

THE TRIUMPH, FROM THE HEART



Tamahar

HRIDYA ANNUAL REPORT FOR 2020-21





Tamahar

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ABOUT US

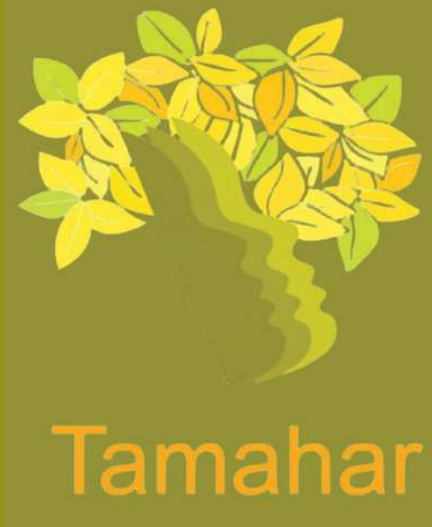
Tamahar is a non-profit organization working in the field of childhood disability (developmental delay due to brain damage), since 2009. Our founder-director, Mrs Vaishali Pai is an Occupational Therapist by profession with 30+ years experience. The children we work with fall into all age groups and come from all socio-economic backgrounds. We believe in the medium of holistic developmental intervention which we carry out through a combination of Early Intervention, Special Education, Auxiliary Therapies, Family Programs, and Recreation. Our Motto is 'Looking Beyond Survival'.

Vision

Prevention & Alleviation of developmental disability in children with brain damage

Mission

To enable children with brain damage & their families to live a happy, healthy, & dignified life in an inclusive society through rehabilitation services, capacity building, community engagement, & advocacy



Core Values

Opportunity

For a person to grow as an individual & develop own personality

Unique

Acknowledging the uniqueness of each person

Inclusion

Including individuals from all walks of life

Empathy

Understanding and supporting individuals through their life situations

Empowerment

Empowering individuals to make the best of their situation & achieve their goals despite challenges



Tamahar

BOARD OF TRUSTEES



DR K BHASKAR PAI | MANAGING TRUSTEE
SR CONSULTANT, GENERAL & LAPAROSCOPIC SURGEON,
APOLLO HOSPITAL, SESHADRIPURAM, B'LORE



DR NEELIMA RAO | TRUSTEE
MD & DCH, PGDAP, CONSULTANT PAEDIATRICIAN,
MANIPAL HOSPITAL, B'LORE



DR A S ARVIND | TRUSTEE
MD, FRCP, ADVISOR TO BACC HEALTHCARE PVT LTD,
ECRONACUNOVA, QUARK PHARMACEUTICALS,
TATA INDUSTRIES, & MEDALA HOSPITALS



RAMAKRISHNA Y B | TRUSTEE
EX-CHAIRMAN OF WORKING GROUP ON BIO-FUELS
AT MINISTRY OF PETROLEUM & NATURAL GAS,
GOVERNMENT OF INDIA



NANDAN KAMATH | TRUSTEE
PRINCIPAL LAWYER, INTELLECTUAL PROPERTY LAW,
SPORTS LAW & INFORMATION TECHNOLOGY LAW PRACTICE,
CO-FOUNDER & TRUSTEE OF GOSPORTS FOUNDATION



Tamahar



FROM THE DIRECTOR'S SCREEN

That 2020 was a tough year, is an understatement. Things changed drastically, probably it was Nature's way of waking us up from our stupor of so many years. And yet, there were some beautiful things that happened which need a mention. After trying to encourage parents to become hands-on therapists to their children over the years, 2020 suddenly saw most of the caregivers gearing up to the task, as a result, our children are doing fantastic with home therapy and intervention sessions. Our biggest learning was, we can conduct interventions online - any which way possible, simple WhatsApp video calls, phone calls, Zoom calls, Google Meet, name it. Transition from hands-on therapies to online therapies was a breeze. Our children took to online sessions as fish to water, it was amazing. I want to shout out loud from the rooftop, that We can Do It, We have Done It...and we will overcome all difficulties, including COVID 19!

VAISHALI PAI
FOUNDER DIRECTOR



Tamahar

COO WRITES

In these difficult times, we had a silver lining. We kept afloat, holding up children with our services and extending whatever support we can to the families. WE EXIST!



We were able to reach out to 67% of our children for our online classes. We saw increased participation of parents. They were creative and had wonderful ideas to set up the interventions for their children at home. And most importantly, our children did not regress!

We are thinking of innovative ideas to reach out to our own existing children who are out of the online reach as well as for those who are left high and dry with no services. WE SHALL OVERCOME!

TRIPTI B G
COO



Tamahar

WORD FROM OUR SUPPORTERS

I am delighted to write a testimonial for team Tamahar. Tamahar is without doubt one of the most committed centers in Bangalore catering to children with special needs. What sets Tamahar apart, is their customized approach to each child so as to cater to individualistic needs, and also the scientific way the team approaches each child based on the clinical and neurological diagnosis thereby ensuring wholesome therapy goals and treatment strategies. I have known Tamahar's director Dr Vaishali Pai since over a decade now, and I can say that she and Ms Tripthi take personal interest in every child enrolled at Tamahar. Other wonderful features of Tamahar are the inclusion of parental involvement in ongoing therapies and a very strong parental support group that not only supports sharing experiences and knowledge but also provides a much needed emotional support to the parents of kids with special needs. I take this opportunity to congratulate Tamahar on their outstanding work and wish team Tamahar the very best in all their future endeavors. - Dr Minal Kekatpure, Paediatric Neurologist

We enrolled our child at Tamahar in 2019. In my opinion the caregiver must be strong. But I did not have enough courage to take care of my child and sometimes I feared this society. At Tamahar I got hope that the team will make something of my child and most importantly I really appreciate the way the staff are polite and understanding. Prior to joining Tamahar, my son's physical health was not in a good shape. But now the team guides us in how to teach a child to take bath ,brush, how to sit and even how to play. All that Shikha ma'am teaches me through online physiotherapy session for my child was of great help. It was great that the staff at Tamahar understand our child's and our requirements and offer therapy accordingly. Lots of thanks to Vaishali ma'am for giving us such a wonderful team. - Wahida Ahmed, mother of child Tawfiq enrolled in EI



Tamahar

OUR APPROACH

Our motto is ‘Looking Beyond Survival’. The services provided to both children and their families, along with the creation of human resources in this sector, work on the principle of self-respect, self-reliance, and overcoming challenges.



Tamahar

CORE

INTERVENTION

Early Intervention |
Nursery Program |
Functional Academics
Pre-Vocational
Training |
Sheltered Workshop

AUXILIARY THERAPY

Music Therapy |
Yoga Therapy |
Speech Therapy |
Physiotherapy |
Occupational
Therapy

OUR PROGRAMS

All our core intervention programs are scientifically designed, based on a combination of globally standardized best practices and aligned with Goal 4 of the Sustainable Development Goals (SDGs) outlined by the United Nations which focuses on Quality Education, Goal 3 that talks about Good Health and Wellbeing, Goal 8 focusing on Decent Work & Economic Growth, & Goal 10 for Reduced Inequalities.





Tamahar

RECREATION

Children need to have fun, experience their childhood in various ways, not only through academics. Our children too need the same opportunities to experience life, have fun, and just be kids. Towards this end, we conduct regular recreational activity sessions like art, drama, dance, sports, & park visits for play.





Tamahar

FAMILY PROGRAMS

PARENT CAREGIVER TRAINING

This is a hands-on training program for Early Intervention (EI) to parents with kids in the EI program & classroom training to other parents, on brain damage, child development, behaviour modification, etc., to help them continue therapy at home, except their child's condition, & make the best of their family lives is a big part of our intervention. We're very pleased this went on smoothly all year round.

MENTAL HEALTH SERVICES

Raising a child with special needs is a highly stressful job & the parents need all the support they can get. Aiming to prevent burnout, mental illness, & to create a long-term support system between parents, we provide mother/father/sibling support groups & individual counseling sessions, conducted by our Mental Health Services team, this has been a transformative program for many families. It aligns with Goal 3 of SDGs, Good Health & Well being.

SKILL DEVELOPMENT PROGRAM

We've introduced this program to develop latent skills of mothers of children attending Tamahar's programs & are planning to expand that to include entrepreneurial skills training. This is aimed at helping mothers become financially active & self-reliant, realize their potential by turning their skills into a vocation. Currently, we have Embroidery, Tailoring, & Spoken English sessions. In the future, we want to add Computer classes. This aligns with SDG Goal 8, 'Decent Work & Economic Growth'.

All our core intervention programs are scientifically designed, based on a combination of globally standardized best practices & aligned with Goal 4 of the Sustainable Development Goals (SDGs) outlined by the United Nations which focuses on Quality Education, Goal 3 that talks about Good Health & Wellbeing, Goal 8 focusing on Decent Work & Economic Growth, & Goal 10 for Reduced Inequalities.



Tamahar

OUR STAFF, OUR LIFE FORCE

Our staff is our life force. We always strive to create a supportive & encouraging work environment for our staff. They're the ones who ensure every program runs smoothly & that no child is made to sit in a program that doesn't fit their specific needs. They're the ones who ensure every therapy program is designed in keeping with the intellectual abilities of the individual. The positive & supportive work environment ensures low attrition rates year on year. At Tamahar, our staff are encouraged to aspire for growth & they do it with great gusto and amazing levels of excitement!

31

Full time
staff

7

Consultants

1

Honorary
Member



Tamahar

STAFF TESTIMONY



Interventionists, children and parents exceeded expectations during the covid times. We all had to take up new roles to meet the challenges. Although it was difficult in the beginning, the results we saw kept us going. Interventionists and mothers used all the tools at their disposal so that intervention doesn't stop for the child. – **Lakshmi, EI**



Over the past year PVSU has undergone a sea change in the way we operate. Our staff required extensive training to adapt to online intervention. It was a long journey, but we are now able to conduct all classes online, even socialization sessions. Dedication of our staff and enthusiasm of candidates enrolled in our program gives me hope for a positive outcome in the future – **Ruthika, PVSU**



Tamahar

INTERVENTION NEVER STOPS

‘Where there’s a will, there’s a way’ was our motto whole of 2020-21. While the pandemic was raging across the world, we knew we couldn’t let our children suffer due to lack of offline sessions. So, we got our staff trained to handle the online sessions for our children. They picked up the technology aspects quite quickly and we were able to resume our sessions for the children, albeit online.



Our children are at the forefront of most of what we do at Tamahar. So, we couldn’t let the virus decide the opportunities available for them. We’re thrilled to share they got used to interacting with their friends online, through the screens instead of physically meeting them.





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SUCCESS STORIES

At Tamahar, we understand how important each milestone is for a child. We have known Shivani and her family for a long time. When our therapist first saw Shivani, she was hesitant to stand on her own and it proved quite difficult to make her do so.



Thus started the process of trying to understand her apprehension and make it more enjoyable by including play activities to be performed while standing. We recently got news from her parents that Shivani is now able to stand on her own and we wanted to share and celebrate such an important milestone for her.

The children
@tamahartrust show
us how
Music is divine and
soulful.



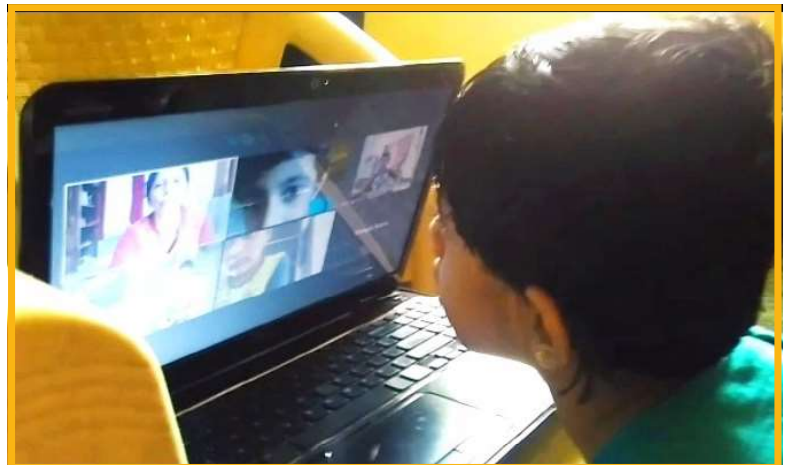
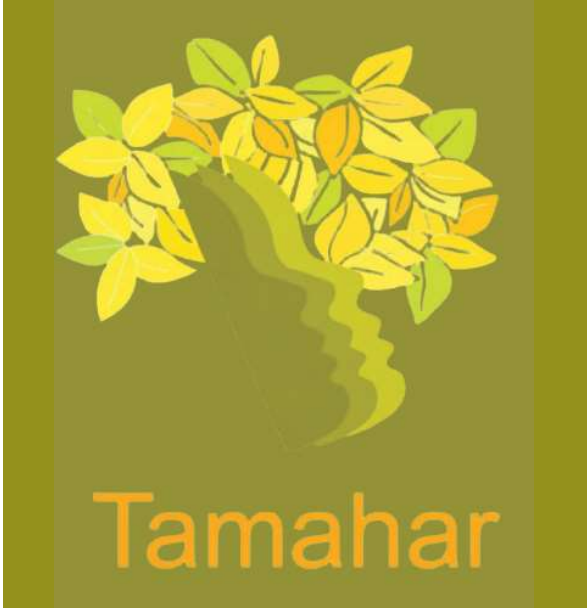
On June 12, 2021 we celebrated our 4th Graduation Day, Aarohan. This year we saw our kids achieve spectacular results with nearly FIFTEEN children graduating to their next level on successfully achieving their goals set.

And lastly none of this would have been possible without the dedication of the parents who have been with us and supported us all these years.



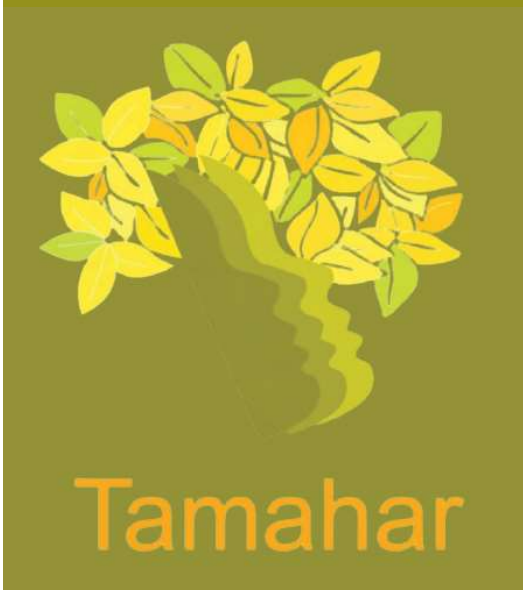
HIGHLIGHTS OF THE YEAR

Tele/Online Intervention – Over the past year we fully transitioned from on-site sessions to online-based intervention. We are currently conducting all our programs – Early Intervention, Nursery, Functional Academics, PV&SW, Auxiliary Therapy (PT/OT and Music Therapy) – online. From Math and English to online storytelling, we are currently conducting sessions online for nearly 70 children enrolled in our programs.



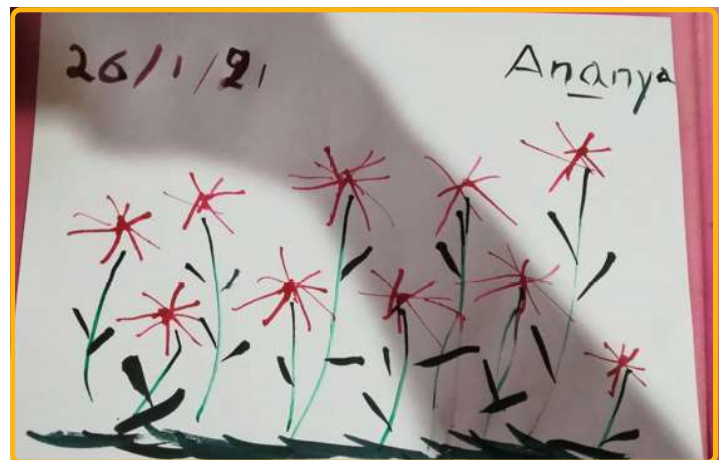
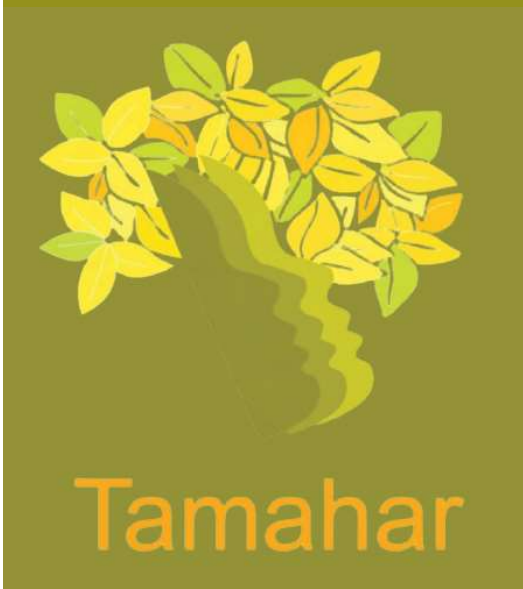
HIGHLIGHTS OF THE YEAR

Vaccinations are the need of the hour. Through our continuous efforts and in collaboration with the Disability NGOs Alliance (DNA) we were able to get young members of Tamahar aged 18 and above, their caregivers, and our staff vaccinated.



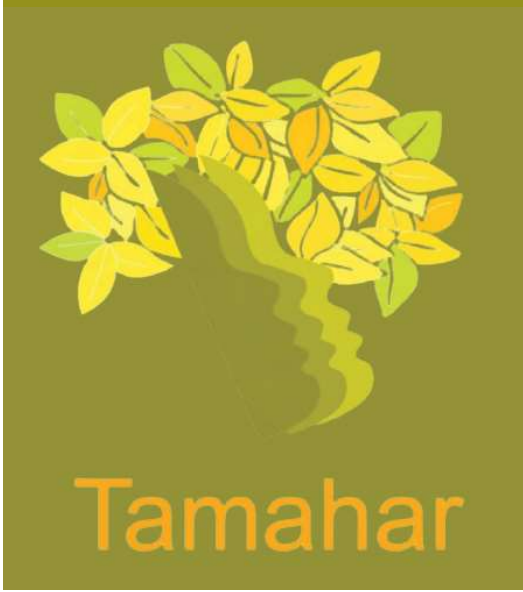
HIGHLIGHTS OF THE YEAR

Tele/Online Intervention – Thanks to Technology we were able to ensure that children keep to their pre-COVID routine. Our children unleashed their creativity in the various sessions that we had for them including – art, dance and music.



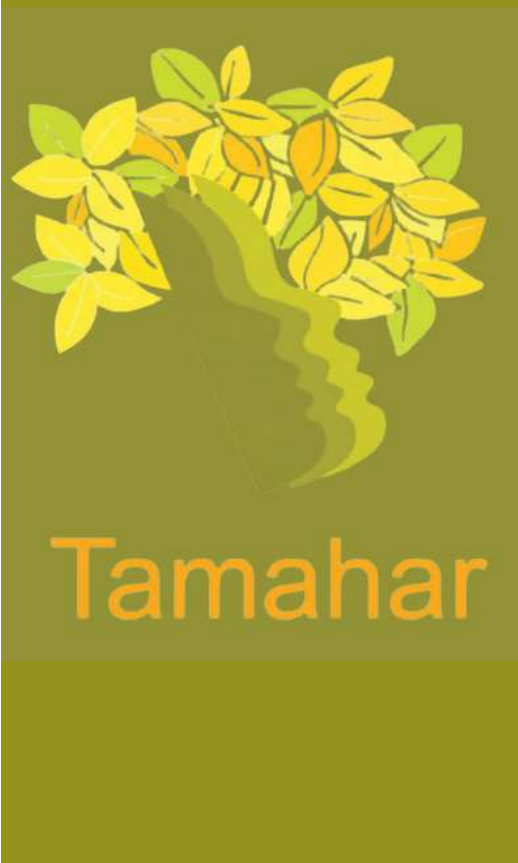
HIGHLIGHTS OF THE YEAR

Thanks to our Donors we were also able to procure Tablets for a few families in need of them. This ensured that their intervention continued without breaks for all children at Tamahar.



EVENTS AND UPDATES

Not even lockdowns could not keep us away. Tamahar family got together virtually at every opportunity and celebrated with each other. Dignitaries like Dr. Shekhar Sheshadri, (Sr Professor & Associate Dean – Behavioral Sciences, NIMHANS) and Shri Venkatesh Murthy (Director of Youth for Seva) who graced us with their presence.





Tamahar

FUNDING PARTNERS



Tamahar is doing a fantastic job! An honest effort by Vaishali Pai and Team Tamahar, an attempt by which millions can inspire shaping an inclusive society. We appreciate the systematic program designed for the children. We are very grateful to Tamahar for their selfless service and dedication to the cause.

~ Venk Krishnan, CEO, Nuware





Tamahar

BALANCE SHEET

TAMAHAR TRUST

Apartment No. 301, No. 23, Venkat Vihar

12th Main, 15th Cross, Malleshwaram, Bangalore -560055

Notes forming part of Financial Statements for the year ended March 31, 2021

1 Background

Tamahar Trust was formed on May 16, 2010. The Trust is primarily constituted to treat the children who are suffering from Autism spectrum, hyperactivity and attention deficit issues. The Trust is registered u/s 12AA of the Income-tax Act, 1961 (IT Act) vide registration dated April 25, 2011 and the trust is also registered u/s 80G of the IT Act. The Trust has applied for revalidation of its Section 12A Exemption and Section 80G Deduction Certificates.

2 Significant Accounting Policies

2.1 Basis of preparation of Financial Statements

The financial statements are prepared on a going concern concept, under historical cost convention. The Trust follows cash basis of Accounting, as permitted under Section 145 of the IT Act except in the case of charge of assets as depreciation (as required u/s 32 of the IT Act).

2.2 Recognition of income and expenditure

Incomes including donations, fees and other receipts are recognised in the books on receipt basis. Similarly, all expenses are recognised on the basis of payments made.

3 Fixed Assets and Depreciation

Fixed Assets are accounted at cost of acquisition and depreciation on the same is charged on the Written Down Value method as per the provisions of the IT Act, read with Rules thereto.

4 Others

The Trustees estimate that there exists no liability actual or contingent related to employee benefits, other than those accounted in the books.

The Activity of the Trust is exempt under IT Act. Hence, no taxes are paid nor any tax liability is anticipated.

5 Previous Years figures

Previous year's figures have been regrouped, renamed and reclassified wherever required.

For Vivek Mallya & CO
FRN: 016109s

Vivek Mallya
Chartered Accountant
M.NO : 208198
Place: Bangalore
Date: 24/9/21



For and on behalf of
Tamahar Trust
PAN : AABTT8544P

K. BHASKAR PAI Trustee
A.S. ARVIND Trustee
Place : Bangalore
Date: 24/09/2021





Tamahar

BALANCE SHEET

TAMAHAR TRUST
 Apartment No. 301, No. 23, Venkat Vihar
 12th Main, 15th Cross, Malleshwaram, Bangalore -560055
 Schedule for Fixed Assets and Depreciation for the Year ended 31st March 2021

(in INR)

PARTICULARS	WDV AS ON 01.04.2020	ADDITIONS >180 days	ADDITIONS <180 days	DELETIONS	TOTAL	DEPRECIATION	WDV AS ON 31.03.2021
Block - I (10%)							
Furniture	98,213	-	-	-	98,213	9,821	88,392
Block - II (15%)							
Equipments	359,522	-	-	-	359,522	53,928	305,594
Toys	69,458	-	-	-	69,458	10,419	59,039
Block - IV (40%)							
Printer	10,139	-	-	-	10,139	4,056	6,083
Software	7,009	-	-	-	7,009	2,804	4,205
Grand Total	544,341	-	-	-	544,341	81,028	463,313

For Vivek Mallya & CO
 FRN: 016109s



Vivek Mallya

Vivek Mallya, FCA
 Chartered Accountant
 M.NO : 208198
 Place: Bangalore
 Date: 24/9/21

For and on behalf of
 Tamahar Trust
 PAN : AABTT8544P

K. Bhaskar Pai

Trustee
 K. BHASKAR PAI
 Place : Bangalore
 Date: 24/09/2021

A.S. Arvind

Trustee
 A.S. ARVIND




Tamahar

BALANCE SHEET

TAMAHAR TRUST

Apartment No. 301, No. 23, Venkat Vihar

12th Main, 15th Cross, Malleshwaram, Bangalore -560055

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2021

Particulars	Year Ended 31st March 2021		Year Ended 31st March 2020	
Receipts				
Opening balances				
Cash in Hand	2,326		33,946	
Balance with Banks	2,565,271	2,567,597	2,809,564	2,843,510
Interest Income	68,542		165,541	
Bank Deposit Withdrawals	1,799,736		3,150,417	
Donation Received	6,686,799		7,544,279	
Participation Fees	1,293,110		2,036,925	
Miscellaneous Incomes	10,866		16,880	
Professional & Consultation Charges	-		202,500	
Corpus Fund Received	140,000		-	
Sale of Shares	205,674		-	
Income Tax refund Received	65,819		-	
Rent Deposit Received	453,600	10,724,146	-	13,116,542
Total		13,291,743		15,960,052
Payments				
Salary	6,951,561		7,758,667	
Rent	203,131		1,045,526	
Audit fees	-		-	
Accounting Fees	49,700		68,500	
Subscription and Membership	20,698		15,698	
Consultancy fees	336,066		1,170,139	
Office Maintenance	40,796		97,496	
Power & Water	574		83,659	
Telephone Internet and Website	6,132		20,769	
Repairs & Maintenance	10,710		27,972	
Computer Maintenance	4,440		36,110	
Printing & Stationery	8,029		134,895	
Staff welfare Expenses	18,661		121,786	
Travelling & Conveyance	3,473		32,815	
Miscellaneous Expenses	1,701		7,102	
Fixed Asset Additions	-		151,889	
Donations	-		3,074	
Meeting, Seminar, Training & Development Expenses	7,241		83,466	
Summer Camp Expenses	-		37,907	
Function & Festivals	-		509,467	
Advance to employee	-		34,000	
TDS Paid	61,401		231,158	
Rates & Taxes	2,919		40,360	
Rent Deposit Paid	20,000		280,000	
Bank Deposits	2,100,000	9,847,233	1,400,000	13,392,455
Closing Balances:				
Cash in Hand	3,676		2,326	
Balance with Banks	3,440,834	3,444,510	2,565,271	2,567,597
Total		13,291,743		15,960,052

Depreciation is computed, per provisions of the Income-tax Act, 1961

For Vivek Mallya & CO
Chartered Accountants
FRN : 016109S

Vivek Mallya

Vivek Mallya, FCA, CPA (USA), MCom, IRP

Chartered Accountant

M.NO : 208198

Place: Bangalore

Date: 24/9/21



For and on behalf of
Tamahar Trust
PAN : AABTT8544P

K.Bhaskar Pai
Trustee
K.BHASKAR PAI

Place : Bangalore

Date: 24/09/2021

A.S. Arvind
Trustee
A.S. ARVIND





Tamahar

BALANCE SHEET

TAMAHAR TRUST
 Apartment No. 301, No. 23, Venkat Vihar
 12th Main, 15th Cross, Malleshwaram, Bangalore -560055
INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD ENDED 31ST MARCH 2021

Particulars	Year Ended 31st March 2021		Year Ended 31st March 2020	
Income				
Donations -Domestic	5,393,422		5,896,780	
Donations -FCRA	1,293,377		1,647,499	
Participation fees	1,295,210		2,036,925	
Donations -Shares	1,257,848		-	
Interest Incomes	69,812		254,385	
Interest ion Income Tax Refund	4,606			
Miscellaneous Income	19,760		15,432	
Total		9,334,035		9,851,021
Expenditure				
Salary	6,620,264		7,846,279	
Consultancy fees	346,803		1,016,958	
Employers Contribution to ESI and EPF	299,469		307,704	
Rent	242,247		1,135,739	
Repairs & Maintenance	169,847		27,972	
Depreciation as per schedule	81,028		96,901	
Accounting Fees	53,000		60,000	
Office Maintenance	39,448		101,892	
Loss on sale of shares	29,309		-	
Subscription and Membership	20,698		15,698	
Audit fees	20,000		20,000	
Power and Water	19,784		75,923	
Rates & Taxes	16,898		40,360	
Printing & Stationery	9,377		129,480	
Staff welfare Expenses	9,065		126,986	
Meeting, Seminar, Training & Development Expenses	7,241		83,466	
Telephone, Internet and Website	6,132		20,769	
Computer Maintenance	4,440		36,110	
Travelling & Conveyance	3,473		32,815	
Miscellaneous Expenses	2,001		12,517	
Function & Festivals	-		509,467	
Summer Camp Expenses	-		37,907	
Donations	-		3,074	
		8,000,524		11,738,017
Excess of Income over Expenditure transferred to				
Balance Sheet		1,333,511		(1,886,996)
Total		9,334,035		9,851,021

For Vivek Mallya & CO
 Chartered Accountants
 FRN : 016109s



Vivek Mallya

Vivek Mallya, FCA, CPA (USA), Mcom, IRP
 Chartered Accountant
 M.NO : 208198
 UDIN: 21208198 AAAAA6546
 Place: Bangalore
 Date: 24/9/21

For and on behalf of
 Tamahar Trust
 PAN : AABTT8544P

K. Bhaskar Pai
 Trustee

A.S. Arvind
 Trustee

K. BHASKAR PAI A.S. ARVIND

Place : Bangalore
 Date: 24/09/2021





Tamahar

BALANCE SHEET

TAMAHAR TRUST
 Apartment No. 301, No. 23, Venkat Vihar
 12th Main, 15th Cross, Malleshwaram, Bangalore -560055
 Balance Sheet as on 31st March 2021

(in INR)

Particulars		Year Ended March 31, 2021	Year Ended March 31, 2020
I Liabilities			
1 General Fund			
As per last Balance Sheet		4,753,615	6,640,611
Add: Additions during the year		140,000	-
Add: Excess of Income over Expenditure as per Income and expenditure account		1,333,511	(1,886,996)
		6,227,126	4,753,615
2 Current Liabilities			
Other Current Liabilities		893,211	993,257
Total		7,120,337	5,746,872
II Assets			
1 Fixed Assets			
As per Schedule		463,313	544,341
2 Investments			
Investment in shares		1,022,865	-
3 Deposits			
Rent Deposit		270,000	930,000
Fixed Deposit - Banks		1,901,270	1,599,736
4 Cash and Bank balances			
Cash in Hand		3,676	2,326
Balance with Banks		3,440,834	2,565,271
5 Loans and Advances			
TDS Receivable		18,379	84,198
Advance to employees		-	21,000
Total		7,120,337	5,746,872

For Vivek Mallya & CO
 Chartered Accountants
 FRN : 016109s



Vivek Mallya

Vivek Mallya, FCA, CPA (USA), Mcom, IRP
 Chartered Accountant
 M.NO : 208198
 UDIN: 21208198AAAAA L6546
 Place: Bangalore
 Date: 24/9/2021

For and on behalf of
 Tamahar Trust
 PAN : AABTT8544P

K. Bhaskar Pai

K. BHASKAR PAI

Place : Bangalore
 Date: 24/09/2021

A.S. Arvind

A.S. ARVIND





Tamahar

**TO KNOW MORE
ABOUT US**



**VISIT OUR
WEBSITE**

CONTACT US

REGISTERED ADDRESS

Tamahar Trust
#301, 23 Venkat Vihar, 12th Main,
15th Cross, Malleswaram,
Bangalore – 560055

MAIN CENTER

#95, 6th Main, Between
Renaissance Regalia & Maitree
Apartments,
Malleswaram, Bangalore – 560055

CHIKKABIDARAKALLU CENTER

#113/2, Near Surabhi International
School, Channanayakanapalya,
2nd Stage, Yeshwanthpura Hobli,
Nagasandra Post,
Bangalore - 560073