



ADHAR is safe even in these times of COVID-19



Chairman's Desk



Dear Readers,

Hope all of you are safe and healthy. At ADHAR, we have gone through the most challenging, uncertain and testing time during last 16 months. We had a constant responsibility of wellbeing of 335 special friends and 250+ staff members. Mind you, the pandemic is still not over and we are fully geared up for the challenge.

I feel proud to share with you the tremendous efforts that ADHAR team has put in during this period of uncertainty. They raised to the occasion and accepted the challenge of fighting with COVID-19. We took a target to fight it out against all odds and keep our special ones safe and healthy at ADHAR. With whatever limited knowledge around

and with great help from our doctors, we decided on a particular protocol and SOP to be followed for safety of our special children which was strictly followed and it was reviewed periodically to align with situation around. We followed the practices like isolation of whole campus by restricting entries to outsiders, monitoring parameters like temperature & oxygen concentration twice day for both residents as well as staff members. We mandatorily used masks, sanitizers and followed proper distancing to restrict the spread of infection. Our medical team followed strict protocol on health issues of administrating medicines and further investigations when required.

I am thankful to each and every person who cooperated during this time. Our doctors, supervisory staff, house masters, care takers, teachers and other support staff did everything possible to take good care of our children. Cooperation from parents and our special children also cannot be ignored and it greatly supplemented our efforts.

In a nutshell, I would like state that this

stupendous work can be termed as the most important milestone in the history of ADHAR. Today as I write to you, we have completed 100% vaccination of all our special ones & staff at Nashik and 73% vaccination at Badlapur.

However, we all should realize the huge change this pandemic has brought in our lives. It has altogether changed the way the world is going to function in future especially in next 2-3 years. It will take a lot of time to come back to normalcy. Additionally, this pandemic has put huge burden on financials of ADHAR and we need even more of wholehearted support from our parents and donors. As we prepare for these future challenges, we are getting equipped to adapt to changing dynamics of world order and bringing in the required changes within ADHAR to face them.

I want to congratulate the editorial team for this initiative of quarterly newsletter – wishing them all the best!

Best Regards,

- Vishwas Gore
Chairman

Editorial



Dear Readers,

As we go along this year and try to normalize our lives post COVID, there is a numbing realization that things may have changed forever. The risks to individual health has increased and public gatherings and meetings may be a thing of the past. In a world which is moving towards concepts like “isolating for safety”, we at ADHAR are

continuing to keep the interests of our special children above everything else. As outlined by Shri Gore, our staff has taken outstanding care of all our residents to ensure that we come of the pandemic safe and healthy.

The COVID pandemic has also damaged our fund-raising efforts as most people were giving grants and donations only to those affected by COVID. Our parents did step up to provide us the support and the confidence regarding the funds which helped us to continue with our mission of providing high quality care for our special children.

This has given all of us insights on the future of ADHAR. It is time that we build up a robust and dependable donation sources across all categories and sizes. The parent's network will

have to play an especially important role to play in this. Donation/Resource generation needs to be taken up in all forms: coupons, fund raising concerts, marathons, crowd funding, etc. We look forward to the parent's support in these initiatives.

As we enter another COVID marred year, we are happy to share that vaccinations for most of the children and staff have been completed and the process is underway to achieve 100% vaccination status. Our dream project of an “Old Age Home” is also progressing fast towards completion.

Hoping for a healthy and a near normal year ahead. May all our parents and children and staff at ADHAR stay safe and healthy.

- Arun Wadhwa
Editor

Welcome Aboard



I am delighted to inform you that **Mr. Avadhoot Sahasrabudhe** has accepted to take the responsibility of being the **CEO of ADHAR** from 1st April 2021 and he will be working very close with me. He is the grand-

son of our founder chairman Late Mr. M. G. Gore and also my nephew.

He has been part of all ADHAR developments right from its inception through me & my father, and has been involved in ADHAR activities based on his availability in the past. Avadhoot is basically a Mechanical Engineer & MBA and had a distinguished career with many Indian & multinational organizations with great track record.

He has been in Information Technology field for quite some time and has lots of insights in to its applications in our lives. His expertise and experience in this

area as well as his exposure to corporate best practices will certainly help ADHAR in adapting to the changing world and implement new innovative technological processes to make ADHAR more efficient & ready for next decade.

I believe that he will be a great addition to team ADHAR and I look at him to take ADHAR to the next level in years to come. We wish him all the best with his association with ADHAR and appeal to all of you to extend your hearty support to him in future.

– Vishwas Gore (Chairman)

Old age home update

As we all are aware, ADHAR has planned to setup an Old Age Home for senior parents of our special children at Nashik besides our existing facility. It is taking a very good shape and in spite of many hurdles posed by the ongoing pandemic, we are poised to inaugurate the same by 2nd October 2021 provided there are no further challenges.

ADHAR Old Age Home will be a life time home for our senior parents and it will complete the circle of our philosophy from “Who after Me?” to “Who will look after Me?” for our parents. It has been planned and designed to take life long care with some of the best facilities that can be made available at the same time it will be quite affordable to the residents.

We intend to provide the below facilities to the residents of ‘Home for senior parents’:

- The capacity will be of 21 rooms (Single / Twin Sharing).

- To provide lifetime care to senior parents of intellectually challenged adults.
- To provide basic facilities like hygienic food, laundry, clean & self-sufficient residential facility, Telephone & internet access, TV, newspaper, recreations & games, yoga and other activities.
- To take care of their physical health with proper medicinal facilities,
- To function with the support of active & caring staff
- To provide proper lifestyle & socialization through group activities, picnics, library, organize motivational talks on different topics, meditation, yoga classes etc.
- To support them to administer their personal chores like purchases, banking etc.



Homage

Obituary & Remembrance



Late. Shri. Parag Bhaskar Fadnis
24th June 1953 – 21st November 2020

Late. Shri. P. B. Fadnis, Director-ADHAR passed away at the age of 67 yrs. He was a great support for ADHAR institution, parents and special children too. His personal touch with every special child and their parents was remarkable. Due to his dedicated work and enthusiasm ADHAR Badlapur could sustain in a bad patch after a sad demise of Founder Chairman Late. Shri. M. G. Gore. Mr. Fadnis and Chairman Shri. Vishwas Gore collectively worked hard during that period for the overall development of special children not only physically but mentally also. He was the one who took a challenge and successfully set ADHAR Nashik unit during its early stage. Late. Mr. P. B. Fadnis is a great loss for ADHAR and we never forget his dedication towards the institution.



Late. Shri. Ganesh Ganpat Mhatre
1st June 1976 – 11th October 2020

Late. Shri. Ganesh Mhatre was associated with ADHAR Badlapur as a House Master. He passed away at the age of 44 yrs. He was a very charming and with smiling face. Though he was suffering from Arthritis and other health issues, he attended duty and wholeheartedly took care of our special children. He was supporting our special children mentally and physically as well. Due to his death his family suffers a lot and ADHAR is always with their family to support them.



Late Mrs. Tejaswani Santosh Mate
29th December 1964 – 16th April 2021

Late Mrs. Tejaswani Mate was associated with ADHAR as a Craft Teacher. She passed away at the age of 56 yrs. She was very creative and efficient teacher. She always support our special children to learn new craft. Her best quality was marketing. She was the best to promote ADHAR products at Exhibitions. Her death was a major setback for her family and ADHAR will be always with their family.

Kudos

Inauguration of Digital Classroom

ADHAR is continuously working for last 26 years for the cause of life long care of special children. During this successful 26 years for continuous service key factor is in-house workshop for the special children to learn some new things as well as spend their best time in production. Considering this need for engaging our special children, we



continuously review our workshop activities just to make sure that, the interest of special children should sustain. Digital classroom is a one of the additional activity we have started for our special children under a CSR initiative of Synopsys India Ltd.

On 15th June, 2021 we have formally inaugurated this activity by Smt. C. R. Saraswathi – Trustee ADHAR and special child Kum. Vivek Kaushik. Shri. Vishwas Gore – Chairman, ADHAR, Shri. M. L. Talvar – Vice-Chairman & Secretary ADHAR, Mr. Ajay Mehta – Trustee ADHAR, Mr. Avadhoot Sahastrabudhe – CEO ADHAR were present to grace this occasion.



Video shoot on ADHAR activity

Donatekart is an NGO who support other NGOs for their requirements related to food, clothes or any infrastructure facility or developments. Donatekart is working as a facilitator

to fulfill the need of any particular NGOs. On 26th June, 2021, Mr. Shrikanth freelancer filmmaker who is associated with Donatekart for this noble cause, visited Badlapur campus

and clicked some happy moments with children dancing, staff caring, feeding to children. They have shoot some interviews. Wadhwa sir, Avadhoot sir were accompanied.



Free COVID-19 Vaccination Camp

Since dealing with intellectual disability, where special child themselves never know that they are disabled, it's a quite challenging to care these special ones during COVID-19 pandemic. We tried to vaccinate these special ones as well as care taking staff also. We could easily managed with some special children as they were less dependent and follow our instructions too.

But the actual challenge was to vaccinate our bedridden and

wheel-chair bound residents. Mr. Ajay Mehta – Trustee ADHAR and his team of MeHin successfully conducted free vaccination camp at ADHAR Badlapur on 30th June, 2021. We vaccinated total 121 beneficiaries including special children, care taking staff and their family members also. Just because of visionary initiative of Trustee Mr. Ajay Mehta, today at ADHAR Badlapur we have completed 99% for 1st Dose and 45% for 2nd Dose.



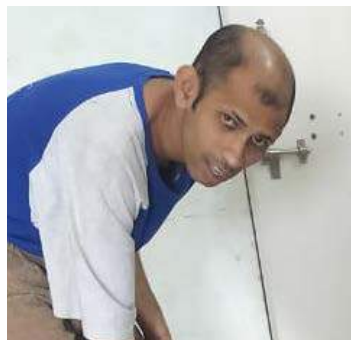
Children's Images (Badlapur)



Children's Images (Badlapur)



Resident's Images (Nashik)



COVID-19 Update Nashik Unit



For the last one and a half years, Adhar Nashik has been facing unprecedented challenges like the rest of the world. Fighting these challenges has taught us a great deal. We now know that we have to be more careful and vigilant while working with our special children in Adhar. With the strong support of our medical team and our Chairman Shri. Vishwas Gore, we have been able to take good care of all our special children and our staff and will continue to do so. At the start of the pandemic, we took a decision to establish a Covid Executive Committee to take good care of the children. The Committee consists of our staff (from 9 different villages) and our doctor. The Committee shares with us an overview of the developing situation around us. The Committee helped to lay down key measures against Covid and advised the necessary instructions to our caring staff and checked their implementation as well.

We noticed that it was difficult for children to wash/ sanitize their hands regularly and to maintain proper distance between each other. So it was essential that the staff coming to work should observe hand hygiene and masking strictly. As our Home is in the village and our staff comes from rural areas, so we first created awareness in the minds of the staff so that they can take care of themselves and our special children. At the start of the pandemic, we requested the parents and relatives of the children to not come to the center. Villagers coming from the nearby villages were identified and only those people were allowed to come whose villages were COVID free. Wherever the villages had higher spread of COVID, those were asked to stay home and be safe. The management continued paying their salaries to such employees and also extended financial support, preventive medicines and counselling support. As per the advice given by the doctor, we instituted steps like: Checking temperature and oxygen saturation for all employees, sanitizing their hands at entrance, monitoring children for fever and oxygen saturation at all times. Children suspected of infection, were quarantined, treatment given and

monitored till their symptoms were cured. We also regularly sanitize the entire premises and started preventive medications for the children. We made it a habit for the staff to do regular sanitization and wear masks.

When the government started the vaccination campaign in March 2021, we ensured that all our children and staff members were given the first dose.

We also organized a vaccination camp in Adhar with the help of MLA Mr. Manikrao Kokate and village Sarpanch Mr. Bhagwan Wakchaure. However, not all the children could be vaccinated as the new government rules do not allow them to take the second dose till 84 days have elapsed. In the vaccination camp, only 11 children could take the second dose of vaccine. As the vaccines were not freely available the task of providing our children and staff with the second dose was proving to be challenging.

One of our employees, Mr. Nivruti Memane -Driver's acquaintance Mr. Tukaram Varghade extended a helping hand, he introduced us Dr. Vede. He is a doctor and a government officer who helped us in this difficult situation and started working from that very day itself. With the doctor's help, a Asha Tai came to our Adhar campus and administered the second vaccine dose to our special children.

The same challenges arose for our staff as well - they had taken the first dose of Covaxin but the second dose was not available. This time, with the help of our staff member, Mr. Yogesh Wakchaure (Nurse), we got all our staff vaccinated. All our special children and staff have been vaccinated by June 2021.

Covid not only taught Adhar how to take care of itself, its staff, and its special children. It proved that our bonds with our workers and the surrounding villages is strong. We all worked together as a team to defeat the pandemic.

– Sandesh Sawant

Children's Images (Special Unit, Badlapur)



Menopause and Management

Menopause and management program presented by Ms. Rupal Ajmera, Mental health professional. Program Period From – 5th May to 7th June (weekly) & Timing - 1.30 – 2.30pm (Batch wise).

Background/Objective of Training program: The human brain is a complex and well-designed machine, but it requires regular maintenance!

We can reduce symptoms of stress, anxiety and depression and improve our physical health, immune systems, enhance our self-esteem and our relationship with others by prioritizing our self care.

Training on 'self-care' prevents burn out. Training program allows employees to acquire new skills, sharpen existing ones, perform better and increase productivity. Through training program you know your strengths and weaknesses and how to manage them in the work place. It creates more harmonious environment.

About Training: Considering the above objectives, ADHAR (Badlapur) arranged a training program for female staff (45-55 age) once a week during their working hours from 5th May to 7th June 2021 on Menopause and it's management.



It was attended by nearly 27 female staff including social worker, teachers and care takers through audio visual and discussion mode.

The main objective of this training program was to:

1. Breakdown certain evil myths about menstrual cycles.
2. Awareness about physical, mental and emotional changes that occur during this period.
3. How to identify and manage this phase?
4. Self-Care.

Observation: During the session, there was openness & curiosity about the subject. It was satisfying to see them accepting the facts. There was readiness to share their stories and experiences and willingness to reach



the core depth of the topic.

Their feedback and enthusiasm has motivated me to conduct such more awareness sessions. There was a great connection between the thoughts, emotions and mental capabilities. It was a great experience for me and attendees.

Conclusion: After the awareness program, it was satisfying to see the caretakers in a better understanding of the taboo topic, which in turn will definitely bring a positivity in their approach while dealing with the children of ADHAR. This will not only give a stability of emotion to the staff but also help in providing a pleasant & supportive environment to our children who are bound to be more comfortable in the company of the staff member throughout.

Rotary Club of Mumbai Juhu & Rotary Club of Mumbai Seacoast Donation of Wheel chairs

Due to the efforts of Ms. Kala Shridhar – President, Rotary Club of Mumbai Juhu & Mr. Kishore Masurkar – President & Mr. Hemang Jangla – District Secretary, Rotary Club of Mumbai Seacoast, Adhar received a donation of 13 wheelchairs.

We appreciate your timely support for immediate need of wheel chairs. Your positive response to appeal speaks for your keen interest in the work of intellectually disabled.

Working with the Mentally Challenged persons is most difficult but with the support and encouragement, we get



from persons like you, make us capable to carry on the work more meaningfully.



We look forward to your continued support to us.

OLD AGE HOME : SPONSORSHIP / DONATION OPTIONS (Estimated Project Elements)

SPONSORSHIPS

Sr. No.	Particulars	Donation Amount
1.	Sponsorship of One Room	15 Lacs
2.	Sponsorship of Dining Hall & Kitchen	25 Lacs
3.	Sponsorship for Medical Room & Office Block	25 Lacs
4.	Sponsorship for Recreation Hall	25 Lacs
5.	Contribution of any amount for below listed furniture & fixtures (estimated costs)	
	I. Generator	6 Lacs
	ii. Dining Room Furniture (Tables & Chairs)	5 Lacs
	iii. Living Room Furniture (Beds/Cupboards/Table/Chairs)	2.5 Lacs /Room
	iv. CCTV Cameras & Control Room	5 Lacs
	v. Air Conditioning Unit (VRV Type)	10 Lacs
	vi. Solar Water Heater	3 Lacs
	vii. Recreation Room Furniture	2.5 Lacs
	viii. TV Sets (23 Nos.)	10 Lacs
	ix. Lockers & Office Furniture	2 Lacs
	x. Open Spaces Benches & Fixtures	1.5 Lacs
	xi. Library Racks & Books	1.5 Lacs

HOW YOU CAN HELP ADHAR ?

CO-GUARDIANSHIP OF A CHILD

Sr. No.	No. of Special Children	1 Month Sponsorship (INR)	Annual Sponsorship (INR)
1	1	4,000/-	48,000/-
2	10	40,000/-	4,80,000/-
3	25	1,00,000/-	12,00,000/-

SPONSORSHIPS

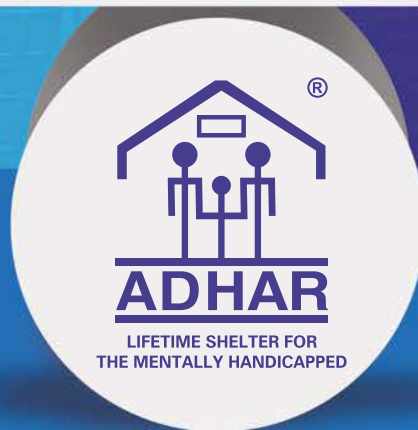
Sr. No.	Particulars	Donation Amount
1	1 Month's Deficit of 1 Resident	4,000/- (In Multiples)
2	1 Month's Entire Expenses of 1 Resident	19,000/- (In Multiples)
3	Annual Picnic of Residents	50,000/-
4	1 Month's Raw Material for Vocational Training Centre	30,000/-
5	1 Month's Cattle Feed for Dairy Project	50,000/-
6	1 Month's General Medicines Expenses	20,000/-
7	Annual Medical & Dental Camp	2,50,000/-

ADOPTION of ACTIVITIES (Funding Annual Budget)

Sr. No.	Particulars	Amount (INR - Yearly)	
		BADLAPUR	NASHIK
1	Dining & Kitchen	50 Lakhs	25 Lakhs
2	Vocational Training Centre	30 Lakhs	15 Lakhs
3	Medical & Special Care Units	45 Lakhs	22.50 Lakhs
4	Laundry Unit + Cleaning & Sanitation	15 Lakhs	7.50 Lakhs
5	Ladies' Dormitory	50 Lakhs	25 Lakhs
6	Gent's Dormitory	50 Lakhs	25 Lakhs
7	Dairy Unit	8 Lakhs	—


YOU TRUSTED ADHAR
WHEN YOU WANTED
LIFELONG CARE OF
YOUR SPECIAL CHILD

YOU CAN TRUST ADHAR
TO TAKE CARE OF YOU
IN YOUR OLD AGE.



ADHAR Home H.O. : 301, Giri Heaven Building, Hari Niwas Circle,
Lalbahadur Shastri Road, Thane West - 400 602.

Old Age Home Site Address: Gat No. 286, Village Pimpalgaon (Dukra), Ghoti - Sinner Road,
Sakur Phata, Behind Indian Oil Petrol Pump, Tal. - Igatpuri, Dist. - Nashik

 contact@adhar.org

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