

## Annual Report 2022-23

Association of Parents of the Retarded (APR), as denoted by the name, was an association formed by a group of parents of persons with mental retardation, autism, multiple disabilities etc.,

Registered under the Travancore Kochin Literacy and Charitable Societies Act, the association has been operating at Venjaramoodu in Thiruvananthapuram.

At present, there are 47 members who are actively involved in running the institution.



The objectives include the rehabilitation of individuals with mental retardation, autism, multiple disabilities etc., and the conduct of social awareness programs on these issues.



Aasraya, owned by the Association, is a rehabilitation center with all the resources that are necessary to provide lifelong care to persons with the above-mentioned disabilities and also a school for day-time activities. The school functions everyday from 9.30 am to 4 pm from Monday to Saturday. All entertainment activities such as indoor sports, musical program etc., are held on every Sunday.



AASRAYA: a unique dwelling park for the intellectually challenged persons, is located at APR Nagar, Aliyadu village in the midst of its serene greenery and calmness. It is 10 minutes (drive) away from Venjaramoodu town in Thiruvananthapuram District.



### SERVICES/FACILITIES

- 4.2 Acre Land
- Single room/Dormitory facilities as necessitates
- Special school with vocational training including agricultural therapy
- In house prepared nutrition food (veg and non-veg)
- Full medical care
- Regular consultant by Professional psychologist
- Yoga and life tips through professionals
- Water purification plant
- Diary, Poultry and bio agriculture are added advantages
- CCTV camera monitoring (Indoor and outdoor)

- Bio - gas and incinerator
- Gym
- Video/audio entertainment
- Lighting arresters.
- Parents whatsapp group to update regular events/contact



PRELUDE: Aasraya was found by a group of parents of mentally challenged persons in 2005. Aasraya is managed by the parents themselves (Associations of parents of the retarded) and financed mainly by the parents and also by donations from other well-wishers, govt grants etc.

MOTTO: Our motto is to give love, care, protection and shelter for the differently abled throughout their life. Our mission is to provide vocational rehabilitation for at least 100 mentally challenged persons and ensure their life long safety

Every religious festival is joyfully celebrated. National holidays, such as Republic Day and Independence Day, are observed in accordance with the established guidance and traditions.

#### The day in Aasraya.

Begins at 6.00 am with daily morning routines.

#### 8am Breakfast

- |                   |   |                              |
|-------------------|---|------------------------------|
| 8.30 am– 9.30 am  | - | TV time                      |
| 9.30 am -10.30 am | - | Academic session             |
| 11 am-12 pm       | - | Yoga                         |
| 12 pm-12.30 pm    | - | Music class                  |
| 12.30 pm -1.30 pm | - | Lunch break                  |
| 1.30 pm -2 pm     | - | Music class                  |
| 2 pm -3 pm        | - | Craft or vocational training |

- 3 pm- 4 pm - Outdoor play / Gardening activities
- 4 pm - 4.30 pm - Tea break
- 4.30 pm - 5.30 pm - Evening Walk
- 5.30 pm -7 pm - Daily living activities
- 7 pm -7.30 pm - Dinner time
- 7.30 pm -9 pm - TV time
- 9 pm-9.30 pm - Daily activity
- 9.30 pm - Off to bed

Aasraya, a life-long rehabilitation center for the mentally challenged persons functioning under the direct control of Association of Parents of the Retarded, is located at Venjaramoodu, Thiruvananthapuram. The center takes care of persons above 18 years of age with multiple disorder, mental retardation, autism etc., for their entire life and is open throughout the year.



The inmates are from different parts of Kerala and other states as well. During the year 2022-23, the total inmates in Aasraya is 35. Thiruvananthapuram Govt. dental medical college conduct medical camp for inmates. Pirappancode higher secondary school NSS unit conduct one day interactive session with our inmates.



aesthetic



moodboard



There are a number of activities that are regularly carried out for the inmates, both professionally and non-professionally, for health promotion. Most of the activities are done with an emphasis on health activities. The inmates were between the ages of 18 and 58.



Asraya, which is open year-round without a single day off, is led by a visionary executive committee that identifies with the inmates and their problems.

It is a collaborative effort of a team of educators, care givers, cleaning staff and cooks.

The future journey of the institution will be smooth only if all the support available from the government departments continues to be available.

Thank you in the language of the heart to all those who were able to coordinate the activities as mentioned above within the limits.

