



LIFE CARE WITH DIGNITY

G.O.D.S.*

*GROUPS OF DISABLED

MBA Foundation

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Chairman
Late C. R. Balasubramanian

Inauguration of GODS' ABODE



It is very difficult for me to pen new lines in this space.... Hence I am endorsing the message from our late Chairman C.R. Balasubramanian, which he gave on the event of our Inauguration of GODS' Abode.....

Let's all together reassert today to walk the path he has laid down to make the lives of persons with different abilities a lot better and meaningful.....

Meenakshi B.

Chairman's Message

On This Day In January, My Mind Goes Back To That Day In January 2002, when we started our Journey With G.O.D.S' And The Promise We Made To Them And Their Parents / Guardians--- We, Together Will Strive To Give Them... Our G.O.D.S'

“ A Life With Self Esteem And Dignity “

These Words Became Our Mission.

With A Population Of Over 70 Million Indians With Different Disabilities... Physical, Mental And Multiple.. Our Vision Became Clear Viz. Every Person With Disability Will Have Convenient Access For All Facilities Needed For Rehabilitation Care Services.

This Was Easily Said But Difficult To Implement, Considering This Huge Population in The Vast Country Of Ours, The Huge Resources By Way Of Trained Manpower, Simple Equipment And Some Money Power Needed, And Above All These.. A Positive Attitude On Part Of Parents, Guardians, Trainers, Therapists, The Society Coming In Day To Day Contact With Our G.O.D.S' , To Convert This Vision To Reality !!!

But We At MBA Foundation Had One Factor In Our Favour... A Firm Belief In Ourselves And Our G.O.D.S' And Every Thing Else Followed .

And Today We Look Back With Pride That We Have Counselling, Assessed, Trained And Converted Our G.O.D.S' numbering over 1500, their parents, guardians relatives, and the society around them from “They cannot, To, They **CAN**“, With Our Minimal Resources !!!

This Gives Us Confidence To Surge Ahead To Reach Out To More G.O.D.S' and Empower Them... Directly By Us And Indirectly Thru Government, And Other NGOs !!!

And Now, With Such A Disabled Friendly Building, GODS' Abode, We Are Confident To Reach Out To More Needy People With Our Message And Action Plan .

We Are Extremely thankful To All Our Supporters for Motivating Us In All Our Efforts

So Here We Are Marching Ahead With All Of You Towards ..

“ Utthishtatha, Jagratha, Prapya Varan Nibodhatha ”
Quote From Swamy Vivekananda .

C.R. Balasubramanian.

Annual Report 2015-16

“When you move towards a dream, it moves towards you. When you move every day, it moves every day” - Mike Dooley

The year 2015-16 was an important year for MBA Foundation. With the support of our donors, partners, volunteers and other stakeholders, we were able to achieve significant success in completing construction of our GODS' Abode building in Airoli.

The Key Services at the centre will be as follows:

1. Integrated rehabilitation care for persons with disabilities (with better facilities):
 - Assessment, counselling, drawing out individual action plan;
 - Regular Therapy (occupational, physio, psycho, speech, etc.);
 - Facilitation for children with special needs for schooling;
 - Facilitation to complete school final for drop outs thru NIOS coaching;
 - Executive Development & Training for educated persons for good job placement (Computer Training, English language, Communication skills, etc.);
 - Pre vocational (12 to 17 years) & Vocational skills training (18 years & above);
 - Sheltered work for occupation with value adding activities;
 - Group therapy thru sports, music, dance, bhajans, meditation, celebrations etc.;
 - Residential life-long care facility;
 - Training the trainers, Awareness building & Reaching out to parents of special children in communities and rural areas.

The place can cater to about 75 people for life care, about 500 for day care services (for Medical, Para-medical, NIOS, Training & Occupation) and about 1000 people in a year for assessment, referrals, therapy, home visits, etc..

2. Efforts in creating Gods' self-employment plaza.

Key Highlight of the activities in the year 2015-16

Detailed Assessment & Diagnosis for identifying people for suitable training:-

In all, 120 enquiries were attended to; some through references and some through phone calls.

This culminated into an admission of 17 beneficiaries - 3 in Early Intervention, 3 in Pre-vocational and 11 in Vocational Training. Based on the assessment, individual plans were made for each of the admitted trainees.

MBA referred 17 enquiries to other NGOs like Naseoh, Sulbha Special School, Sangopita, Sanjeevan Deep, Chaitanya Rehab. Centre, Pune.

We received 86 numbers of enquires on Telephone about the Different Activities of the Foundation.

Events and Celebrations

Inaugural function of “GODS' Abode”, in Airoli was done on the occasion of our 14th Founders day celebration in Airoli on 31st January, 2016. The centre was inaugurated by Union Bank Social Foundation (UBSF) Chairman and Managing Director, Mr. Arun Tiwari, who was accompanied by his wife, Mr. & Mrs. Rakesh Sethi (Executive Director) and Mrs. Hemlata Rajan, Managing Trustees of the Foundation, in addition to many senior staff members of UBI. UBSF has kindly sponsored the cost of the entire 4th floor of the building, thanks to the efforts of Mr. Venkitachalam, our Honorary Director. All the other major donors were present on this happy occasion, like Sri Mumbadevi Temple Trustee, Shri Pandiyaji, Smt. Choudhury, Smt. Meenakshi Mangaleshwar, Mr. Ramgopal, Senior members from Panasonic India, etc. Many others sent their greetings and best wishes.

Many supporters who had contributed in kind were also present to greet us...

All major sponsors supporting the construction of the building were thanked & felicitated on the occasion. A souvenir was also released on the occasion.

A few more of our long-time supporters and well wishers like Mr. Amit Dholakia, Mr. Prakash Chawla, Mrs. Pheroza Godrej also came and wished all the GODS' members.

The theme of the day's event was **“DHARTI NACHE AMBER GAYE”**. Our GODS members entertained every guest with dance & songs with messages to spread peace, harmony and friendship amongst all. Their actions on stage exhibited total love and friendship which is the key to a prosperous nation. Trainees of the different centres of MBA Foundation danced their way into the hearts of all of us with different Bollywood numbers. Parents, their wards (our trainees) and our well wishers were present and enjoyed the program.

J. W Marriot Group of Hotels sponsored refreshments for all the guests and HDFC sponsoring the Founder's Day programme.

Teacher's Day (5th September): This year, on Teachers' Day few of the trainees took the role of teachers. The Chairperson Mr. C.R. Balasubramanian and Vice-Chairperson Mrs. Meenakshi B. spent time with the beneficiaries and had an interactive session with them. The trainees seized the opportunity to voice their gratitude towards their teachers. They presented flowers to the teachers. They also paid tribute to their teachers with songs and by light-heartedly mimicking them.

12th Anniversary of GOD'S Heavens (Powai): was celebrated in August 2015 with joy and enthusiasm. A special Puja at the centre set-off the celebrations. Our Chairperson, Vice-Chairperson some of our trustees, parents of beneficiaries, volunteers graced the occasion along with the trainees and staff. It was party time for the students with music, dance and games. A special lunch was sponsored by Oritel Service Apartments.

6th Anniversary of GOD'S Saagarika, Gorai, was celebrated on the 26th September at the Gorai center. A cultural program by the inmates and trainees of the center for the invitees and Chief Guest was the main feature of the event. The celebrations commenced with a ceremonial lighting of lamp by all our life care trainees. The chief guests for the evening were local senior inspector and Father Sandeep from the church which was followed by a presentation on MBA Foundation and speeches by dignitaries.

Vastu Puja was organized in November at Airoli centre after the completion of the building. All trustees, Trainees, Parents, Donors & Staff Members were present for the programme.

On 9th October, 2015, **Mental Health Day**, GODS' members were invited by JW Marriot Group to their premises; A fun-filled event with music, dance, games and lunch was organized for all the trainees of the Powai centre, GODS Heavens...

Rotary Club of Powai Lakers organized **Diwali Celebration** with a Magic show followed by refreshments for the Powai centre trainees.

International Day of Persons with Disabilities (World Disability Day) in December 2015 was celebrated on different dates in Powai, Thane and Gorai by our GODS..... This year's theme was "Inclusion matters: access and empowerment of people of all abilities" and all our events were based on this theme...

On 6th Dec., 2015. A Friends Of GODS (FOG) March/Rally at Powai was organized. The participants were FOG members, GODS members and their family members along with local school children. The 2 km walk in Powai spreading awareness about the capabilities of persons with special needs and the FOG. scheme. The rally ended at a local ground in Hiranandani Gardens, where a cultural variety program by GODS members was held.

The event was accompanied with a FOG. membership drive to enroll more FOG members. Commodore (Retd.) Harjeet Singh Kang recipient of Vishisht Seva and Ati-Vishisht Seva medals for distinguished services, ex-Chairman and Managing Director of Mazagaon Docks, graced the occasion as the esteemed Chief Guest and flagged off and led the dignity walk, with the Members.

On 3rd December 2015, a dignity walk on streets of Gorai to spread awareness about the activities towards empowerment of differently-abled people. This walk was supported by the local police force in a big way and they accompanied the walkers and even chipped in with announcements and messages on "Empowerment and self-esteem" of differently-able people.

The Thane center showcased the abilities of its differently-abled members on Sunday, 29th Nov on the "TOI Happy Streets" of Thane, The workshop counters were abuzz with eager children and adults alike who were irresistibly drawn to the crafts of making attractive gift boxes embellished with bright paper roses and punch craft greeting cards., trying out their hands on these crafts. People walked away proudly sporting tall newspaper hats and happy grins, along with enrolment forms to SEFD's annual F.O.G. (Friend of G.O.D.s) scheme, whereby a subscriber pledges in advance to order and buy various products made, packaged and marketed by the industrious G.O.D.s of MBAF. Some G.O.D.S. member also performed song and dance acts on the Happy Streets stage.

Annual Medical Camp 2015 with Hiranandani Hospital, Powai :

The annual medical camp was conducted at Dr. L.H. Hiranandani Hospital, Powai on 9th August 2015. The tests and consultation on camp dates were free of cost to the beneficiaries. About 110 GODS' members availed of the medical camp.

Post-camp follow-ups: After the camp, the necessary follow-ups as prescribed by the doctors were also done for the residential members by us; the day care trainees were taken care of by parents.

Trainings opportunities for the teachers:

Training of Spoken English for teachers was started in July-August 2015. These classes were taken by our Volunteers Mrs. Leela and Mr. Srinivasan, who have been assisting in Teach India campaign of TOI.

An Inclusive training workshop was conducted in September for the students of nearby schools. The training in baking, flower-making and jewelry-making, were organised. Children from Bombay Scottish-Powai, Hiranandani Foundation School, Pawar Public School-Powai, Vidya Foundation School, Asha Foundation and Green Lawns School, attended the courses and enjoyed..

Orientation program for staff, Volunteers & Parents on 20th Feb, 2016. The topics were Introduction of various disabilities, Professional approach to the disability in a person, Importance of Interpersonal relationship amongst Senior, Junior, Ancillary and others staff members in relation to organization.

The six month course entitling "**Community Initiatives in Inclusion**" for **Asia Pacific Region** was conducted by ADAPT (formerly the Spastics Society of India) two staff members Shamal Vartak our Special educator and Gayatri Ramaswamy, Psychotherapist attended this course. The course was an Asia Pacific regional course for master-trainers and planners of community disability services sponsored by the Women's Council, U.K. The course aims was to prepare participants to be management personnel, able to run, plan, and to train others to run, community disability services, within an inclusive framework.

The course content includes modules on Disability, Policy, Inclusion and Community. The course was conducted in two phases. The first three months consisted of taught sessions, practical work and field work in Mumbai, India and its environs. The last three months is the implementation phase in the participants' own places of work.

Case Study of Change

Ganesh Subramaniam diagnosed as Mentally challenged, is a cheerful person who speaks with good confidence. When he joined MBA Foundation he was very silent and was always sitting alone. With regular motivation and training, he has started showing interest in activities; and now, even without teacher's instructions, he starts doing activities like house keeping, making paper bags etc.. His communication has also improved and he also shows interest in becoming an LIC agent and is an active member of GODS champ.

Aarti Parte is 21 year old Trainee diagnosed as Mentally Challenged. She Joined MBA Foundation Thane Centre 6 years ago. When she started coming to our center she used to beat others when she was angry. She wanted to do whatever she liked and had mood swings and was aggressive.

With the training, patience and motivation given by the teachers, she has shown good improvement in doing activities and now she has started helping her wheelchair bound peer. She likes to talk with her friends and go to the Garden, listen to music, etc. She likes to watch TV programs. She continues to be on regular counseling to control her aggression.

Omesh Kadam a 7 year old boy diagnosed with Cerebral Palsy, joined the organization 3 years back in Early Intervention. When he joined he was dependent on others for activities of daily living. He comes from a middle-class, nuclear family with widowed mother and 2 older sisters and eldest sister supporting the family financially after the father's death. Omesh lost his father a year back and after that he would be very quiet, and remain lost in his own thoughts, wouldn't interact or mingle with peer group and did not take much interest in happenings around him. He has gradually recovered from the loss and is social now and mingles with peer group.

As Omesh Father was reluctant to send him to this center as he believed his son was normal. But the mother was of a different opinion and got him admitted here. Within a few months, positive changes were noticed in Omesh and even his medical doctor appreciated this. Playgroup, Occupational therapy, physiotherapy and speech therapy were provided to him. Later, seeing the development in him, his father also started appreciating the training in MBA Foundation.

BRIEF NOTE OF AWARENESS & DIFFERENT TYPES OF DISABILITIES

Definition of Disability

When most people think of the word “disability” they immediately imagine someone in a wheelchair. But there are many different types of disability. People with a disability may include:

- ▶ people who are blind or partially sighted
- ▶ people with learning or intellectual disabilities
- ▶ people who are deaf or hearing impaired
- ▶ people with a physical disability
- ▶ people with long term illnesses
- ▶ people with mental health or psychological difficulties
- ▶ people with an acquired brain injury



Disabilities is an umbrella term, covering impairments, activity limitations, and participation restrictions. An *impairment* is a problem in body function or structure; an *activity limitation* is a difficulty encountered by an individual in executing a task or action; while a *participation restriction* is a problem experienced by an individual in involvement in life situations. Thus disability is a complex phenomenon, reflecting an interaction between features of a person's body and features of the society in which he or she lives.

Types of Disabilities

1) Blindness:

Signs: Impaired vision, Language impairment, Loss of vision, Poor vision, Vision loss, Visual impairment.

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2) Low Vision:

A person with low vision has extremely limited sight that interferes with daily activities. Low vision should not be confused with blindness.

Signs: Difficulty in distinguishing colours, reading, distinguishing objects, recognizing faces, seeing objects, seeing signs and posts.

3) Leprosy-Cured

Leprosy cured person means any person who has been cured of leprosy but is suffering from-

- ▶ Loss of sensation in hands or feet as well as loss of sensation and paresis in the eye and eyelid but with no manifest deformity;
- ▶ Manifest deformity and paresis; but having sufficient mobility in their hands and feet to enable them to engage in normal economic activity;
- ▶ Extreme physical deformity as well as advanced age which prevents him from undertaking

Signs: Severe pain, Muscle weakness especially in the hands and feet, Skin stiffness and dryness, Loss of fingers and toes, eye problems which lead to blindness, enlarged nerves especially those around the elbow and knee.

4) Hearing Impairment :

Hearing impairment or hard of hearing or deafness refers to conditions in which individuals are fully or partially unable to detect or perceive at least some frequencies of sound which can typically be heard by most people. Mild hearing loss may sometimes not be considered a disability.

Signs: Muffled hearing. Difficulty understanding what people are saying, especially when there are competing voices or background noise. You may be able to hear someone speaking, but you cannot distinguish the specific words. Listening to the television or radio at higher volume than in the past. Avoiding conversation and social interaction. Social situations can be tiring and stressful if you do not hear well. You may begin to avoid those situations as hearing becomes more difficult. Depression. Many adults may be depressed because of how hearing loss is affecting their social life.

5) Loco Motor Disability:

Loco motor disability means disability of the bones, joints muscles leading to substantial restriction of the movement of the limbs or any form of cerebral palsy.

Signs: Paralysis, Unsteady movements of limbs, poor muscle control, loss of limb.

6) Mental Retardation:

Mental retardation is a disability characterized by significant limitations both in intellectual functioning and in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills. This disability originates before age 18.

Signs -

- ▶ Continued infant-like behaviour
- ▶ Decreased learning ability
- ▶ Failure to meet the markers of intellectual development
- ▶ Inability to meet educational demands at school
- ▶ Lack of curiosity

7) Mental Illness :

Mental illness is any of the various conditions characterized by impairment of an individual's normal cognitive, emotional, or behavioural functioning, and caused by social, psychological, biochemical, genetic, or other factors, such as infection or head trauma. Also called emotional illness, mental disease, mental disorder.

Signs: Self-destructive actions and withdrawal or distrust of friends and family, Short temper and argumentative, Loss of interest in daily activities, Inability to concentrate, Decline in academic, athletic or job performance, Deterioration of personal appearance and hygiene, Excessive changes in sleeping or wakefulness and appetite, Excessive seeking of approval, Excessive writing of nonsensical or disconnected thoughts and words

8) Cerebral Palsy:

Cerebral palsy is a group of disorders that can involve brain and nervous system functions, such as movement, learning, hearing, seeing, and thinking.

Signs: Muscles that are very tight and do not stretch. They may tighten up even more over time. Abnormal walk, arms tucked in toward the sides, knees crossed or touching, legs make "scissors" movements, walk on the toes. Joints are tight and do not open up all the way. Muscle weakness or loss of movement in a group of muscles (paralysis). The symptoms may affect one arm or leg, one side of the body, both legs, or both arms and legs.

9) Autism:

Autism is a developmental disorder that appears in the first 3 years of life, and affects the normal development of brain and impairs social and communication skills.

Signs: Signs: Be overly sensitive in sight, hearing, touch, smell, or taste, Have unusual distress when routines are changed, Perform repeated body movements, Show unusual attachments to objects

10) Learning Disabilities

A condition giving rise to difficulties in acquiring knowledge and skills to the normal level expected of those of the same age.

Signs: Short attention span, Poor memory, Difficulty following directions, Inability to discriminate, between/among letters, numerals, or sounds, Poor reading and/or writing ability, Eye-hand coordination problems; poorly coordinated, Difficulties with sequencing, Disorganization and other sensory difficulties.

11) Epilepsy:

Epilepsy is a group of related disorders characterized by a tendency for recurrent seizures. There are different types of epilepsy and seizures. Epilepsy drugs are prescribed to control seizures, and rarely surgery is necessary if medications are ineffective.

Signs: Causing convulsions and staring continuously without reason. Stiffening of the arms and legs, following by jerking motions. People may wander, mumble, smack their lips, or fumble with their clothes. They appear to be conscious to observers, but are actually unaware of what they are doing.

MBA FOUNDATION

Board of Trustees (Details of Members of Board of Trustees as on 1.08.2016)

<p>Name Sex Date of Birth (DD/MM/YYYY) Country of Birth Occupation</p> <p>Position in the Board</p> <p>Work Experience/ Background (in 3 to 4 sentences only)</p>	<p>Meenakshi B Female 18.1.1947 INDIA TRAINING AND EMPLOYMENT OF THE DISABLED CHAIRPERSON</p> <p>23 YEARS EXPERIENCE IN TRAINING AND EMPLOYMENT OF DISABLED. HELEN KELLER AWARDEE [2000] FROM NCPEDP DELHI.</p>	<p>Name Sex Date of Birth (DD/MM/YYYY) Country of Birth Occupation</p> <p>Position in the Board</p> <p>Work Experience/ Background (in 3 to 4 sentences only)</p>	<p>Mahadev R Iyer Male 1.6.1958 INDIA CFO – ESSAR GROUP.</p> <p>MEMBER</p> <p>34 YEARS EXP IN CORP FINANCE</p>
<p>Name Sex Date of Birth (DD/MM/YYYY) Country of Birth Occupation</p> <p>Position in the Board</p> <p>Work Experience/ Background (in 3 to 4 sentences only)</p>	<p>V.H.Balasubramaniam Male 29.3.1955 INDIA EX. SENIOR MANAGER, EXIM LOGISTICS, BASF INDIA LTD, CBD, BELAPUR.NAVI MUMBAI</p> <p>MEMBER</p> <p>38 YEARS EXP IN ADMIN./ EXPORTS / FACILITATION/ FOREIGN TRADE</p>	<p>Name Sex Date of Birth (DD/MM/YYYY) Country of Birth Occupation</p> <p>Position in the Board</p> <p>Work Experience/ Background (in 3 to 4 sentences only)</p>	<p>Uma Mahadev Female 27.11.1963 INDIA YOGA THERAPIST / SOCIAL ACTIVIST</p> <p>MEMBER</p> <p>YOGA THERAPIST WITH YOGA SANSTHAN CHEMBUR.</p>
<p>Name Sex Date of Birth (DD/MM/YYYY) Country of Birth Occupation</p> <p>Position in the Board</p> <p>Work Experience/ Background (in 3 to 4 sentences only)</p>	<p>Shivaji S Desai Male 27.MAY 1959. INDIA ASSTT. GENERAL MANAGER FINANCE - EMPLOYEE SERVICES GROUP (ESG TEAM)</p> <p>MEMBER</p> <p>34 YEARS EXP IN ADMIN. ACCOUNTS .</p>	<p>Name Sex Date of Birth (DD/MM/YYYY) Country of Birth Occupation</p> <p>Position in the Board</p> <p>Work Experience/ Background (in 3 to 4 sentences only)</p>	<p>Veena Advani FOUNDER TRUSTEE Female 7TH MARCH 1931 INDIA SOCIAL ACTIVIST, VOLUNTEER FOR DISABLED BENEFICIARIES CARE GIVING MEMBER</p> <p>43 YEARS EXP. IN CARE GIVING FOR DISABLED. Parent of a Spastic Beneficiary</p>
<p>Name Sex Date of Birth (DD/MM/YYYY) Country of Birth Occupation</p> <p>Position in the Board</p> <p>Work Experience/ Background (in 3 to 4 sentences only)</p>	<p>Sujatha Srivastava Female 26/10/1947. INDIA SPECIAL EDUCATOR, SOCIAL COUNSELLOR</p> <p>MEMBER</p> <p>28 YEARS EXPERIENCE IN ASSESSMENT, REMEDIAL EDUCATION, BEHAVIOUR MODIFICATION, ETC. Parent of an Autistic Beneficiary</p>	<p>Name Sex Date of Birth (DD/MM/YYYY) Country of Birth Occupation</p> <p>Position in the Board</p> <p>Work Experience/ Background (in 3 to 4 sentences only)</p>	<p>Akhil B Sriram Male 10.4.1976 INDIA Slow Learner / Dyslexic / Differently able. PR & SOCIAL MARKETING EXECUTIVE</p> <p>MEMBER</p> <p>2 YEARS OF RUNNING HIS OWN ADVERTISING AGENCY; 8 YEARS IN SOCIAL MARKETING</p>

Celebrations



12th anniversary of Gods' Heavens



14th Founders day Celebrations



Orientation workshop



Teachers' Day 2015

Our Donors & Well-wishers



Corporation Bank



Innerwheel of Mulund



Lioness Ladies Club



State Bank of India



Womens' Rehab Group, USA



Rotary Club of Vashi