



Prajaahita Foundation

Seeing Ability Beyond Impairment

ANNUAL REPORT

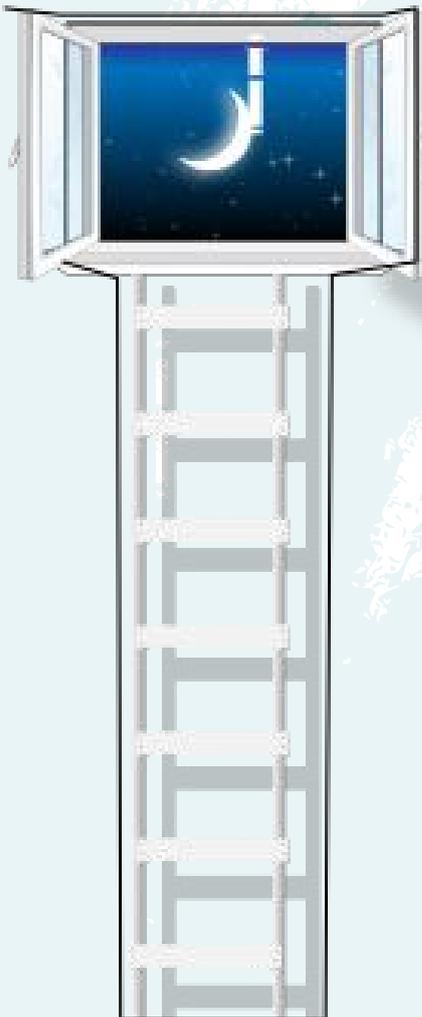
The number '001' is rendered in a large, bold, dark blue font with a white outline. A small green bus with a white roof rack is positioned on top of the first '0'. The background features a stylized mountain range in shades of blue and white, with a silhouette of a person sitting in the bottom left corner.

ITINERARY



Founder's Note.

Believe you can and you're halfway there."
-Theodore Roosevelt



The Prajaahita Foundation is a non governmental organization (incorporated under Section 8 of Companies Act 2013) aspiring to create a society comprising enlightened and compassionate citizens. At Prajaahita, we believe in the innate potentials of persons with disabilities and together we strive hard to channel them in the right way to contribute to the growth of the nation. Our major goal is to build an ecosystem with the help of persons with disability as change agents to bring immense possibilities for the persons with disabilities and their families.

As an organization, Prajaahita's major objectives are:

- To educate an individual on their rights and privileges
- To identify and support individuals who are denied of their rights and privilege
- To help in the rehabilitation of Persons with disabilities
- To inspire and make the youth aware of their significant role in social welfare
- To develop a sense of compassion among fellow beings of a community

OUR STORY...

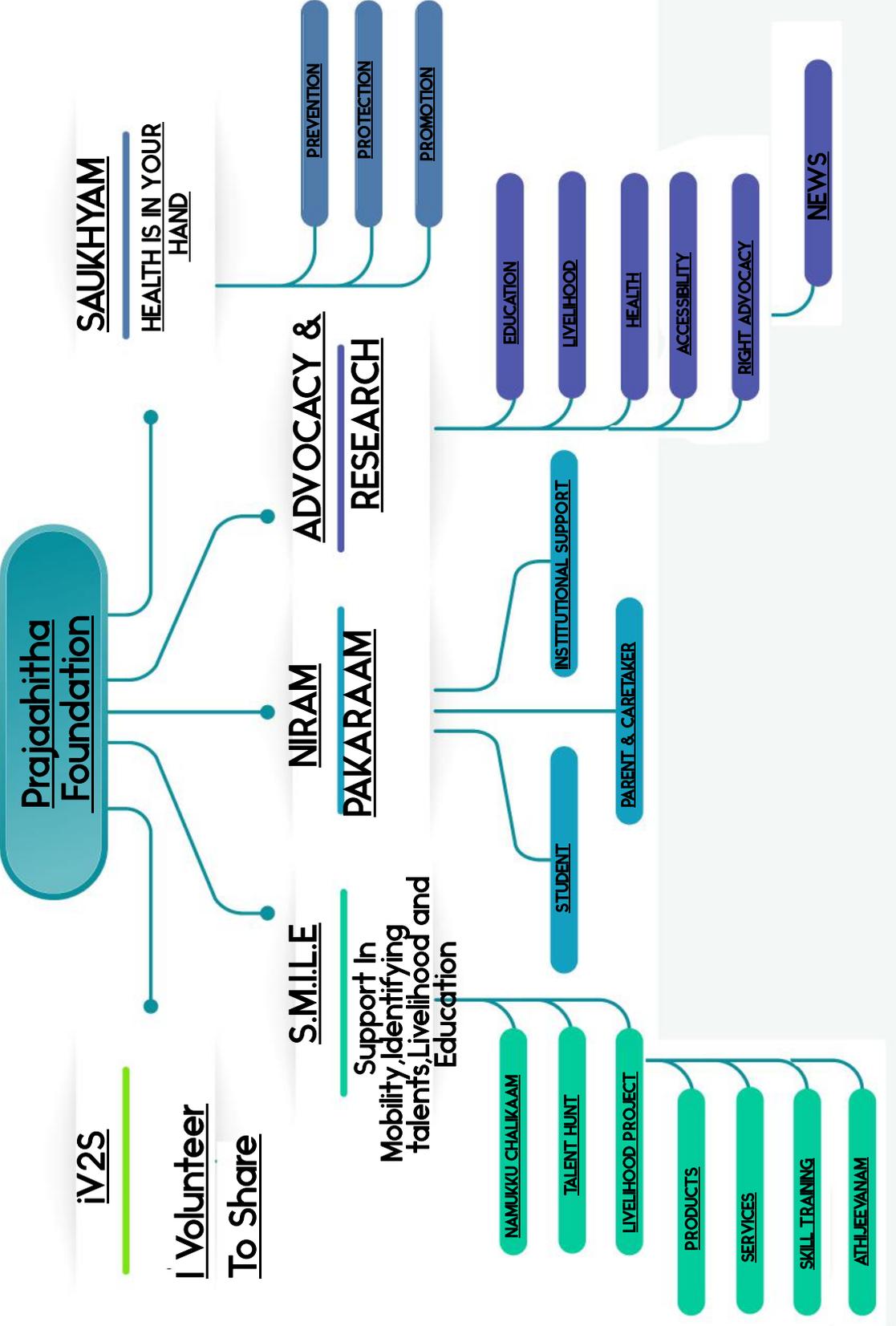


Twelve years ago, engineering student Ajay Balachandran met with an accident that left him with an injured spinal cord. Left with little to no movement from his neck down, he made ends meet by using Windows' speech recognition software to work online. His friend Sooraj Santhosh Kumar, an MSW student from Amrita Vishwa Vidyapeetham (UNCESCO Chair), was able to see up close how life changed for Ajay when he became a quadriplegic.

One fine day Ajay noticed a beautiful picture of Uttarkashi, reminiscence of a vacation posted by Sooraj on his Whatsapp status. Ajay replied to this picture how he wished to travel again, more than anything else. This set balls rolling, and the duo set out to start a nonprofit organization called 'Prajaahita Foundation' in September, 2019. Within 12 months, Prajaahita has grown its reach and strives to work hard towards normalising life for persons with disabilities through their various unique and innovative projects.

THE REAL VOYAGE OF DISCOVERY
CONSISTS NOT IN SEEKING NEW
LANDSCAPES, BUT IN HAVING NEW EYES.

- MARCEL PROUST





S.M.I.L.E

(Support
in Mobility,
Identifying
Talents, Livelihood &
Education)

When we started our journey we knew our destination but the route to be taken was obscure. We wanted to plan our route in such a way that leads to a society inclusive of all, where every corner of the world is filled with happiness, kindness and empathy. Our journey is to bring emotion and action together to form a compassionate society where you are not tagged merely on impairment rather than ability to do things. The Superman of Hollywood- Christopher Reeve once said, "many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable", this happened in our life too. We started our journey in a small pack worried about the hurdles and stumbling blocks faced by the persons with disabilities and wanted to normalise the world for them.



NAMUKKU CHALIKAAM

This world is a beautiful place filled with joy, laughter and a number of life experiences. Each one of us wants to see the world outside, enjoy nature and interact with other people. But when lives are being confined within the four walls it is very difficult to know what is happening in the world outside. As soon as we realised this, we came up with a new route map 'Namukku Chalikaam' where our travel buddies will be a lifetime companion to spend quality time with persons with disabilities. Travel buddies can always be the go to person- when one wants to go out for shopping, grab some groceries or enjoy a nice evening in the park. We often found that meeting new people and interacting with young minds made persons with disabilities enjoy their true self and aim higher.

Through our project, we were able to support 14 persons with disabilities to move out of their homes and socialize. We started out by supporting 2 persons with disabilities to participate in republic day celebration in Helen Keller Institute, Shornur. This project is currently active in 3 major districts of Kerala

(Palakkad, Calicut and Kollam) and our plan for the forthcoming years is to elevate it to a state level project.

NIRAM PAKARAM

There are no seven wonders in the world of a child but there are seven million. We wanted To make a bright future for the children with disabilities so they can venture out more to their interesting fields. Niram Pakaram was one such initiative tailor made for children with disabilities by providing them an ecosystem suitable for their overall development. Within a project timeline of 4 years, we are planning to achieve a home based education intervention along with Individualised Education Planning (IEP).



As a part of the project, we also organised the event Boccia (a paralympic game for the persons with disabilities) in the districts of Kottayam, Ernakulam, Thrissur and Kozhikode, with an approximate participation of about 110 students. Through the entire Niram Pakaram project, we were able to reach out to about 150 children with disabilities. As our journey continues we are planning to extend the project further to incorporate more institutions to add colors to the lives of many more kids.

Education and Livelihood

As we were travelling we realised that happiness is not a destination but a direction. Identifying persons with disabilities and lending our hand to help them to be independent was one of the major visions of our organization. Focusing on livelihood and education, we conducted various skill enhancement training sessions for persons with disabilities ranging from 'basket making' to 'Computer Language' training.

A major proportion of persons with disabilities in Kerala attained their livelihood by selling home made products. Due to the Covid-19 crisis, many of their livelihood channels were dry and to help

them out, we partnered with GiftAble to provide them with an online platform to leverage their sales across India. We are also planning to set up our own online platform called as Prajaahita Estore, to enable persons with disabilities to showcase and sell their products in a bigger and better manner.

Currently, we have about 40 sellers in our bandwagon offering products which include office stationeries (paper pens, jutebags, paper folders, etc), home made food items (variety of pickles, chutney powders, fried banana chips, etc.), custom made gifts (dreamcatchers, drawings, bottle art), handmade umbrellas and paints.

MUSIC HUNT - DISCOVER THE ARTISTRY

**What would be life without music ?
Nothing but very empty.**

Similarly our journey seemed to be less complete without the flavour of music. At Prajaahita, we always focus on the abilities and value of a human being discarding the limits of physical or mental inabilities. We envision an inclusive music community that will value the talent rather than lack of accessibility. We also wanted to provide them a platform where their true selves could be portrayed without any censorship. Veterans from the music industry joined their hands to push, Discover the Artistry into Action.

'Discover the artistry' is an initiative we

have already launched as an online talent hunt. In this talent hunt, we invite musicians with disabilities to submit a video performance which will be rewarded based on the evaluation of the musical ability and the social engagements. We have also planned exclusive workshops by industry professionals and celebrities, to give these musicians well deserved exposure to achieve their dreams. The initiative was launched on August 29th, 2020 by the famous musician Sabareesh Varma on our FaceBook handle. Till now, we have about 70+ registrations by persons with disabilities from all over India. We are also planning for a one year music fellowship program which will groom the budding musicians who really need support in their journey.

SAUKHYAM



Picture a situation where your mind is full of ideas and you are all charged up with the required will and ambition to execute those ideas, but the only thing that stops you is your medical condition. Physical immobility on top of exclusion from medical services confine their lives on an unfathomable scale. Lack of medical facilities besides societal outlook towards persons with disabilities may flare up their condition, affecting their quality of lives, and mental health. Carrying this spirit forward with the SAUKHYAM PROJECT, we strive to provide healthcare facilities for persons with disabilities on an individual as well as institutional level. We at Prajaahita, have lent our support to about 130 persons with disabilities with medical care in collaboration with Pallium India.

HEALTH WEBINARS CONDUCTED-

- June 8th- 'Lifestyle disease among person with disabilities' by Dr. Nandakumar Sir
- June 20th- 'Healthcare for women with disabilities' by Dr. Sathi Murary (additional professor, department of obstetrics and gynaecology, government medical college, Kottayam)
- June 27th- 'Mental well-being for person with disabilities and caretakers' by Dr. Priya Varghese (clinical psychologist, consultant at child development centre, Pushpagiri Medical College, Thiruvalla)
- July 8th- 'Physical medicine and Rehabilitation' by Dr, Shahdad Kammili (Associate Professor, department of physical medicine and rehabilitation, government medical college, Calicut)
- July 11th- "Seasonal Infectious Diseases prevention" by Dr.Lijo.K.Mathew (Associate Professor,General Medicine,Government Medical College,Kottayam.)
- July 18th-'Inclusive health care system in Kerala' by Dr. M.R. Rajagopal (Chairman, Pallium, India)
- August 22nd- "Beginning of an Era of Precision Therapies" by Rakesh N Veedu (Associate Professor,Murdoch University, Australia.)
- September 5th- 'Session for Spinal cord injured persons and their caretakers' by Dr. Shahdad Kammili (Associate Professor, department of physical medicine and rehabilitation, government medical college, Calicut).
- Online series of vitiligo awareness campaigns attended by almost 150 participants.



ATHIJEEVANA

Travelling through the canopies of trees, under the wide sky made us more aware of Mother Nature. We wanted persons with disabilities to experience this feeling of rejuvenation of being close to nature. ATHIJEEVANA, is our project where we ensure that persons with disabilities spend their quality time with nature. We at Prajaahita, firmly hold up to this belief and aid persons with disabilities to get actively involved in activities ranging from kitchen farming to environment protection.

Close association with plants is believed to enhance one's

quality of life by driving their focus away from stress inducing situations (horticulture therapy). Engaging in farm related tasks will enable them to do light exercises that are essential for persons with disabilities. Inclusive farming for persons with disabilities cater them with a viable livelihood option which in turn will make them independent. Incorporation of persons with disabilities into farming will make them feel secured and included in the society.

A red line-art illustration of several hands reaching down to hold several hearts. The hands are drawn with simple outlines and some internal shading. The hearts are also simple line-art shapes. The overall theme is one of care and support.

iV2S (I Volunteer To Share)

As our journey continued, we decided to gather people who were interested in experiencing our journey, to make the voyage more memorable. And the pack grew stronger and larger. As we continue to traverse through our path, we are Making space for more people. Each person who became a part of our journey made a difference in someone's life as well as within themselves.

iV2S is our Volunteering platform that helps us to pool the service-minded citizens from our community. Anybody who wishes to be a part of our family as a

volunteer can sign in and register themselves on iV2S through our website. At present we have about 164 volunteers and 13 interns who have joined us.

But when we look back to our journey filled with happiness and full of experiences, it is difficult to fully process the fact that it has been a year but on the flip side, the joy of making others smile is giving us the sense of accomplishment and pride.

THE TEAM



BOARD OF ADVISORS

Gangadevi K.V
DIRECTOR



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Project Lead, R&D



Ajay Balachndran
Co-founder, Project lead
S.M.I.L.E founder



Krishnakumar P
Project Lead,
Namukku Chalikaam



Balagovindan S.H



Narayanan K V

Veena Venugopal
Project Lead, iV2S



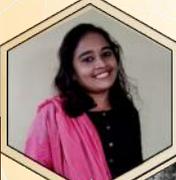
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Inclusive Art Campaign



Ashla Rani
Project Lead,
Saukhyam



Archana Vijayan
Project Coordinator,
Saukhyam



Poornima C
Project Lead,
Athijeevana



Rahul Sajeewan
Project Coordinator,
SMILE



N Arun Vaidyanath
Project Coordinator,
Legal Advocacy



Sivaprasad N.P
Field Coordinator,
Namaku Chalikam



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Hartmann**



Dr. Rajyagopalan



Rajeev Rajan



SPECIAL THANKS

Bhavani Rao, Amrita Vishwa Vidyapeetham

Shanti Raghavan, Enable India team.

Prarthana Kaul & Giftabled team.

Dhanya Ravi & Aasmaan Foundation Trust.

Mobility in Dystrophy (MinD Trust).

Sushmita Jain & Support Vitiligo team.

Prof. Gopalakrishnan

Relief Clinic, Ottapalam

Vishnu Murali

All our family and friends who supported Us



INTERNS

Rahna Vijayan

Akshay Shanbhag

Akshay

Abhijith H Nair

Abijith K A

Nicol Hubert

Sooraj Soman

Nagaraj Manikandan

Aishwarya Raj

Shyam Kishore

Arjun K

Murali Krishna

Pavitra Kishnamurthy

Aparna G S

Aparna Mohan

Ayndrila Banerjee

Irene Ann George

Radhika vijayan V V

Jagan T R

Sujay krishnan T S

Sivasree S

Ganga M Varrier

Muhammed shafi. S

Manu Sankar.S

Sabari Sekhar p

Jijaz Hussain

Jojo Joseph

Aparna.M.Mohan

Muhammed Sabith P P

Anees K P

Muhammed Muhasin k p

Ashwin K

Deepraj R

Pallavi U

Ansmary Kurian

Anupama V

Sivasdath Madhu Menon

UPCOMING PROJECTS



One of our most ambitious projects for the upcoming year is 'Udaan', which is an initiative to reach out to children with disabilities in the age group of 12-15 years, through a peer- buddy, who can provide personalised learning experience to those kids.

FINANCIALS

BALANCE SHEET AS ON 31ST MARCH 2020

			(Amount in Rs)
Sl No	Particulars	Notes	Amount
	Equities and liabilities		
1	Shareholders fund		
a	Share capital		1,00,000.00
b	Reserves and surplus	4	-45,408.29
c	Money received against share warrants		-
			54,591.71
2	Current liabilities		-
3	Other current liabilities		-
			-
	Total equities and liabilities		54,591.71
	Asset		
1	Noncurrent asset		
a	Property, Plant and Equipment		-
i	Tangible asset		-
			-
2	Current asset		
3	Cash and cash equivalents	5	54,591.71
4	Other current asset		-
			54,591.71
	Total asset		54,591.71

The accompanying notes form part of the financial statements

As per our report of even date

For and on behalf of Board of Directors

**STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR ENDED
31ST MARCH 2020**

				(Amount in Rs)
SI No	Particulars	Note	Amount	
Revenue				
1	Income from Donation		27,000	
2	Other income	6	20,188	
	Total revenue		47,188	
Expenses				
3	Utilization of project activities		38,839	
4	Depreciation and amortization expenses		-	
5	Other expenses	7	53,757	
	Total expenses		92,596	
6	Surplus/(deficit) for the period		-45,408	

The accompanying notes form part of the financial statements

As per our report of even date

MOMENTS ²⁰



CONTACT US

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