

## You Can Help Break Their Cage of Loneliness

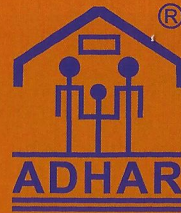
*Is it fair that a section of our society suffers silently for no fault of their own?*

*They don't have to anymore, but funds are needed to sustain this act of breaking open their cages and letting them out of their despair and loneliness.*

*If you have been touched and would like to help, do contact us immediately. Come, visit and see for yourself our two homes in Nashik and Badlapur, happy faces, beaming smiles and loads of friendship, then turn round and see their parents saying a silent thank you to you for helping Adhar break their cages open.*



She Smiles Her Thanks to You



### THE ASSOCIATION OF PARENTS OF MENTALLY RETARDED CHILDREN, MUMBAI

**Head Off.:** 102, Om Shraddha Saburi CHS.,  
Vishnu Nagar, Opp. Bhagwati School,  
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**Badlapur Project Off.:**  
Thakurwadi, Village Mulgaon,  
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Badlapur (W) 421 503.  
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**Nashik Project Off.:**  
Gat No.286, Pimpalgaon (Dukra)  
Ghoti - Sinner Road, Sakur Phata,  
Behind Indian Oil Petrol Pump,  
Tal. Igatpuri, Dist. Nashik  
Tel.: (02553) 204002 / 8605014540 / 43

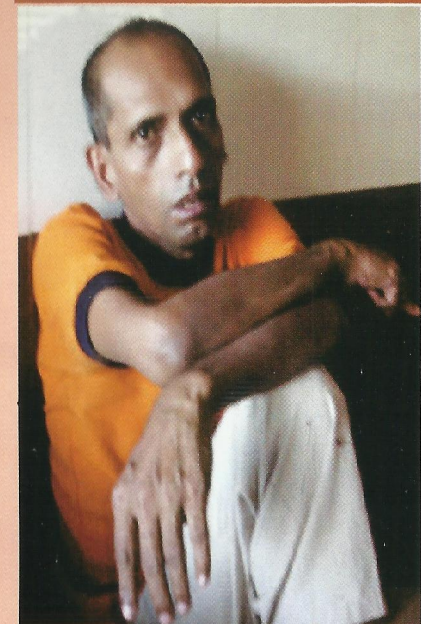


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**And do remember we are  
Exempted under Section 80(G)  
of Income Tax Act 1961 and  
Registered under Foreign  
Contribution (Regulation) Act  
1976**



# Lonely!



## With No Friends!

## Should that be the way he lives his life?

## He Is Entitled to the Joys of Companionship!



Friends enjoying time together at Adhar

Just because he is mentally challenged doesn't mean that he has to lose the love and deep joys that friendship and companionship bring! But that is what happens to them:

They are kept at home, away from everybody, away from the stares of neighbors, away from the warmth of people and they grow up lonely and isolated.

Do they have to suffer twice over for no fault of theirs?

Can't they also get to know what it is having an arm over their shoulder? Sharing a joke? Just sitting close to someone like themselves?

Wouldn't you like to see them looking as happy as they look in the picture?

At Adhar we make it happen, but we need you to help make more such friendships take place!

## It's Not Only Them...

It's not only they who become lonely, isolated and cast off: Their parents, the siblings of the mentally challenged; all of them, slowly move into a self inflicted and quite often society imposed isolation!

Parents are tied down to a child who's every need has to be taken care off. Their time is his or hers. Their friends are no one.

Loneliness stares them in their face.

Dejection too as rejection raises it's ugly head.

They stare at a child who has forced them into a cage!

## A Giant Cage

A cage with bars made by society and themselves, that enfolds them. Isolates them from the world outside!

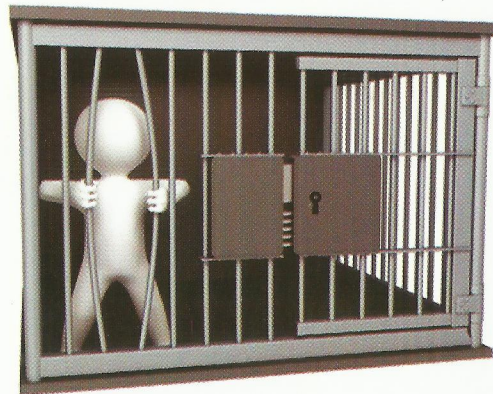
All they hear are the desperate sounds of that poor child, who also is chained and caged with them.

Outside they know there is the roar of a million voices, but with whom they have no connection.

Adhar makes that connection possible.

Adhar, reconnects them to living their lives again, even as that special child begins to live a life of companionship, love and specialized caring.

## Adhar Breaks the cage!



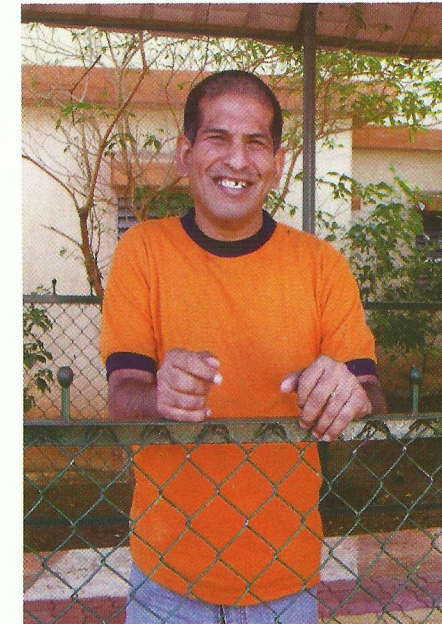
## What is ADHAR ?

Adhar is an Association of Parents of Mentally Challenged Children who overburdened with the loneliness and isolation they and their special children faced formed a Public Charitable Trust

The Trust had a humble beginning in the year 1990 under the leadership of the Late Shri M. G. Gore, when 25-30 Parents came together to find out a permanent solution to their worry: 'After us what?'

Today they manage 2 Residential Institutions (Badlapur for the last 20 Years and Nashik for the last year or so) Catering to 237 (181 Male & 56 Female) Mentally Challenged Adults

Providing physical, financial as well as psychological relief to parents



Adhar Brings A Smile Back Into His Life!