

ANNUAL REPORT 2024-25



ESSENTIAL SUPPORTIVE INTERVENTIONS

MENTAL HEALTH
DISABILITY

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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 THE FOLLOWING PROGRAMS 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 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

THE PROGRAM

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 from marginalized communities are often mistreated, confined, and denied access to basic rights such as healthcare, education, and support services.

There are significant gaps in both infrastructure and skilled personnel. Many families are unable to access the limited resources that do exist due to high out-of-pocket healthcare costs, often resulting in poor quality of care. Intellectual disability, in particular, remains heavily stigmatized.

In some heartbreaking instances, individuals with disabilities are confined to a single room in unsanitary conditions or subjected to abuse—including sexual abuse. Rather than receiving care and support, they are cast aside and forgotten. A lack of education further deepens these challenges, with some families believing disabilities are a result of divine punishment or curses, reinforcing stigma and stripping individuals of dignity and respect.

- ◇ **2.2%** of India's population, or **2.68** crore people, are recorded as having a disability.
- ◇ Only **61%** of children with special needs attend any form of educational institution. The rest are often neglected, leading to severely diminished quality of life.
- ◇ **83.2%** of individuals with intellectual disabilities rely entirely on caregivers—financially and otherwise.

The majority face extreme social exclusion and violence, with only a few having access to safe, respectful environments or quality care. Even those receiving treatment often experience significant emotional and psychological stress.

Given these realities, it's more urgent than ever to mobilize resources and implement inclusive, evidence-based therapeutic models that are accessible to children and adults with special needs. This is essential—not just for continued progress, but to ensure their protection, dignity, and 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 pre-determined 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) involves integrating animals into therapeutic settings to support individuals across cognitive, emotional, behavioural, social, and physical areas. It is a goal-oriented approach, guided by specific strategies and measurable outcomes. The animal's presence often helps ease initial tension, encouraging communication and deepening the impact of traditional therapeutic techniques. Because animals are naturally non-judgmental and comforting, they can help individuals feel more at ease and willing to share. This approach benefits people of all ages, and interaction with dogs in particular can boost "feel-good" hormones like oxytocin, serotonin, and dopamine.

Therapy animals are specially trained and certified to offer emotional and physical support to clients who are not their owners. Sessions may include activities such as walking, petting, grooming, and playing, all of which are designed to promote engagement and healing. Studies have shown that AAT can significantly reduce symptoms of depression, anxiety, and trauma. For those dealing with anger issues, the presence of an animal can create a calming atmosphere, nurture empathy, and increase motivation to participate in therapy. Recent research in educational environments shows promising results for children with developmental delays or behavioural challenges, with improvements extending into other structured environments. In group formats, AAT has been linked to enhanced social interaction, better motor coordination, improved attention and focus, and reductions in stress, grief, and feelings of isolation. It also promotes trust, empathy, collaboration, emotional regulation, and problem-solving abilities. Additionally, group sessions often help with verbal expression and reduce impulsive behaviour. The light-heartedness animals bring to therapy can lower emotional barriers, making it easier for individuals to connect with their emotions and express themselves.

Qi To Happiness Foundation's Essential Supportive Interventions (ESI) program initially incorporated trained and certified therapy dogs- Maska, Malai and Kulfi- in activities designed to provide therapeutic benefits across various domains. After their retirement in May 2024, ESI tied up with internationally-certified therapy dogs, Woofers Snow and Sky headed by Ms. Sandra Patel and Ms. Eva Veroeven.

ESI's AAT activities consist of activities such as petting, walking, and caring for a dog. Gradually, different games are introduced. Beneficiaries are made to

increasingly engage with therapy dogs to build a bond with them, and through this human-animal bond, participate in activities that allow them to improve various skills.

Impact Story:

Hariom Jadeja:

Hariom joined us as someone with strong comprehension skills and the ability to perform tasks well. However, his fear of dogs initially held him back from participating fully. Over time, with gentle exposure and encouragement, Hariom began to grow more comfortable around the therapy dogs. His natural strengths soon began to shine- he started taking initiative, often leading by example in group activities. He's become more expressive, sharing laughs during sessions and engaging more openly with both the team and his peers. Although his attendance can be irregular, Hariom has blended beautifully into the group and now clearly enjoys the shared experience of working and growing alongside his fellow participants and our therapy dogs.







ARTS BASED THERAPY

Arts Based Therapy (ABT) blends psychotherapy techniques with creative processes to enhance mental well-being. Rooted in Indian psychology, ABT is tailored to our cultural context, making it more relevant for our population. This year, a variety of engaging activities were introduced to foster physical and mental growth, communication, behaviour modification, fine and gross motor skills, and cognitive abilities. The sessions included drawing, painting, drama, play therapy, photography, clay work, puppetry, crafts, and working with flour.

A unique approach was implemented, focusing on group judgment rather than instructions. For example, the beneficiaries were tasked with decorating an outdoor shed for an inauguration. They were provided with materials and worked together to design the space, enhancing spatial awareness. To strengthen group cohesion and empathy, beneficiaries were paired up, with one taking the lead while the other followed. After a while, they switched roles, allowing them to experience the world from the other's perspective and build empathy. Sustainability and eco-friendly activities were also highlighted. Before Holi, each participant was asked to bring an item of a specific colour- red, pink, yellow, etc. Many brought flowers and leaves, which they sorted by colour and used to celebrate Holi together. Educational elements were woven into the sessions as well. In a puppetry activity, participants learned about different animals and their abilities- such as which animals can run, swim, or climb. The session encouraged participants to remember and recall information about their surroundings.

There are studies that support how ABT affects various populations.

One such study done by Mr. Manav Desai, in the year 2023, shows beautifully how neurodiverse children showed improvement in the motor domain, attention domain, cognitive domain and expressive capabilities.

Another study done by Neerja Thergaonkar, associated to Cambridge hospital did a study in 2019 on children with intellectual disability. The children were assessed every quarter and the scores kept improving with ABT interventions.

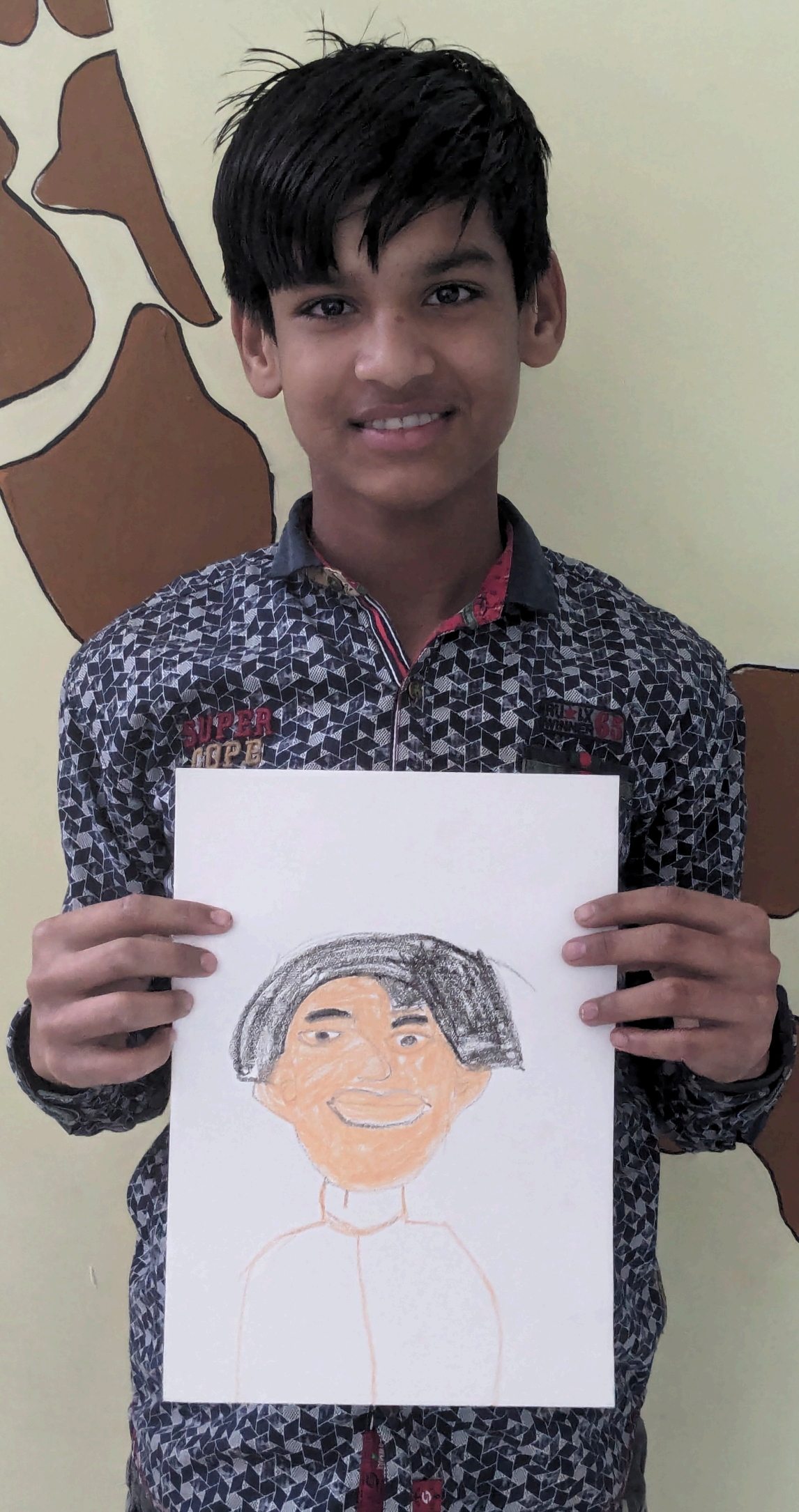
Components of Arts Based therapy are art forms like drama, visual aesthetics, art & craft and other art forms. Using them as a modality, many scholarly articles have stated the benefits of each art form as a mode of therapy. It helps in

regulating our neurotransmitters as well as address various critical domains where intervention is needed. Through these creative activities, ABT addressed multiple developmental areas. While some beneficiaries showed subtle changes, others experienced significant growth. Ultimately, the sessions were marked by the most rewarding part- the laughter and smiles filling the Qi Campus.

Impact Story:

Javed Maniyar

Javed is smarter than all the other group members. So, he would often feel bored or uninterested in the activities done. They were too easy for him. Understanding that he has to stay with this very group, the session plan was made in accordance. Firstly, the sessions were made accessible for Javed. Whatever was being spoken was explained to him through gestures. He was not only asked to do his activity but also to assist others where they face problems. He was also taught basic sign language to enable him to communicate effectively.







MUSIC THERAPY

Music has been an integral part of Indian culture for centuries, expressing emotions for all occasions- joyous and sorrowful alike. From weddings and festivals to moments of grief and prayer, music is woven into the fabric of daily life. Its power to express feelings, even without words, is immense. Studies show that music has therapeutic effects on the mind, offering benefits across emotional, social, physical, cognitive, and psychological aspects for people of all ages.

Music therapy sessions involve various activities like listening, composing, singing, playing beats, and using music to express emotions. Participants work together to create music, using their voices and instruments. This year, a new approach was introduced. The focus began on vocal exercises, especially for non-verbal or partially verbal beneficiaries. They made different sounds- letters, words, and combinations- to mimic together.

Next, they began singing, regardless of how it sounded. Funny songs by Kishore Kumar and others were used as a starting point, leading to the creation of their own song. Each beneficiary contributed a line, writing about daily experiences, things they liked, or what they saw. Non-verbal participants added sounds that were integrated into the song. After weeks of practice, they recorded their music video. When the video was shown, the joy was immeasurable.

Once they were confident in their vocals, instruments were gradually introduced. Each beneficiary learned about different instruments and their sounds. Through layering and sculpting techniques, drum circles were formed, with each participant eventually leading a circle themselves. Even those who typically resisted participation joined in, creating a sense of unity and accomplishment.

Impact Story:

Imran Mansuri

He was often disinterested in the activity. He would only pick up the instrument when he wanted to and would drop it and day dream the rest of the time. As the therapy proceeded, deliberate efforts were made to grab his attention in the activity. His patterns were identified with the help of which now, he can identify all instruments present, play and stop when asked and has written his own line in the song written by his group and has sung it with all.







SPORTS

While physical activity, including sports, offers numerous psychological and physical benefits, access to such opportunities is often more readily available to the neurotypical population. Despite these challenges, many persons with disabilities are increasingly participating in sports and striving to reach their highest potential through events organized by national and international sporting bodies.

Sports play a vital role in the lives of persons with disabilities. They not only foster inclusion but also enable individuals to compete at both national and international levels. Well-known initiatives such as the Special Olympics and Khel Mahakumbh are designed to support and empower individuals with disabilities. Participants are evaluated based on their unique abilities, receive targeted coaching, and are supported throughout their training journey to help them excel. Even if a participant does not secure a win, the physical and psychological growth they experience through sports is invaluable.

Engaging in Sports provides individuals with disabilities the opportunity to actively use their muscles, leading to positive neurological changes. It enhances both gross and fine motor skills, making it particularly beneficial for individuals with intellectual disabilities. Sports, therefore, are not just recreational- they are an essential tool for promoting well-being and development among persons with disabilities. This year, our sports program helped many children with different abilities become stronger, more confident, and more active. At the beginning, some children were shy, sensitive to noise, or had trouble joining group activities. Others had difficulty with motor skills like running, jumping, or catching. With regular practice and support, they learned new skills, became more comfortable in group settings, and started enjoying the activities more. Simple exercises like walking, stretching, and jumping helped warm up their bodies and minds for the fun ahead.

Many exciting games were introduced to build focus, coordination, and teamwork. In the pyramid knockdown game, children practiced throwing and aiming. Cricket sessions helped improve grip, reaction time, and confidence, while football taught kicking and goal-scoring in a fun and friendly way. The obstacle course challenged them to balance and move carefully, improving posture and coordination. Each activity was made easy and fun so that everyone could join, learn, and grow.

By the end of the year, the children showed great progress not just in their physi-

cal skills but also in communication, social behaviour, and emotional control. They smiled more, talked more, and played together with excitement and joy. Sports sessions have proven that with care, encouragement, and the right support, every child can shine.

Impact Story:

Dhruv Hemrajani

Dhruv is a child with developmental challenges in motor coordination and understanding instructions. Since starting therapy, he has made steady progress. He can now lift and hold his hands above his head for 10–15 seconds and shows better hand stability during warm-up and ball activities. His ball throwing has improved, with stronger and more accurate throws up to 3–5 meters, and he sometimes catches slow-moving balls using both hands. Eye-hand coordination is still developing but has improved—he can now hit a large ball placed on a stand and tracks bright-colored balls better. Dhruv understands instructions more clearly with repetition and visual cues, and can follow 1–2 step commands with less prompting. His communication has also improved; he now uses short phrases more clearly and often, along with gestures and body language to express himself.



LIFE SKILLS TRAINING

The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being—not merely the absence of disease. Similarly, renowned psychologist Abraham Maslow identified health as a basic human necessity, emphasizing that an individual's ability to function effectively is compromised when any dimension of health is neglected. While educational systems typically focus on academic subjects such as mathematics, science, and regional languages, they often overlook essential life skills that support emotional and social development. Recognizing this gap, WHO outlined ten core life skills that are vital for individuals to lead healthy, balanced lives:

- » Self-awareness
- » Empathy
- » Critical thinking
- » Creative thinking
- » Decision-making
- » Problem-solving
- » Effective communication
- » Interpersonal relationships
- » Coping with stress
- » Coping with emotions

To address this need in the Indian context, the National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, developed a culturally relevant life skills training program. Designed for psychologists, this program equips professionals to deliver structured interventions across diverse populations. The training comprises 12 comprehensive modules:

- » Skills for promoting positive mental health
- » Skills for enhancing resilience
- » Skills for academic achievement
- » Skills for maintaining a healthy lifestyle
- » Skills for developing reproductive health awareness
- » Skills for understanding and fostering healthy sexuality
- » Skills for preventing sexual harassment and bullying
- » Skills for building healthy relationships
- » Skills for preventing sexual abuse
- » Skills for goal setting and career planning
- » Skills for suicide prevention
- » Values and life skills for overall success



Drawing inspiration from these 12 modules, our organization has developed a tailored Soft Skills and Fundamental Skills Program under the broader Life Skills Training initiative. This program is designed to equip individuals with the emotional, social, and practical competencies they need to navigate everyday challenges, build healthy relationships, and achieve personal and academic 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





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.





MENTAL HEALTH

As a team of passionate psychologists, expanding our work into community mental health felt like a natural next step. In India, access to quality mental health care remains limited, with serious social and economic consequences. A vast population and a shortage of professionals mean millions go untreated—leading to rising suicide rates, workplace challenges, and deepening stigma. Poor mental health reduces productivity, strains families, and burdens the healthcare system. Structural barriers and cultural taboos worsen these gaps. Through our work, we aim to challenge stigma and raise awareness across the mental health spectrum.

AWARENESS PROGRAMS:

This year, Qi to Happiness Foundation conducted a series of awareness programs across educational and community settings to promote mental health and emotional well-being. Notable initiatives included workshops at Monark University, Community Health Centres in Shilaj and Ghuma, Teach for India, and Ahmedabad Institute of Nursing Sciences. Through interactive sessions on topics such as mobile addiction, suicide prevention, and emotional expression through music, the programs reached over 250 individuals, fostering awareness, empathy, and mental health literacy across age groups.



SUPPORT GROUPS:

Qi to Happiness Foundation partnered with Visamo Kids Foundation in Bopal to facilitate an ongoing support group for caretakers working with residential students. The group provided a safe space for sharing experiences, expressing emotions, and building coping strategies to manage stress and burnout. Through guided discussions and reflective activities, the initiative strengthened emotional resilience and created a sense of community among the caregiving staff.





IMPACT

- ◇ 162 people with disabilities and at-risk children were given free of cost therapeutic services.
- ◇ We conducted 103 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.





PARTNER ORGANISATIONS



ANAND DHAM

AN ABODE FOR PERSONS WITH
INTELLECTUAL DISABILITIES



CHILDREN HOME FOR BOYS



EXTERNAL PARTNERS

WOOFERS SNOW AND SKY

This year, our Animal-Assisted Therapy vertical has been enriched by the incredible partnership of Woofers Snow and Sky. After our beloved in-house therapy dogs retired, this remarkable duo stepped in with their internationally trained companions, bringing both expertise and heart. Their dogs' impeccable temperament, combined with world-class training, has created safe, joyful, and transformative experiences for our beneficiaries. What truly sets them apart is their passion and creativity—constantly introducing new activities, always with care and enthusiasm. It has been a privilege to collaborate with them, and we are deeply grateful for the energy and dedication they bring to every session.





LOKENDRA “LOKI” BALASARIA

This year, our work has been elevated through the collaboration of Lokendra “Loki” Balasaria, an unwavering environmental activist and the driving force behind Treewalks. Guided by his belief in the healing power of nature—for itself and for those who nurture it—Loki partnered with us to design a bespoke Green Thumb Training curriculum. Through this program, our beneficiaries are introduced to the basics of gardening in a way that helps them thrive, not just survive. His altruism, creativity, and genuine enthusiasm have brought fresh energy to our work, and it has been an absolute privilege to walk alongside him in this cause.

DONOR PARTNERS





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

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

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, UTTAN TALIM KENDRA

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 help 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. MASSIVE 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. LAREGLY UNRESOLVED ISSUES:

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, SPORTS EQUIPMENT & MAINTENANCE COSTS:

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.

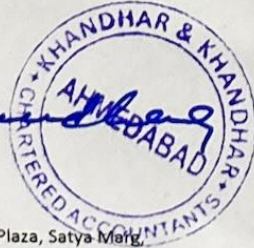
5. PATRONAGE:

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.

AUDIT REPORTS

THE BOMBAY PUBLIC TRUST ACT, 1950		
Name of Public Trust : QI TO HAPPINESS FOUNDATION		Registration Number :
Address of Trusts' office : SECTOR-1, BUNGALOW NO. 41, KALHAAR BUNGALOWS, NANDOLI VILLAGE, S		
Balance Sheet As on :		
FCRA Details : NOT APPLICABLE		
FUNDS & LIABILITIES	Rs.	Rs.
Trust Funds or Corpus :		
Balance as per last Balance Sheet	11,111	
Adjustments during the year(corpus Donation.)	-	11,111
Other Earmarked Funds :		
Other Earmarked Funds	-	-
(Created under the provisions of the Trust Deed or Schemes or out of the Income)		
Depreciation Fund	-	
Sinking Fund	-	
Reserve Fund	-	
Specific Reserve [ANNEXURE 7]	-	
[Amount invested as per Section 11(2) of the Income Tax Act]		
Less: Amount Transferred to Inc. & Exp. Acc.	-	-
Loans (Secured or Unsecured)		
From Trustees	-	
From Others	-	-
Liabilities :		
For Refundable Deposits	5,000	
For Creditors for Expenses	26,671	
For Creditors for Salaries	1,39,076	
For Professional Tax Payable	46,200	
For TDS Payable (Net Balance)	24,177	
For GST Payable (Net Balance)	61,628	3,02,752
Income and Expenditure Account :		
Balance as per last Balance Sheet	9,44,727	
Add : Adjustments, if any (TDS reflected in P&L in past year)	-	
Add: Surplus as per Income & Expenditure Account	11,53,191	
Less : Deficit as per Income & Expenditure Account	-	20,97,918
Total Rs.		24,11,781
Income Outstanding for the year ended on 31/03/2025 is Rs NIL		
The above Balance Sheet to the best of our belief contains a true account of the Funds and Liabilities an		
As per our report of even date		
For, Khandhar & Khandhar Chartered Accountants ICAI FRN : 137865W		Place: Ahmedabad Date: 10th October, 2025 UDIN : 25157541BMHXD04544
Nishil Khandhar [Partner] Membership No: 157541 Address : 312 / D, Platinum Plaza, Satya Marg, Bodakdev, Ahmedabad - 380054 Phone : 9974280997		

{Schedule VIII [Vide Rule 17 (II)]}

E - 22925, AHMEDABAD
SHILAJ, AHMEDABAD - 380058

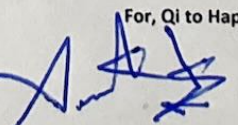
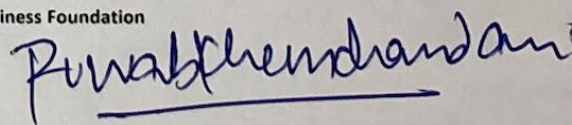
Date of Registration 26.08.2020
Phone No. : 9909007989

31st March, 2025

PROPERTY & ASSETS	Rs.	Rs.
Immovable Properties :		
Balance as per last Balance Sheet	-	
Add : Additions during the year	-	
Less : Sales during the year	-	
Depreciation up to date	-	
Investments :		
Note : (i) The Market Value of the above investments is Rs.	-	
(ii) Including in concerns in which the trustees are interested Rs.	-	
Fixed Assets [ANNEXURE 6]		
Balance as per last Balance Sheet	1,87,713	
Add : Additions during the year	4,51,362	
Less : Sales during the year	-	
Depreciation	66,236	5,72,839
Loans (Secured or Unsecured) Good/Doubtful		
Loan Scholarships	-	
Other Loans	-	
Advances / Deposits		
To Trustees	-	
To Advances to Managers for Project	50,000	
To Sundry Receivables	43,069	
To TDS Receivable	8,395	
To Others - Rent Deposits	2,82,750	3,84,214
Income Outstanding :		
Rent / Interest	-	
Cash and Bank Balances		
(i) Bank Balances as per books		
in Savings account with Yes Bank A/c 1540	12,23,887	
in Savings account with Yes Bank A/c 1450	2,09,179	
(ii) Cash on hand with Trustees & Managers	21,662	14,54,728
Total Rs.		24,11,781

d of the property and Assets of the trust.

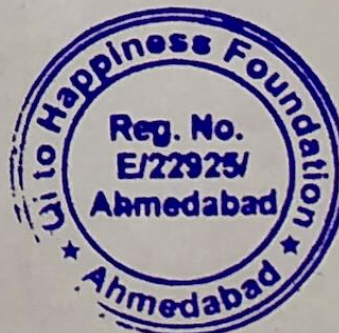
For, Qi to Happiness Foundation

Soham Mukherjee
[Trustee]

Ruwab Khemchandani
[Trustee]

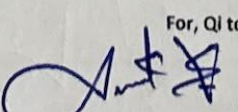
Address : 1) 18, Shubhkhama Society, Anandnagar Road, Satellite, Ahmedabad - 380015
Address : 2) Mukandeshwar Niwas, Girdhar Park, Old Vadaj, Naranpura, Ahmedabad - 380013
Phone Number : 9909906618 & 9898066691

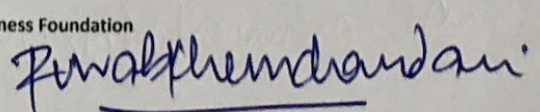


THE BOMBAY PUBLIC TRUSTS ACT, 1925		
Name of Public Trust : QI TO HAPPINESS FOUNDATION		Registration Number : _____
Address of Trusts' office : SECTOR-1, BUNGALOW NO. 41, KALHAAR BUNGALOWS, NANDOLI VILLAGE, SURAT		
Income and Expenditure Account for the year ended 31st October 2025		
FCRA Details : NOT APPLICABLE		
EXPENDITURE	Rs.	Rs.
To Expenditure in respect of properties		
Rates, Taxes, Cesses	-	
Repairs and Maintenance	-	
Salaries	-	
Insurance	-	
Depreciation (by way of provision or adjustments)	-	
Other expenses	-	
To Establishment Expenses [ANNEXURE 3]	6,95,284	6,95,284
To Remuneration to Trustees	-	
To Remuneration (in the case of a math to the head of the math, including his household expenditure, if any)	-	
To Legal / Professional Expenses	49,000	
To Audit Fees	25,000	
To Contributions & Fees	-	
To Amount written off		
(a) Bad Debts	-	
(b) Loan/Advance	-	
(c) Irrecoverable rents	-	
(d) Other items	1,12,765	1,12,765
To Miscellaneous Expenses	-	
To Depreciations [ANNEXURE 6]	66,236	
To Amount transferred to Specific Reserve or Specific Funds	-	
To Expenditure on objects of the trust (Specify if any from FCRA)		
(a) Religious	-	
(b) Educational	-	
(c) Medical Relief [ANNEXURE 4]	63,30,713	
(d) Relief of poverty	-	
(e) Other charitable objects [ANNEXURE 5]	-	63,30,713
To Surplus carried over to Balance Sheet	11,53,191	11,53,191
Total Rs.		84,88,094
As per our report of even date		
For, Khandhar & Khandhar Chartered Accountants ICAI FRN : 137865W <i>Nishil Khandhar</i> Nishil Khandhar [Partner] Membership No: 157541 Address : 312 / D, Platinum Plaza, Satya Marg, Bodakdev, Ahmedabad - 380054 Phone Number : 9974280997  Place: Ahmedabad Date: 10th October, 2025 UDIN : 25157541BMHXDD4544		

CT, 1950 (Schedule IX [Vide Rule 17(i)])			
E - 22925, AHMEDABAD		Date of Registration	26.08.2020
E, SHILAJ, AHMEDABAD - 380058		Phone No. : 9909007989	
for the year ending: 31st March 2025			
	INCOME	Rs.	Rs.
	By Rent (accured / realised)		
	Rent	-	-
	By Interest (accured / realised)		
	On Securities	-	-
	On Loan	-	-
	On Savings Account	24,892	
05,284	Other Interest (I.T. Refund)	-	24,892
	By Dividend		
	By Donation in cash or kind		
	Domestic [ANNEXURE 1]	32,04,067	
	International (FCRA No. & Date)	-	32,04,067
49,000			
	By Grants		
	Domestic [ANNEXURE 2]	33,50,000	
25,000	International (FCRA No. & Date)	-	33,50,000
	By Income from other sources		
	In relation to objects of the Trust		
	Sponsorship Incomes	-	-
	Theraputic Interventions & Training	48,000	
	Entry Fees for Animal Welfare Shelters	18,05,230	18,53,230
12,765			
66,236			
	By Transfers from Specific Reserve	-	-
	By Deficit carried over to Balance Sheet	-	-
30,713			
53,191			
32,189	Total Rs.		84,32,189

For, Qi to Happiness Foundation

 Soham Mukherjee
[Trustee]

 Ruwab Khemchandani
[Trustee]

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Address : 2) Mukandeshwar Niwas, Girdhar Park, Old Vadaj, Naranpura, Ahmedabad - 380015
Phone Number : 9909906618 & 9898066691



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

TECHNICAL TEAM



Dr. Ruwab Khemchandani
Program Director



Rumani Trivedi
Senior Psychologist



Aadith Joson
Program Officer



Dr. Kunjivihari Makwana
Psychologist



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](https://www.instagram.com/qitohappinessfoundation_esi)

Facebook- [qitohappinessfoundation.esi](https://www.facebook.com/qitohappinessfoundation.esi)

LinkedIn- [qitohappinessfoundation-esi](https://www.linkedin.com/company/qitohappinessfoundation-esi)

Youtube- [qitohappinessfoundation-esi](https://www.youtube.com/channel/qitohappinessfoundation-esi)





ESSENTIAL SUPPORTIVE INTERVENTIONS

Disrupting a stagnant movement