress, seeking support when needed, and maintaining a healthy lifestyle.

Stigma:

Addressing mental health stigma involves promoting understanding and empathy, encouraging open discussions about mental health, and challenging harmful stereotypes.

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.



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.

MENTAL HEALTH:

Our work in mental health focuses on the functioning and well-being of the brain and mind, impacting individuals' ability to navigate their daily lives. Due to stigma and inaccessibility, large parts of the society are deprived of affordable and quality mental health services. ESI aims to bridge this gap through an array of customised interventions.





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, Maski, 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.

IMPACT STORIES

Ruhan (Samerth Charitable Trust)

When Ruhan Ghanchi first joined our Animal-Assisted Therapy sessions, he was fearful and withdrawn, avoiding the therapy dogs and our team. Over time, with gentle encouragement, he gradually connected with the dogs, engaging in activities and building trust. Today, Ruhan is one of our most enthusiastic participants, showing significant progress in emotional regulation, motor skills, social interactions, and behavior. His growing confidence has strengthened his bond with the dogs and helped him develop vital life skills, demonstrating the transformative power of Animal-Assisted Therapy.



Saleha (Samerth Charitable Trust)

When Saleha Sumra first joined our Animal-Assisted Therapy sessions, she struggled with motor difficulties and the lasting effects of mental health challenges from COVID. Initially hesitant, she gradually built a bond with the therapy dogs and began participating more fully, even in tough tasks. Her motor skills have since improved—she now handles a tennis ball with control and confidently feeds treats to the dogs. More importantly, Saleha's confidence and happiness have soared. Today, she eagerly joins every session, showing that with the right support and some love from our canine companions, incredible progress is possible.





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.

IMPACT STORIES

Ujma (Samerth Charitable Trust)

Ujma has shown significant overall improvement. Her motor skills have developed, and she can now navigate sessions independently, which was not the case before. She has become more observant of her surroundings and the people around her. Additionally, she is more expressive and actively participates in activities. She has also begun to express her likes and dislikes, marking a major step forward.



Avesh (Samerth Charitable Trust)

Avesh used to distance himself from the group, often sitting apart during activities. He would cover his face and refuse to participate. Now, not only does he volunteer, but he has also shown remarkable improvement in the quality of his work. He has become more communicative and frequently expresses his emotions to the therapist.





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

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 like 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.



IMPACT STORIES

Umesh (Blind People’s Association)

Initially, he paid little to no attention during sessions, often making random sounds and responding when others were addressed. However, through various musical interventions, he has started using sounds or words instead of gestures to communicate. While he still requires assistance, he makes an effort to complete tasks. His comprehension has also improved significantly.



Aaqib (Samerth Charitable Trust)

He was initially difficult to manage, often running around and creating disruptions. However, with various interventions, his attention span has improved significantly. He has become more communicative, using sounds and gestures to express his concerns. He actively participates in activities and has developed his own unique way of processing and interpreting music.





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 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 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.

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 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.



IMPACT STORIES

Kaif (Samerth Charitable Trust)

He initially struggled with resistance, preferring a fixed spot, disturbing others, and showing little patience. He also lacked awareness of dress code and hygiene, often isolating himself from peers. Over time, Kaif displayed impressive growth—he now follows session guidelines, adapts to different seating, and engages positively with others. His hygiene and appearance have improved significantly, reflecting newfound self-awareness. Today, Kaif actively participates in group activities, transforming from a disruptive presence to a valued and cooperative member of the group.



Imran (Samerth Charitable Trust)

He initially kept to himself, avoided social interactions, and struggled with basic skills like gripping a ball or bat properly. He often relied on the therapist for instructions and had difficulty maintaining balance while running. With focused effort, Imran has made impressive progress—he now engages more in group activities, grips the ball confidently, and holds the bat with better control. His accuracy in targeting the stumps has improved, and his running balance is noticeably steadier. Imran's journey highlights how dedication and guidance can lead to remarkable growth.



LIFE SKILLS TRAINING

According to World Health Organization (WHO), a person can be deemed healthy only if their physical, mental and social well-being are balanced. According to American psychologist, Abraham Maslow, health is a basic human need. One cannot function properly if any aspect of health is compromised. We often educate children in various subjects like mathematics, gujarati, science, etc. But we do not educate them about how to live their lives. We do not provide them with the various skills needed to lead a healthy emotional and social life. WHO identified this gap in education systems across the globe. They identified 10 essential life skills that are important to teach an individual to lead a healthy life. The 10 life skills identified by WHO are:

1. Self-awareness
2. Empathy
3. Critical thinking
4. Creative thinking
5. Decision making
6. Problem solving
7. Effective communication
8. Interpersonal relationship
9. Coping with stress
10. Coping with emotions

Keeping these life skills as the basis, NIMHANS (Bangalore) designed a culturally-appropriate course to train psychologists in India to deliver this training to various populations. This training consists of 12 modules:

1. Skills for positive mental health
2. Skills for enhancing resilience
3. Skills for academic success
4. Skills for healthy life style
5. Skills for developing healthy reproductive health
6. Skills for developing healthy sexuality
7. Skills for prevention of sexual harassment and bullying
8. Skills for healthy relationships
9. Skills for prevention of sexual abuse
10. Skills for goal and career planning
11. Skills for prevention of suicide
12. Values and life skills for success



ESI recognizes the challenges faced by the vulnerable populations it caters to. PwDs are often at a disadvantage when it comes to the development of skill sets and future independence. While keeping this in mind, and also the original ethos of Qi To Happiness Foundation revolving around healing through nature, animals and other sources of happiness, the therapists, along with the help of **Mr. Lokendra Balasaria**, a renowned architect and urban ecologist have formulated a **Green Thumb Training Program** for these individuals.

Many of our beneficiaries do not have the privilege of access to essential training or exposure to tackle real life challenges and situations. Therefore, our team of psychologists have designed the **Soft Skills Training Program**. The program focuses on introducing various situations and challenges in order to facilitate a “sandbox” where the beneficiaries can learn appropriate skills to deal with said situations in a healthy way and practice them.

These populations are in many cases deprived of even very basic training and exposure. This results in them being at a disadvantage in education and occupation hence, leading to a vicious cycle of poor mental health, financial instability, illiteracy and lower standard of life. Thus, the team has also designed a **Fundamental Skills Training Program** to work on the client’s ability to be confident members of the society. The program focuses on appropriate behaviours, compassion, navigating

challenging situations, occupation, etc.

The program aims to empower the beneficiaries and to make them as independent and self sufficient as possible. The motive of these programs are to help the clients not just to be able to survive but also thrive in the future.



NEW HORIZONS: MENTAL HEALTH

To expand the scope of our work as we progress through time, we are delving deeper into community mental health. According to World Health Organization (WHO), a person can be considered healthy only if their physical, social and psychological well-being are maintained. However, in a country like ours, information about and access to quality mental health care and support are grossly limited. Limited access to mental health services in India has widespread social and economic consequences. With a high population and a severe shortage of mental health professionals, millions go untreated, leading to increased suicide rates, workplace inefficiencies, and social stigma. Poor mental health contributes to lower productivity, higher healthcare costs, and a growing burden on families. The lack of infrastructure, affordability issues, and cultural barriers further deepen inequalities, making it harder for vulnerable populations to seek help, ultimately hindering national development and well-being. Through our work, we want to reduce the stigma and lack of education surrounding mental health, which could range from minor stress to severe mental disorders.

AWARENESS PROGRAMS:

Our awareness programs are designed to educate the grassroots about mental health and disability. We conduct awareness programs in schools, colleges, hospitals, government and non-government organizations, and other community spaces. These programs are tailored to each community's needs and are a means to educate groups that lack access to information as a way to combat mental health and disability stigma.



CURATED WORKSHOPS:

We curate workshops for various groups, which are designed to address the unique needs of various populations. These tailor-made sessions focus on specific issues relevant to each group, ensuring effective and meaningful support through expert-led sessions and practical exercises.



TEACHER TRAINING WORKSHOPS:

More children are reporting facing mental health issues today. Modern times require teachers to be equipped with information and strategies to combat such challenges their students experience. Our workshops psycho-educate teachers to highlight their role in their students' lives and empower them to be their students' allies. We also provide sex education training for teachers to enable them to create a healthy and safe environment for their students.



IMPACT

- ◆ 162 people with disabilities and at-risk children were given free of cost therapeutic services.
- ◆ We conducted 194 sessions.
- ◆ 2150+ 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.



PARTNERS



Jump-n-Rise



SAATH

Creating Inclusive Societies

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 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

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

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

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

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



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.

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 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



“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



“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

TECHNICAL TEAM



Dr. Ruwab Khemchandani
Program Director



Aadith Joson
Program Officer



Rumani Trivedi
Senior Psychologist



Dr. Kunjvihari Makwana
Sports Therapist

AUDIT REPORTS

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, 2024					
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	1,49,504	
Specific Reserve [ANNEXURE 7]	-		Add : Additions during the year	79,713	
[Amount invested as per Section 11(2) of the Income Tax Act]			Less : Sales during the year	-	
Less: Amount Transferred to Inc. & Exp. Acc.	-	-	Depreciation	41,505	1,87,713
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	1,94,268		To Advances to Managers for Project	-	
For Creditors for Salaries	1,15,785		To Sundry Receivables	5,590	
For Professional Tax Payable	39,000		To TDS Receivable	3,595	
For TDS Payable (Net balance)	38,608		To Others - Rent Deposits	2,82,750	2,91,935
For GST Payable (Net Balance)	(50,825)	3,41,836			
Income and Expenditure Account :			Income Outstanding :		
Balance as per last Balance Sheet	10,59,050		Rent / Interest	-	
Add : Adjustments, if any (TDS reflected in P&L in past year)	-		Cash and Bank Balances		
Add : Surplus as per Income & Expenditure Account	-		(i) Bank Balances		
Less : Deficit as per Income & Expenditure Account	(1,14,323)	9,44,727	in Savings account with Yes Bank A/c 1540	4,86,942	
			in Savings account with Yes Bank A/c 1450	3,09,581	
			(ii) Cash on hand with Trustees & Managers	21,504	8,18,027
Total Rs.		12,97,675	Total Rs.		12,97,675
Income Outstanding for the year ended on 31/03/2024 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		For, Qi to Happiness Foundation			
Nishil Khandhar [Partner] Membership No: 157541 Address : 601, Ratnam Tower, Bodakdev, Ahmedabad 380054 Phone Number : 9974280997		Place: Ahmedabad			
		Date: 14th September, 2024			
		UDIN : 24157541BJZZH9375			
		Address : Sector-1, 41 Kalhaar Bungalows, Shilaj, Ahmedabad 380058			
		Phone Number : 9909007989			

THE BOMBAY PUBLIC TRUSTS ACT, 1950 (Schedule IX [Vide Rule 17(III)])					
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 2024					
FCRA Details : NOT APPLICABLE					
EXPENDITURE	Rs.	Rs.	INCOME	Rs.	Rs.
To Expenditure in respect of properties			By Rent (accrued / realised)		
Rates, Taxes, Cesses	-		Rent	-	-
Repaires and Maintenance	-		By Interest (accrued / realised)		
Salaries	-		On Securities	-	
Insurance	-		On Loan	-	
Depreciation (by way of provision or adjustments)	-		On Savings Account	32,232	
Other expenses	-	-	Other interest (I.T. Refund)	-	32,232
To Establishment Expenses [ANNEXURE 3]	4,26,583	4,26,583	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]	16,88,816	
To Legal / Professional Expenses	45,400	45,400	International (FCRA No. & Date)	-	16,88,816
To Audit Fees	29,500	29,500	By Grants		
To Contributions & Fees	-	-	Domestic [ANNEXURE 2]	15,00,000	
To Amount written off			International (FCRA No. & Date)	-	15,00,000
(a) Bad Debts	-		By Income from other sources		
(b) Loan/Advance	-		In relation to objects of the Trust		
(c) Irrecoverable rents	-		Sponsorship Incomes	1,00,000	
(d) Other items	-	-	Confort Dog - Stress Relieving Program	-	
To Miscellaneous Expenses	-	-	Entry Fees for Animal Welfare Shelters	20,44,940	21,44,940
To Depreciations [ANNEXURE 6]	41,505	41,505	By Transfers from Specific Reserve		
To Amount transferred to Specific Reserve or Specific Funds	-	-		6,00,000	6,00,000
To Expenditure on objects of the trust (Specify if any from FCRA)			By Deficit carried over to Balance Sheet		
(a) Religious	-			1,14,323	1,14,323
(b) Educational	-				
(c) Medical Relief [ANNEXURE 4]	55,18,435				
(d) Relief of poverty	-				
(e) Other charitable objects [ANNEXURE 5]	18,888	55,37,323			
To Surplus carried over to Balance Sheet	-	-			
Total Rs.		60,80,311	Total Rs.		60,80,311
As per our report of even date					
For, Khandhar & Khandhar Chartered Accountants ICAI FRN : 137865W		For, Qi to Happiness Foundation			
Nishil Khandhar [Partner]		Manjula Choudhary			
Membership No: 157541		[Trustee] [Trustee / Secretary]			
Address : 601, Ratnam Tower, Bodakdev, Ahmedabad 380054		Address : Sector-1, 41 Kalhaar Bungalows, Shilaj, Ahmedabad 380058			
Phone Number : 9974280997		Phone Number : 9909007989			



CONTACT INFORMATION

ADDRESS:

1 Dev Vatika
Near Pleasure Club
Bopal Ghuma Road
Ahmedabad 380058

WEBSITE:

www.qitohappiness.org

ESSENTIAL SUPPORTIVE INTERVENTIONS

◇ Email:

esi@qitohappiness.org

◇ Phone:

+91 73836 36524

◇ Social media:

Instagram- @qitohappinessfoundation_esi

Facebook- qitohappinessfoundation.esi

LinkedIn- qitohappinessfoundation-esi

Youtube- qitohappinessfoundation-esi



ESSENTIAL SUPPORTIVE INTERVENTIONS

Disrupting a stagnant movement.