

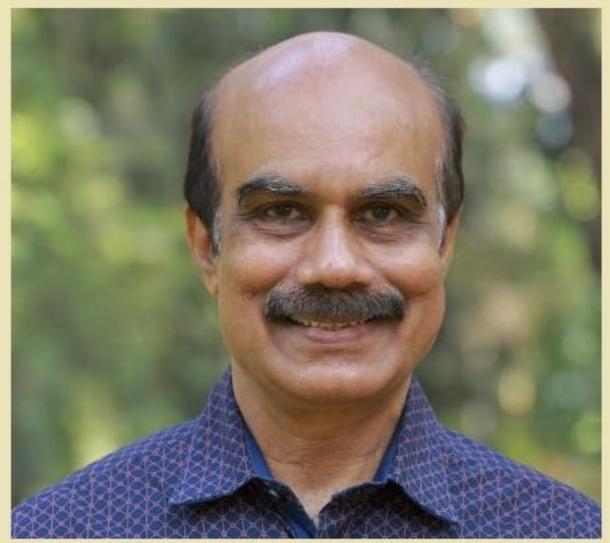


A Message from the President, Nish-Chintha

Dear All,

I am truly honoured and humbled for the opportunity to serve and address on behalf of the present executive committee of this unique organization 'Nish-Chintha'.

First of all I would like to thank previous office bearers and committee members for nurturing Nish-Chintha against all odds. I would like to remind all parents our responsibilities to attain our goals. In the onward march let us share our grieves and gleams. The success of this initiative is possible only by your unwavering support. I kindly request everyone's participation and support in all our future events.



Dr. Sivasankaran E C





About Us

Nish-Chintha was registered as a society on 25/06/2014. The land registration happened in June 2015, and over a priod of time we have bought 13.11 acres of land for setting up Nish-Chintha village.

The foundation stone for NACALS (NAtional Centre for Assisted Living and Skill development) was laid on 14/07/2016 by our children. The function was attended by members of Nish-Chintha, villagers from community around and few elected representatives.

Nish-Chintha has two major parts, the residential part and the other 'institution and common services & utilities'. We call our Institution NACALS (NAtional Centre for Assisted Living and Skill development) that provides infrastructure for vocational activities, skill development and assisted living training. In addition it will have necessary facilities for basic medical needs and therapy services. It is the place for Engaging, Enriching and Entertaining activities for PwIDDs and families, along with training.

The residential area provides a free and open ambiance for PwIDDs and families. Our 'special' stars can freely walk around without worrying for any external threats, be with nature, and enjoy the surrounding leading to immense joy resulting in improved quality of life.

The first governance team (Executive Committee) focussed on finding the right space and procuring land. The next team focussed on laying out a master plan and doing the ground work for infrastructure. The team followed that focussed on building the infrastructure, that include NACALS and the residential part. The current team is focussed on completing the construction of NACALS and making it ready for operations, start the operations and initiate community building exercise.











Nish-Chintha Today

Today Nish-Chintha has reached a stage where families can stay as a community and get engaged in different activities in the campus. Focus is shifting from construciton to operations.

Construction of 33 villas and 29 flats are completed.

Construction of 6 villas and 14 flats are progressing and expected to complete in next 3 - 6 months. So far 37 families have done their house-warming and currently 23 families are staying fulltime in Nish-Chintha.

Today Nish-Chintha has reached a stage where families can stay as a community and get engaged in different activities in the campus.

The families practice community life in Nish-Chintha. They live together, eat together in central kitchen, do gardening together and practice different aspects of life together by giving up many comforts and trying to adjust to a lifestyle that is conducive to wellbeing of all in the community.

Our application for getting the required PwD registration from Social Justice Department, Government of Kerala is in the final stage.



We felt that the panchayath has fixed a higher rate of tax for the NACALS building. We are regularly following up with Panchayath for reducing the building tax rate for NACALS. Panchayath authorities are positively considering our request.



To communicate to the world on what we do, we are publishing Newsletters, once every to months.

Membership Status

As of now Nish-Chintha society has 94 members. Two members, Sri. Sheen Shanmugan and Sri Jayagopal resigned this year. Transfer of land of 8 previously resigned members were completed in the year and 4 members were fully relieved by paying their corpus fund contributions and loans. Four new members joined this year, they are: Sri Ajithkumar M, Sri Chandra Mohan, Sri Saravanan M, and Sri Sekhar Narayanaswamy.

We formally started a campaign to attract associate members from friends and families of our members. **Associate Members** form a strong pool of persons with varied background, who are willing to chip in and contribute to Nish-Chintha in different activities. So far we have 90 Associate members.

Maximum Members	100
No of members as of now	94
No of vacancies	6
No of Associate Members	90
No of Members resigned this year	2
New members joined this year	4



In the beginning of the year, we have set goals for the year in different areas of NACALS functioning. This helped us identify and focus on tasks to achieve the goals. These are goals set for the year.



- 1 Make the Campus ready for Happy Living
- 2 Make NACALS ready for Operations
- 3 Streamline Administration and Finance Management
- 4 Comeup with Governance, Finance Security and Legal Frameworks
- 5 Integrate with Community Around

Make the Campus Ready for Happy Living

To start operations in Nish-Chintha, more families have to move to the campus. For this the campus has to be made ready for a comfortable life. Following works were taken up on priority and completed to meet this goal.





Inner Road

This vehicle-free road enabled everyone in the campus, especially our 'special children' to walk around freely in open. One metre wide concrete surface and another one metre wide paver blocks on either side of concrete path made the road easy for wheelchair as well as walk.





Outer Road

A motorable outer road ensured easy movement of vehicles within the campus. We have taken up about 80% stretch of the outer road and created a bed and provided a water bound macadam surface. After couple of years of consolidation and setting, a concrete or an asphalt surface can be constructed. Now vehicles can move even in rainy season and reach all buildings.





Wheelchair Path

An essential infrastructure for inclusive living where those needing mobility assistance can reach all buildings.

Wheelchair path was constructed connecting NILA (Tower-1), kitchen and NACALS. This made movement of wheelchair possible from all buildings to kitchen and NACALS.





Kitchen Extension and Dining Hall

Dining together is a very important aspect of community living. The dining hall was completed with false ceiling and infrastructure for washing etc. Kitchen was extended with facility to cook non-veg dishes separately.

Automation was achieved to a great extent with Chapatti dough making machine, large size wet grinder, Chapatti machine and dish-washing machine. All these machines were bought through donations.



Trees along Outer Road

Fruit trees such as mango,
jackfruit, breadfruit will not
only give shade, but also help
in controlling the temperature
in the campus. Number of
fruit tree saplings were
planted along the outer road.







Our Garden

Many of our residents have green thumb and they can turn any barren land to green garden. they have converted our central garden area into a beautiful vegetable garden. The produces from the garden gave us organic ingradients in our kitchen.



Infrastructure for watering Central Garden

To enable horticulture in central garden tap points were provided with borewell water. This enabled green central garden with many residents venturing into vegetable and flower gardening.

These vegetables gave us tasty and nutritious ingredients for cooking in our central kitchen.



Waste Management

Waste management is an important aspect of any community. We have charged one biogas plant in November 2022. Wet waste from the kitchen and all the houses are used in the biogas plant. All the pastic waste is collected by the Haritha Karma Sena, of our Panchayath.



Cabin for the Security Guards

Security was extended to 24 hours, and created a comfortable cabin with a toilet, for the security guards.

We achieved all the goals set to make the campus infrastructure ready for happy living.



Make NACALS Ready for Operations

Construction activities of NACALS were not fully completed. Took stock of all pending activities and laid out a plan for taking up essential tasks to make NACALS operational. All identified tasks were completed.



Completed Pending Construction Tasks

Internal and external painting of both A and B blocks were taken on high priority. Area around NACALS were cleaned and paver blocks were laid on eastern (front) side. Repairing of steel gates and collapsible doors were completed. Put window curtains in lobby area. Work in the central couryards of both A and B blocks were completed. Essential works in the ramp were taken up and completed.



Painting, Flooring and closing Open Drains

Appropriate paints and painting methods were chosen to keep the visual effects as conceived by the Architect. Floors were cleaned for paint stains.

Rough surface was provided for ramps floors. Water drains in the central courtyard of A block were closed from safety point of view. Rooms were repartitioned to make them useable. Tiling and plumbing work in toilets were completed.



Furnishing of Care Rooms, Activity Rooms and Casuality Room

Furnitures for casuality room, two care rooms and activity rooms were procured. We are in the process of setting the rooms.





Flooring of Central Courtyard of NACALS B Block

Central courtyard of B block was provided with cement concrete floor. The 1,00,000 Litre capacity underground water tank, which is used for storing rain-harvested water is below this courtyard. The manhole covers and inspection chambers of of the water tank were closed and made flush with the floor, to make the courtyard safe for people to move around freely.



Setting up Central courtyard of NACALS A Block

Central courtyard of A block is the most happening place. It's a place where we have our meetings, our children play during their activity time, we get togteher and celebrate occassions such as Onam, Christmas etc.

A big screen was setup here for us to screen movies and for making presentations in meetings.



Paver Blocks and Tiles to give facelift to front side of NACALS

Paver blocks were laid in the front side of NACALS to give a facelift to the area and the building.



False Ceiling of First Floor Rooms of NACALS A Block

False ceiling provided in one activity room and three skill development rooms on first floor of NACALS A block. This primarily helps in reducing the temperature in the rooms and pegions entering and dirtying the rooms.

Many activities were taken up to make NACALS ready for operations.

We achieved all the goals set to make NACALS ready for operations.



Build Nish-Chintha Community

The core of Nish-Chintha is 'rehabilitation of PwIDDs and families through community living'. Families live cohesively and practice "give and take" philosophy. They try to come out of comfort zone and gel well with other families. Having food together at the central kitchen, gerdening in central garden, celebrations of different events, watching movies and other entertainments etc. build bond among families resulting in a cohesive community.



Central Kitchen and Dining Hall

What started on a modest scale in November 2021, has become one of the most happening place in Nish-Chintha community. We get togther in the dining hall for breakfast, lunch and dinner. Currently we have four staff members, one cook and three assistants. Family memebrs too try their hands once in a while in the kitchen.



Here are some of the kitchen milestones:

April 2022 - Started publishing weekly menu
July 2022 - Dish washing machine installed
August 2022 - Chapathi machine installed
September 2022 - Dining hall made ready
October 2022 - Dining started in dining hall
October 2022 - Non-veg cooking started
December 2022 - Kanji in the menu for dinner



Dining hall is the place of happening for most celebrations. <u>Birthdays of our children in families</u> who stay in Nish-Chintha are celebrated here. Sadya with payasam is an inseparable part of any celebration.



Good amount of automation was done in the kitchen.

This include Chapathi making machine, 10L wet grinder, dough making machine and dish washing machine. All the above were either bought through donations or directly donated.

The rice we use is from the paddy grown in our own fields. We could get good amounts of vegetables from the gardenining by families who stay in Nish-Chintha.







Cultural Events

Entertainment is n important side of Nish-Chintha life. We had few classicla music programs staged in NACALS. A musical evening with Bansuri maestro Sri Himanshu nanda and well known vocalist Mulanjur Priya Menon participated in one event. Our children too performed along with them.



Celebrations

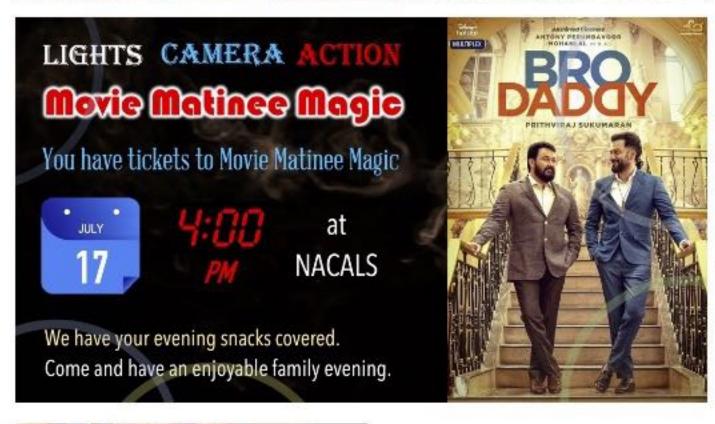
We have many celebrations in Nish-Chintha.

World Disability Day, Onam, Christmas & New

Year are some of these. Cultural activities, get
togethers and sumptuous food are part of these
celebrations.



We <u>celebrated Abilities on the World Disability Day</u>
on 3rd <u>December</u>. Many families who have not yet
relocated to Nish-Chintha came and participated in
this celebration. This year we invited our elected
representatives. <u>Ottappalam MLA Adv.</u>
<u>Premkumar inaugurated the function and</u>
Panchayath president and ward members
participated.



Movies in NACALS

Entertainment is part of any happy life, and movies are an important form of entertainment. We have screened few movies in NACALS, where families come together watch movies and also have snacks and tea. It is a good 'recharge' option for many families. This year we have screened five movies.



Many instances implicitely happen that leads to community building. Chitchatting while walks, going out in smaller groups, gardening activities in central garden, coversations during activities in NACALS etc. are some of those. Though we are on right path in community building, there is a <u>long way to go</u>. Letting go some of the comforts we are used to, for the sake of community can make a big difference in the life here.



Streamline Administration & Finance Management

Administration and Finance Management is the core of any organisation. We have set goals to setup systems and streamilne processes. Here is what we have done so far.



Accounting In-House

We have <u>enabled our bank accounts with online transaction capabilities</u> leading to quick and timely payments to employees, vendors and other statutory payments. Maintenance of cashbook, statutory registers such as member register, asset register and consolidated list of member transactions made it possible to record and track status and changes in membership, assets, finance status etc.



Internal Audit

An internal audit committee has been formed to audit all finance and administration transactions and look at the processes and procedures that we follow to ensure conformances. The internal audit team has also suggested improvements in processes that we follow. We are in the process of incorporating the changes suggested.



Helpdesk

Members who don't stay in Nish-Chintha need to interact with Nish-Chintha for various purposes. We have setup a **Helpdesk** to facilitate easy interaction and availing services from Nish-Chintha. Many members are using it effectively.



Fund Raising

Funds are required to complete the pending construction activities and make NACALS ready for operations. Through <u>Donations</u> and <u>Associate</u> <u>Memberships</u> we have raised funds this year, so that we could make NACALS ready for operations. Number of our members came forward to bring associate memebrs as well as bring donations through their family and friends.

Though quite a bit of streamlining is done in administrative processes, more need to be done to make the processes smoother. Usage of Tally software right from the beginning of the year and on a daily basis will ensure all finance data uptodate, leading to elimination of delays in providing receipts and making payments.



Comeup with Governance, Finance Security and Legal Framework

In order to create a legal, governance and financial framework that would ensure a safe and secure future for PwIDDs and families in Nish-Chintha, we are working on coming up with a legal and financial framework.



Member Agreement

A legal agreement between individual members and the society will bring in clarity on the duties and responsibilities of a member and the services and responsibilities of the Nish-Chintha society.

We came up with a draft and had 3 zoom meetings, where the draft was discussed with members.



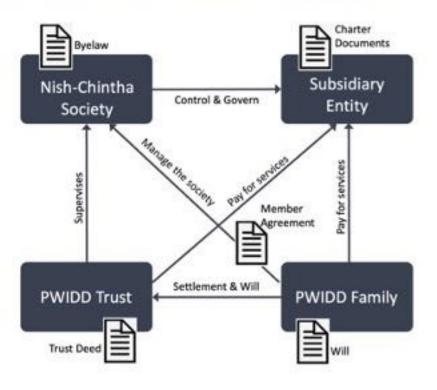
Finance Security and Governance Model

Finance Security Model deals with setting up of will, trust and management of trusts for effective management of finances for our children after the parents' demise. This is one of the most crucial process to be setup in realising Nish-Chintha's dream of safety and security of our children. The governance model deals with legal and corporate framework for managing trusts of all the families in Nish-Chintha. A subcommitte has researched, analyzed and cameup with recommendations for Finance Security and Governance model.



Bylaw Amendment

Bylaw guides the society to regulate itself. As the society evolves, the bylaw need to also evolve to meet the changes and resulting deamnds of the society, but within the regulations of the guiding Act. We are in the process of reviewing our bylaw amendment requreiments and coming up with a draft. A subcommittee is working on analyzing and arriving at requried amendments for the byelaw.



We have been consulting chartered accountants, legal experts and other experienced personnel in the field of governance of charitable societies, to find out what is the best model of governance for us. As we grow, more services have to be provided and we have to continue to do charity tasks in our 'space'. The next major goal for us is to finalise the governance model and start implementing the finance security model. The provisions in member agreement, finance security model and amended bylaw have to be in sync.



Integrate with Community Around

Nish-Chintha can not stand in an isolated state in Mulanjur village of Palakkad district. We need to interact with community around and involve them. Many steps are planned and being taken in this direction to ingrate Nish-Chintha with community around.



@ Panchayath Job Fair

We decided to look at the community around for finding caregiving staff for us. In order to get a wider reach for our search, we participated in the 'Job Fair' organised by Lakkidi-Perur Panchayath. For the caregiver orientation program we planned to conduct, we got a very good response.



Orientation programme in Caregiving

In order to give the villagers an idea on caregiving, we have conducted a two-day caregiver orientation program. The program was inaurated by Panchayath member our ward Smt. Baby Girija. Twenty women from the nearby village participated in the program. Most of them showed interet in becoming part of Nish-Chintha as caregivers.



Caregiver Training programme

The orientation program was followed up with a three month training program, in which 13 women from the village participated. The caregiver course was inaugurated by Smt Sobhana Prasad, Block Panchayath President.



The syllabus was prepared considering guidelines from caregiver training programme of Rehabilitation Council of India (RCI).

Theory and practical sessions were planned to give detailed insight to the participants on developmental and intellectual disabilities in general and our specific requriements in particular. Many sessions were handled by our internal faculty members. Specialist faculty members are taking sessions where we do not have expertise internally.



We have given direct employment to seven persons in the campus, out of which one person is mother of an autistic child. In addition, villagers participate in gardening, construction and other works. They also participate in cultural activities. Buying cow milk from the neighbouring farmers, buying few day to day items from shops in the village etc. directly and indirectly help the villagers. We will be including few PwIDDs from economically weaker section in our vocational activities.



Integrate with Community Around





Some glimpses of our children performing music and dance in some of the events in Mulanjur village. Participating in such events makes us integrate well with community around.



Awareness Programme on Niramaya Insurance and Legal Guardianship

Another activity we did for the community around is awareness campaign on Niramaya Insurance and Legal Guardianship to families living in our Panchayath. We got in touch with the families through the Asha workers and health inspectors of our Panchayath. We also used the trainees of the caregiver training program to spread the word about this in areas where they live. We have received good response.

We had planned a one day camp for enrolling PwIDDs into Niramaya insurance programme and helping the families to prepare application for Legal Guardianship (under National Trust Act), with the help of Devashraya, Palakkad, the nodal agency for Palakkad district. Now the camp will be conducted in June 2023.

Taking up the issue of bad condition of Panchayath Road

Condition of a stretch of road from Mulanjur main road to Nish-Chintha is very bad, and getting worse. As panchayath couldn't do anything to get this road repaired, we have taken up this issue with PMO (Prime Minister's Office). We got quick response from PMO and engineers visited the road and took stock. We are following up with PMO, to take this up in any other scheme and repair this road on high priority. Repairing of this road would benefit the villagers too.

Improving power situation in our village

In order to get stable power supply in Nish-Chintha, we have been pressurising KSEB authorities, that led to installation of a 100 KVA transformer near the Azhakotha Siva temple, 500 M away from Nish-Chintha gate. Along with Nish-Chintha, the villagers too got benefited by this.



NACALS Activities

This year 16 families have moved into Nish-Chintha and currently 23 families are staying on a regular basis. The first aim of moving to Nish-Chintha is to make our children (PwIDDs) comfortable with the ambiance there and start engaging them and training them for a happier life. So, we focus on engaging, enriching and entertaining activities for them. With basic facilities in place, we added necessary furniture. Initially parents were working on engaging them in different activities. As it is not a sustainable and scalable system, we are planning to recruit caregivers who will work on engaging and enriching the PwIDDs. At the end of caregiver training, that is going on now, we will recruit right number of caregivers, to setup a sustainable model for engaging our children meaningfully.

On skill development front, we are already conducting weekly online sessions in baking. Expert bakers are training our children on a regular basis. This year we have conducted 49 online sessions on baking. In addition to families from Nish-Chintha, many outside families too participated in these sessions.









Overview of Finances

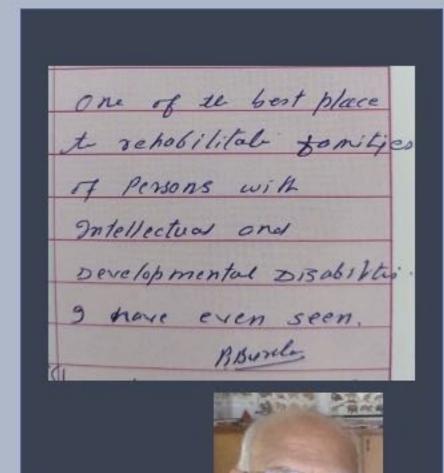
One of the tasks taken up was to make the finance of the society healthy. We have decided not to take any loan from anybody to meet expenses for running the society. Our liabilities include payments to be made to contractors who did construction and other works, and loans taken from our members. Also, receivables from memebrs (corpus fund enhancement, infrastructure development fund and maintenance charges) were also increasing.

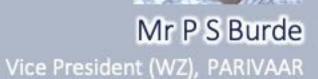
With strict control, close monitoring and regular followup, we could considerably reduce the liabilities. This year we could mobilise donations worth Rs. 78 Lakhs. Through Associate membership program, we raised Rs. 8.9 Lakhs. These collections helped us meet the expenses towards construction work taken up, furnishing and other development activities. Also, we could considerably bring down liabilities from the contractors from Rs. 65 Lakhs (approx.) to Rs. 13.2 lakhs (approx.). Liabilities from the resigned members were brought down from about Rs. 44.5 Lakhs (approx.) to Rs. 25.8 Lakhs (approx.). Same time, we could increase the money in bank along with cash in hand by about Rs. 22.7 Lakhs (approx.). All these numbers are based on unaudited accounts.

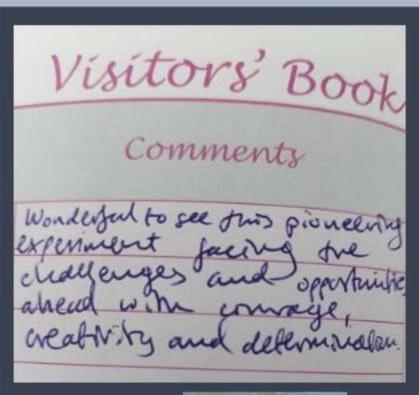
Most of the construction works carried out during the year were undertaken directly by employing skilled labourers under our direct supervision. This has not only improved the quality of work considerably, but also brought down the cost of construction by a great extent.

All this resulted in healthier financial situation for the society.

Visitors Speak

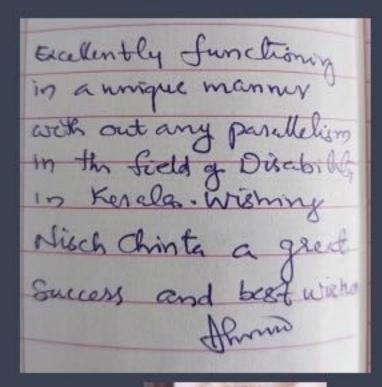


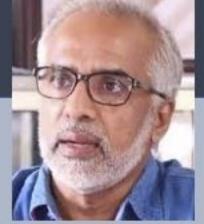






Dr. Patrick McKearney
Asst. Professor, Social Anthropology,
University of Amsterdam





Dr. Jayaraj M K Director, ULCCS, Kozhokkode



Visitors to Nish-Chintha

We had many distinguished visitors this year. We consider it as a privilege to welcome these visitors in Nish-Chintha.



Dr. Jayaraj M K

Director, ULCCS Foundation, Kozhikkode

Dr. Jayaraj along with Mr Abhilash Sankar of ULCCS and Dr. Patrick McKearney, Asst Professor in Social Anthropology, University of Amsterdam visited Nish-Chintha on 9th December 2022. Dr. Jayaraj is an expert in the areas of educaiton, employment and rehabilitation of people with intellectual disabilities.



Dr. Bela G K

Professor, Kerala Agricultural University, Thiruvananthapuram Dr. Bela from Department of Community Science has been working on Horticultural Therapy (HT) for differently abled people. Dr Bela visited Nish-Chintha on 24th May 2022, to understand more about Nish-Chintha. She has offered to help us develop a Horticulture Therapy garden in Nish-Chintha.



Parivaar Mumbai Team

A team 55 members of Parivaar Mumbai visited Nish-Chintha on 14th November 2022. Objective of their visit was to know more about Nish-Chintha and possiblity of exploring setting up similar project in Mumbai. They were very impressed with our setup and had food from our kitchen.



Sri Mannur Rajakumaranunni, yesteryear Malayalam playback singer and Sri Himanshi Nanda, senior deciple of Flute maestro Pandit Hariprasad Chaurasaya visited Nish-Chintha on 19th September 2022. Sri Himanshu Nanda gave a Bansuri performance.

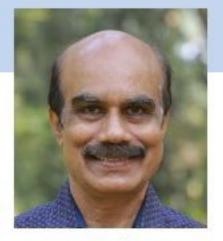
Many more persons visited Nish-Chinthathis year. Only a few are presented here.



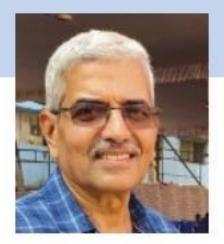
Our Leadership Team

Every two years new Executive Committee (EC) is elected by the general body, and the executive committee selects office bearers.

Office Bearers



Dr. Sivasankaran E.C. President



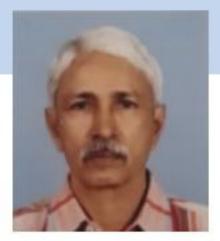
Dr. Rajeev S. Secretary



Sreekumara Menon Treasurer

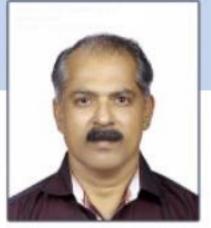


Jolly George Vice President



P. Vijayaraghavan Joint Secretary

Executive Committee Members



C.T. Ajithkumar



P.N. Asok



P.M. Gopalakrishnan



Dr. M.U. Jayasree



Jinesh Joseph

Executive Committee Members



Prabhirlal R.



G. Prasanth



Dr. P.G. Saleeshya



K.R. Shyamkumar



N.Sugunachandran

Thirteen Executive Committee (EC) meetings and one General Body Meeting were conducted after the present comittee took over.

Office bearers are meetings every week online to take stock of situations and monitor different activities.

For effective management of different aspects in Nish-Chintha, <u>EC has formed 12 Focus Area Subcommittees</u>. Conveners of each subcommittee are EC members. President in consultation with conveners, nominate members to the subcommittees. Convers regularly report their work in EC meetings.

In addition, three subcommittees have been formed for specific tasks. They are for *Bylaw Amendment*, Coming up with recommendations for *Finance Security of Beneficiaries* and *Internal Audit*.

Focus Area Subcommittees

- 1. Entry / Exit Policy and Grievance Redressal
- Project matters
- 3. Estate Management
- 4. Health & Care Management
- 5. Horticulture, Gardening & Allied Activitirs
- 6. Kitchen Operations
- 7. NACALS Operations & Training Activities
- 8. Fund Raising
- 9. Sustainable Living & Community Integration
- 10. Statutory Compliance
- 11. Advocacy, Communication & Publicity Management
- 12. Drafting Matters



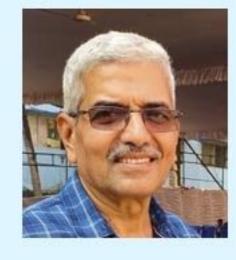






Few glimpses of Nish-Chintha





In this Annual Report, we have tried to capture and present the essence of what all happened in Nish-Chintha during the last year, not just on the ground, but also in our minds. It has been a great year and we could lay the foundation for transforming Nish-Chintha from construction to operations phase. We express our gratitude to all the members who have contributed in building this institution. Let us put our heart and soul into it and make it a heaven for our "special" children.

Dr. Rajeev Sreenivasa Secretary, Nish-Chintha