



# ADHAR



**Adhar Badlapur**



**Adhar Nashik**



**Adhar Senior Citizen's Home  
Nashik**

## CEO's Corner



Dear Readers,

First of all, I take this opportunity to sincerely thank all the Trustees of Adhar for entrusting the opportunity of taking over the position of CEO of Adhar from 1<sup>st</sup> April 2021. I am delighted to write this first column as a CEO and I believe all of you will wholeheartedly support me in Adhar's endeavor to remain the Best Institution for Lifetime Care of Intellectually Challenged Adults in India. I am sure we together can make Adhar one of the World's Best Role Model Institutions in years to come.

This issue of Adhar – Pulse encompasses all that happened in the last 6 months and believe me, we have done some great work in this period. Even though the last 18-24 months of the pandemic severely

affected many of our plans, we remained committed to complete almost all the planned projects, developments and expansions due to tremendous support from our generous donors, staff as well as our service providers.

We successfully completed our dream of Adhar – Senior Citizen's Home at Nashik and it was duly inaugurated on 13<sup>th</sup> November 2021, to coincide with our beloved Chairman's Birthday. We also completed several small & large infrastructural developments and new installations during this period like –Solar Power Plant, a New Cattle Shed, a Major overhaul of the Kitchen, Special Care Unit, CCTV Network, etc. (in Badlapur) and Sewage Treatment Plant, CCTV Network, etc. (in Nashik). We have also planned many more developmental activities at both locations during 2022-23.

One of the major milestones achieved in 2021-22 was the successful signing of Staff Salary Agreements at both locations. We have tried our best to give our staff the best possible revisions and hope that they remain happy & motivated due to the same. We also conducted very useful training programs in last 6 months for

sharpening the skills of our staff. We arranged for staff picnics at both locations as our regular motivational initiative which was not possible due to the pandemic for the last 2 years.

In a snapshot, it was an eventful period of the last 6 months and this issue enlists many such accomplishments for your information. I am sure your feedback about this publication will help us improve it further in future and you will continue to support Adhar as always with your best wishes & contributions

As you all are aware, we support 2 more NGO institutions which work for the same cause as that of Adhar. We have supported construction of a 50 capacity dormitory at Solapur based NGO (This was financially supported by Mr. Prakash Wadhvani through Vinod Chainani Charitable Trust) & planning to do the same for Jalgaon based NGO. This helps us in reaching out to more parents and increases the Adhar's footprint to other corners of the state and provides relief to more needy parents.

Best Regards,

- Avadhoot Sahasrabudhe  
CEO

## Editorial



Dear Readers,

As we reach out to you with another issue of Adhar-Pulse, we are pleased to share with all of you the continuing dynamism and expansion of Adhar inspite of all the COVID related challenges. Adhar has been expanding and upgrading almost all of its facilities for the past couple of years. The lockdown did slow down the speed of execution, but the focus remains on the rejuvenation of facilities in the existing

campuses and also in helping our allied organizations with their needs. We have now opened the admission of the Adhar Senior Citizen's Home to all senior citizens and the response is encouraging.

As we grow and expand, our needs for additional funds would also increase. We must have relentless focus on ensuring a constant flow of funds, which will help us keep the financial deficit under control and help us plan future projects better. Our parents are our greatest strength, and we look forward to their continued support.

Our staff are the true Hero's of Adhar and we are committed to their welfare and growth. Various training programs along with skills upgradation programs with a healthy increase in salaries will surely help in keeping their motivation levels high. Their enthusiasm will ensure that the new staff members who join Adhar

continue to maintain the existing high standards of service at Adhar.

As the world is opening again, we are also mindful of the fact that the advantages of technology should not be given up. We continue to explore newer ways of generating donations and funds and continue to explore new technologies for making the staff more efficient. We also continue to keep our focus on the environment and have started with a solar project at Nashik after successfully stabilizing the same at our Badlapur campus. These environment friendly initiatives will also help in reducing our operational costs.

You will see the details of the upgradation and new facilities at Adhar in the inside pages. All credit to our dynamic Chairman for keeping the focus on making Adhar better.

- Arun Wadhwa  
Editor

## Inauguration

### ADHAR – Senior Citizen’s Home, Nashik



ADHAR inaugurated its dream project of “Senior Citizen’s Home” at Nashik on 13<sup>th</sup> November 2021 to coincide with the Birthday of our beloved Chairman Mr. Vishwas Gore. This facility has been created in record time of 20 months in spite of the restrictive pandemic. Every minute detail has been looked

after while designing and furnishing this unit so that the Senior Citizens residing there will have utmost comfort, care and satisfied stay. All facilities for their Care, Food, Medical Needs, Entertainment, Relaxation & Daily Chores has been perfectly planned and executed at this center.

Most of the visitors expressed their satisfaction about this facility and promised to considered it for their stay in near future. The facility was made fully operational on auspicious occasion of “Gudi Padwa” on 2<sup>nd</sup> April 2022 when first of the residents moved in for their stay.

## Project Green Adhar

Green Adhar is a concept aimed at utilising the open land in the Badlapur Campus for farming. In the beginning, we intended to plant small and fast-growing vegetables, such as radish and other leafy vegetables. The goal of the Green Adhar project, is to make Badlapur campus self-sufficient in its requirement of vegetables and stop purchasing the same from the market.

In the year 2018, we started the Green Adhar project with the help of Adhar well wisher Mr. Vijay Sahita of Connect Well Co. and Mr. Santosh Bhadsavle from Vadodara, Gujrat. In the starting phase, Mr. Bhadsavle conducted training for Adhar Staff regarding farming.

Bhadsavle shared his knowledge of preparing cow dung fertilizer, dry leaf fertilizer, as well as liquid fertilizer. Things were moving smoothly before the COVID-19 Pandemic. Though, the lockdown has been lifted and most restrictions have been revoked by the

government, but whatever efforts Adhar staff made to start the GREEN Adhar Project were completely swept away due to the lockdown.

In June 2021, Adhar staff decided to restart the Green Adhar project. The staff worked hard to clean the entire farming plot. They cleaned the entire the plot and started cultivating fast growing leafy vegetables. Slowly-&-steadily Green Adhar started taking shape. I was also enthusiastic about the positive body language of the Staff and the continued support from Mr. Santosh Bhadsavle.

We started preparing liquid fertilizer and cow dung fertilizer. Finally from the October 2021, we got the land ready for crop cultivation. During these days, we began to refurbish big trees such as Mango, Chikku, and Almond. Staff was very motivated and started putting in their best efforts.

During this time, we also started a

plants Nursery a Adhar campus. We began propagating ornamental indoor plants like Arrowhead, Deaf cane, Pathos, Kallithea, etc. We also started to sale cow dung fertilizer, Dry leaf fertilizer and liquid fertilizer.

The impact of the Green Adhar project is small today, but it is noticeable. We have a steady supply of our own Adhar farm fresh vegetables for our Badlpaar residents most of the time.

In fact, we have succeeded in saving about Rs.25,000 during this financial year on account of reducing the purchase of vegetables from the market. We are now getting ready for attending various Plant exhibitions with the nursery plant, fertilizer, moist stick, etc.

Adhar will remain forever grateful to to Mr. Vijay Sahita sir and Mr. Santosh Bhadsavle for lighting this fire in us and supporting us for project Green Adhar.

- Mr. Ganesh Ambekar  
Unit Head (Badlapur)



## Covid-19 Vaccination camp for 2<sup>nd</sup> Dose at Adhar Badlapur



Most of the residents of our facility were admitted during their youth and are now in their old age. During these years, many Government requirements have changed and are now compulsory like Adhar Card, Pan Card and so on. However, some of our residents at Adhar don't have even their birth certificate or identity proof due to shifting of responsibilities from parents to sibling, etc.

Getting UIDAI approval and linking Adhar card and the vaccination status has been a difficult process. So, we

opted for the vaccination to those residents who didn't have their any relevant ID Proof, with Government of India's scheme of verification of such Indian residents by authorized persons like Govt. Hospital's Doctor, MLA, ZP members, etc.

On 25<sup>th</sup> October, 2021 we had arranged special vaccination camp for these residents with the help of PHC Centre Sonawale, Badlapur (W). This camp was organized for 2<sup>nd</sup> Dose of Vaccination.

Dr. Suyog Sable, Mr. Bhausahab

Harne, Sister Kamble with one Asha worker visited Adhar Badlapur for vaccination. We have vaccinated 33 residents (10 Girls, 23 Boys) of Adhar that had been awaiting vaccination. We are thankful to the Team PHC Sonawale to make this camp successful.

Further, we had provided place for the vaccination to the beneficiaries from NGO, Sonawale Badlapur namely Bombay Teen Challenge. Total 25 orphan boys and girls were vaccinated through this camp.

## Welcoming our Newly Appointed Trustee Mr. Shivaprasad Khened to the Board of Trustees

Adhar takes this opportunity to welcome on board our new Trustee **Mr. Shivaprasad Khened**. His son 'Ashray' is resident of Badlapur unit for last 7 years. Mr. Shivaprasad Khened was a very highly ranked Central Government of India Employee and a very respectable personality in the Science & Technology domain. Mr. Khened is an



Electronics and Communication Engineer and had joined National Council of Science Museum (NSCM). He has spent more than 35 years in managing various National Science Museums across the country. He served as the Director of 3 prominent national level science museums namely – National

Science Center (New Delhi), Visvesvaraya Industrial & Technological Museum (Bangalore) and Nehru Science Center (Mumbai).

He was also additionally responsible for NGMA – National Gallery of Modern Art in Bangalore & Mumbai. He has presented more than 60 well researched papers on science in various journals & magazines. He helped establish 3 new science centers in Dharwad, Coimbatore, and Pilikula. Mr. Khened's many other accomplishments are very noteworthy and include various responsibilities in science & culture area at National Level.

Mr. Khened is happily married to Mrs. Vidya who is housewife and is associated with many social causes like "Om Creations" which work for Intellectually Challenged Children.

Adhar welcomes Mr. Khened on the Board of Trustees and wishes him "All the Best" in his new role and feels confident that he will bring in immense value to our institution.

## “If you want to find happiness, find Gratitude.” - Steve Maraboli

The past two seasons have been filled with facing uncertainty, handling stress & orienting our lives towards finding peace & joy in the simplest of things. These were the times when Mental Health Professionals all over the world have been talking about the mental wellness of people. Even the WHO released an illustrated Guide to equip people with practical skills to help cope the adversity & stress. Among many, one self-help technique that was making a significant positive impact on our well being was the attitude of “Gratitude”

We all at Adhar, Badlapur too, took it as our moral responsibility to take care of the well-being of the members of our work family. It was decided to introduce this new powerful attitude of Gratitude to our employees in a planned way. Ms. Rupal Ajmera, Mental Health

Professional, Adhar organized a series of workshops, twice a week starting from 14<sup>th</sup> February 2022 to 30<sup>th</sup> March 2022 on the topic, “Power of Gratitude.” Nearly, 100 male staff members comprising social workers, teachers, caretakers & office staff benefitted from the program. The workshop highlighted the need, importance & effect of developing & practicing the act of gratitude in our personal, professional & social life.

One can choose to be grateful for all the goodness one has or can choose to be ungrateful & take all the blessings for granted. It's a conscious choice that one has to make. The program motivated each member to try practicing the attitude of Gratitude as it grants each one the power to change the world inside & outside. Fostering Gratitude takes some time & intention, so to help

the attendees to get started with the practice, the Resource Person listed a few ways of doing it. One needs to start by counting their blessings & being grateful for them. A Gratitude journal can be maintained & can be reflected on. Celebrating the co-worker & their support in our life with a small token of appreciation is sure to set up positive energy & happiness in the workplace. Gratitude has the power to minimize the negative effect of the 4C's (complaining, criticizing, cribbing, comparison). This whole program, though a small step but is bound to improve our life & happiness. It will lead us to the time when before sleeping & after getting up, with a smile, we will regularly ask ourselves the question – “What am I grateful for, today?”

- Ms. Rupal Ajmera

## Inauguration of New Dormitory at Solapur



Adhar has been supporting an NGO - Dnyanprabodhan Residential school for Mentally Challenged Children based in Korti near Solapur. The idea behind this initiative was to increase the coverage of Adhar services to reach

many more parents of special children including those who are part of financially underprivileged section of society.

One of our regular donors Mr. Prakash Wadhvani through Vinod Chainani

Charitable Trust financially supported the construction of a New Dormitory at this institution to house 50 special children. Adhar wishes to express its sincere gratitude for Mr. Wadhvani's generous support.

## Visit of Adhar Supporters



Mr. Dhyansh Shethia, Mrs. Saloni Shethia of Libra Alkalischemie Pvt. Ltd., Ms. Kiran Lalwani - Fund Raiser of Adhar through TMM Pledge page and Mr. Kedar Sohani, Founder - Green Communities Foundation visited Adhar Facility on 13<sup>th</sup> October 2021. Adhar Trustee Mr. Ajay Mehta accompanied them during this visit. All the dignitaries are strong supporters of Adhar and good friends of Mr. Ajay Mehta. They have all been continuously supporting Adhar for the last couple of years.

They visited the facility and workshop and spent a good time with Adhar residents. They also understood Adhar's role in the rehabilitation of Intellectually Challenged Adults and towards many more family members, parents and society at a large. They

also enjoyed the Dance performances of Adhar residents and enjoyed dancing with these special ones to Bollywood Songs.

They gave very encouraging feedback about their visit. **Mr. Kedar Sohani wrote as follows...**

*"Firstly a big thank you to you and the entire team at Adhar for organizing such a fantastic visit to your campus. I was a little unsure what exactly to expect prior to the visit but what I witnessed was nothing close to what I had imagined.*

*I found most of the residents to be extremely cheerful and proud of where they were and what they were doing. The genuineness of their interactions and unconditional love that they showed was just overwhelming. How many times do we get to experience such sincerity in our*

*daily lives? I can very well imagine how sad they would be if they were taken away from the campus even for a few days - away from the loving staff and their friends.*

*What you have built is a unique environment which captures the triumph of goodness and caring in the face of a tragic circumstance. We see several examples of greed and selfishness in this world but Adhar proves that human beings are not just capable of selfless service and cooperation but that is very core of humanity unlike what messages we are brainwashed with "survival of the fittest" "it's a dog eat dog world" and so on. All the very best to you and the entire team and may Adhar grow and prosper and continue to be a happy joyful space."*

## Training programme on Gratitude for Badlapur Staff



Adhar conducts training programme for their care taking team and supervisory staff every year on different topics. This kind of training keeps staff morale high and sharpens their care taking skills. Adhar conducted training on

"GRATITUDE" for their staff during 14<sup>th</sup> February, 2022 to 31<sup>st</sup> March 2022 for care giving staff and their supervisors. Mrs. Rupal Ajmera - Clinical Psychologist was the resource person for this training programme. This

training was organised batch wise in small groups.

Trustee Smt. Saraswathi Iyer inaugurated the training programme. Mrs. Sushma Markande was the co-ordinator for this programme.

## Visit of MBA Foundation

The team from MBA Foundation Airoli, Navi Mumbai visited the campus successfully on 27<sup>th</sup> December 2021. Mr. Subramaniam, CEO of MBA Foundation, was joined by Mrs. Asha Sankhe, a social worker and two special educators for an event to award prizes for the Online Talent Hunt Contest. Mr. Subramaniam took keen interest to

know about the working at Adhar and caring pattern to 230+ intellectually challenged adults under one roof. Smt. Saraswathi Iyer (Adhar, Trustee) and Mr. Shivprasad Khened (Adhar, Trustee) accompanied Team MBA Foundation during their visit at Badlapur campus.

They visited the whole campus and enjoyed dance performances by Adhar

residents. They felicitated Adhar residents for participating in Online Talent Hunt Contest organised by MBA Foundation. Visit concluded with great memories and happiness. Team Adhar is thankful to MBA Foundation and its team for organising such a wonderful event during COVID pandemic and make Adhar residents happy.



## Visit of Adhar's Friends

VIP visit was organised by Mr. Arun Wadhwa (Adhar, Trustee). He conducted visit to Adhar Badlapur facility. Mr. Nilesh Salvi, Mr. Prakash Naik, Mr. Dayanand Poojary, Ms. Gauri Naik, Mr. Pranav Naik, Ms. Uma Naik with Mr. Arun Wadhwa, Mrs. Mehek Wadhwa and Ms. Dhiti Wadhwa visited on 28<sup>th</sup> November, 2021.

All of them spent a lot of time with Adhar special adults.

They interacted with staff and teachers to know more about the planning to keep these special ones busy. They visited the dormitory area and appreciated the cleanliness inside and outside of each dormitory.

They enjoyed dance performances by Adhar residents. In fact, they all couldn't stop themselves to dance with the Adhar residents. Visit ended with sweet memories of Adhar. Adhar is thankful to all the dignitaries for spending their valuable time with Adhar residents.



## Rotract Club of Dombivali and Architam Dance Group



## Exhibition-Cum-sale



## Visit of Shri Dharm Sanstha Sangam, Dombivali (W)



Shri Dharma Sanstha Sangam, Dombivali visited Adhar facility on 2<sup>nd</sup> December 2021. This visit was about a donation and future association with member companies in regards to Annadan. Dharma Sanstha Sangam daily provides food to the 400-500 poor and needy people. But due to COVID restrictions

they were asked to stop their noble cause of feeding to slum dwellers. They celebrate Aiyappa Pooja for 3 days every year. Because of COVID, they could not perform this pooja. Hence, they started supporting nearby well known NGOs for Annadan. They sponsored whole day meal

including breakfast, mid-meal, lunch and dinner to Adhar residents and donated handsome amount for the Adhar. All of us at Adhar are thankful to them for their nice gesture. It ended with the sweet memories of Adhar and the promise that they would help in the future.

## Visit of Mrs. Lotika & Mr. Navendu Vyas



Mrs. Lotika and Mr. Navendu Vyas visited Adhar Badlapur dated 19<sup>th</sup> October 2021. Mr. Ajay Mehta, Trustee of Adhar and Mrs. Falguni Mehta accompanied them. Mrs. Lotika and Mr. Navendu Vyas are USA based NRIs and strong supporters of Adhar. They have always supported Adhar activities and have been spreading awareness about Adhar in the USA. They donated Rs. 51000/- to Adhar on this visit day and sponsored special lunch for Adhar residents too.

They spent a good time with Adhar residents and enjoyed dance performances of Adhar residents and enjoyed dancing with these special ones to Bollywood Songs. They appreciated the work done by Adhar and promised to continue supporting us in future.

Mrs. Lotika wrote in her feedback as follows.

*“ Dear Adhar Team -*

*Where do I begin, firstly thank you from the bottom of our hearts to dear Ajay for introducing us to this beautiful organization. Ajay has been instrumental in bringing Adhar into our lives for which we will always be indebted to him.*



*What was special this time was we got to come to Badlapur and spend time at your centre. From the moment we walked in, we overcame with so many emotions. I didn't know how to react however very soon I realized to just go with the flow and enjoy the moment with all the Adhar family members. Whether it was watching them all work and use their skills in the various workshops or their amazing dance and singing performances, everything touched our hearts. I was so elated that I joined them while they were dancing.*

*All this would not have been possible without the support of the staff, (especially Mr. Ganesh) who are the backbone of your organization, hats off to their patience and perseverance. Both my husband and I also had the pleasure of eating some amazing poha and dessert, I even mentioned the same to Ajay & Falguni. Their love and affection is what also adds extra flavour to the food.*

*Adhar has been etched in our memories forever which will be cherished by us always. Our trip has truly been a humbling experience and I hope and pray that it remains like this for a long time. I have learnt so much in such a short span. Visiting the centre has been an eye opener for us and I cannot thank and salute your team enough. The work you all put in is commendable. It is not an easy task to help all these specially enabled people and give them the love and respect that they deserve. I promise to bring all my family and friends to Adhar.*

*Thank you once again!*

**- Navendu & Lotika Vyas**

## Donation Drive by Perrigo Co.

Perrigo co. is regularly supporting the Adhar cause for the past couple of years together. This year also Perrigo co. decided to support Adhar.

They handed over the donation cheque to Mr. Ganesh Ambekar, Project Head, Badlapur on 24<sup>th</sup> December, 2021 at their company premises.

Dr. Sumedha Nadkar, Dr. Bhaskar Kolte, Mr. Manish Rane, Ms. Preeti Kulkarni & Mr. Vivek Bharambe were present to grace this movement. Adhar

trustees are thankful to Perrigo co. for their extended support in COVID-19 pandemic.



## Visit of Rotary Club of Mumbai Inspire



The Rotary Club of Mumbai Inspire visited the Badlapur facility on the 19<sup>th</sup> of December, 2021. Club President Mrs. Shanta, her husband Mr. Jasmit, Mrs. Apla Shah, Mr. Sumit Dutt and other Members were present for the same. CA Dev



Shah also visited with them. Our trustee Mr. Ajay Mehta & his family accompanied the guests. They sponsored a special lunch, sweets and soft drinks. CA Dev Shah also gave donations to Adhar. All were very happy and appreciated the



Adhar facilities and the care of the specially abled. Mrs. Alpa Shah wrote a very inspiring blog on Facebook about her visit praising the work done by Adhar and how it has immensely helped many families to overcome the trauma of having a special child.

## VIP visit of Mr. Prasannaraj Bhadarkar



Mr. Prasannaraj Bhadarkar, one of a well-wisher of Adhar visited Badlapur facility on 4<sup>th</sup> December, 2021. Mr. Ajay Mehta, Adhar Trustee accompanied with Mr. Bhadarkar.



Mr. Bhadarkar enjoyed AV clip of Adhar and tried to learn more about the Adhar's future endeavours and projects. He visited dormitories, workshop and enjoyed Adhar special children's dance



and music performances. Mr. Bhadarkar was very much impressed with the facilities and care given to intellectually challenged residents of Adhar, Badlapur.

## Christmas Celebration



Adhar residents participated in the Christmas celebration. Residents prepared Santa art and paper X'mas tree in their workshop with the help of teachers before the Christmas week.



Residents enjoyed Secret Santa party and enjoyed dance, music and cake. Some residents visited Badlapur Church. Father at Badlapur church offered special pray for Adhar staff and residents.

## Haldi Kum-Kum Celebration



Badlapur Adhar organised Haldi Kum Kum Celebration for their ladies staff members. All ladies staff participated in this programme and enjoyed the same. We had conducted indoor games to entertain the lady staff members and tried to



motivate them and introducing to them the unity and safety measures at the workplace. All lady staff members were happy to attend this programme and they thanked the Adhar management for this lovely programme.

## Republic Day Celebration



This year due to Pandemic restrictions and threat of Omicron virus infection, Adhar Badlapur celebrated Republic Day celebration with their staff and



residents only. Trustee Smt. Saraswathi Iyer and Mr. Arun Wadhwa graced this event. On this occasion, Adhar management



felicitated staff members who have completed their continuous service for 10 years. This is an appreciation to these staff for their dedicated service.

## Visit of Overseas Friends to Adhar

Mr. Richard Demoss and Mrs Pamela Demoss from Canada visited to Adhar Badlapur on 3<sup>rd</sup> February, 2022. Mr. and Mrs. Demoss are well-wishers and donars of Adhar since the inception. They both visited Adhar Badlapur after long time. They visited campus and the dormitory areas and they appreciated the work done by Adhar for intellectually challenged adults at Badlapur campus. Chairman Shri. Vishwas Gore and Vice-Chairman Shri. M. L. Talvar accompanied Mr. and

Mrs. Demoss during this visit. They visited workshop, dormitory area and visited new projects at Badlapur campus such as 40KW Solar Plant funded by H. T. Parekh Foundation, New Dormitory and Multipurpose hall funded by CDSL and also the New Cow Shed to look after the live-stock strength at Badlapur to fulfill the daily requirement of 60 odd Ltrs of milk. Visit ended with sweet memories of Adhar and with the hope of continuous support from Mr. and Mrs. Demoss.



## Educational Visit of Sangopita, Badlapur



Sangopita Shelter home Badlapur visited successfully on 4<sup>th</sup> February, 2022. Core team of Sangopita including, Admin, Social Workers and Medical staff visited Adhar and learned about the process of admission, caring and medical care too. They all were very impressed with Adhar facility.



Mr. Ambekar attended to their queries regarding record keeping, accounts and caring. They got complete knowledge of day-to-day caring pattern of Adhar at Badlapur campus. They appreciated the minute thinking and maintenance of records. Visit end with the happy memories of Adhar Badlapur.

## NGO Exhibition – “Dene Samajache 2022”



Adhar participated in NGO trade exhibition organised by “Dene Samajache” at Swatantra Veer Sawarkar Seva Sangh, Vile Parle, Mumbai on 12<sup>th</sup> February 2022.

This event was organised by Artistry – Mrs. Veena Gokhale and inaugurated by



Film actress Mrs. Chinmayee Sumit Raghavan. This exhibition was organised for two days i.e. 12<sup>th</sup> February and 13<sup>th</sup> February, 2022 at Vile Parle to spread awareness among the society about the various NGOs working near Mumbai. This is the second time Adhar was



invited to participate in this event. It was absolutely good opportunity for every NGO to meet like-minded people for their NGO's need and project. Adhar thanks to Mrs. Veena Gokhale and whole team of Artistry to give such a nice opportunity to Adhar.

## Volunteering Programme by HDFC ERGO staff members



Employees of HDFC ERGO, our regular donor, visited the Adhar Badlapur campus for a volunteering program (under their CSR initiative) at Badlapur



as well as Nashik units. They participated in cleaning of campus, painting tree trunks, cleaning the garden, etc. They also worked and



helped our residents in a workshop on making various products. They also enthusiastically participated with the residents in entertainment programs.

## Manshakti Prayog Kendra, Lonavla – Staff Training Program



Training and development of employees, is one of the highest priorities of Adhar. Organizing training and development sessions for employees is essential. Training like this helps employees acquire new skills, sharpen existing ones, and perform better, increasing their productivity as well. Adhar Management every year conducts such training programme for the staff to keep them highly motivated and updated.

This year we got an opportunity to associate with Manshakti Prayog Kendra, Lonavla. Basically, Manshakti Prayog Kendra works to combine science, spirituality and pragmatism for the well-being of the individual, family, society, nation and humanity at large. Their mission is to accomplish world well-being and equality through the 'New Way Philosophy' propounded by Swami Vijnananand through the harmonious confluence of science, spirituality and pragmatism. They also help people achieve tension-free success and peace of mind through

scientific means, social welfare activities and rational devotion.

Mrs. Mugha Palkar, Mrs. Tejaswini Salunke and Mr. Raghunath Dalvi approached Adhar, Badlapur for conducting a training programme for Adhar residents and for the staff members. During their first visit to Adhar Badlapur they come to know about the IQ and SQ of Adhar residents. They understood the ability and attention capability of Adhar residents. Hence, it was decided to initially conduct the training programme for the Adhar staff members and gradually conduct the main residential training programme of Adhar staff at Lonavla Centre.

We had marathon virtual meetings with Team Manshakti to compile and design actual training programme. We have decided to conduct training programme on four topics i.e. Relief from Jealousy, Cure from Disease, Stress Management and Yoga – Meditation.

On 26<sup>th</sup> March, 2022 we inaugurated

this said training programme. Adhar Trustee Smt. Saraswathi Iyer graced this event by lightning of lamp with other dignitaries from Manshakti Prayog Kendra, Lonavla. Mr. Chandrakant Sansare, Mr. Rajendra Wategaonkar joined for the inauguration session. Mr. Tukaram Gawas was the resource person for the topic – Relief from Jealousy.

Session was conducted very well correlating Science and Spirituality. Adhar staff enjoyed the session very well. They also observed the changes in their body related to pulse rate which was much controlled after doing meditation with the trainer Mr. Gawas.

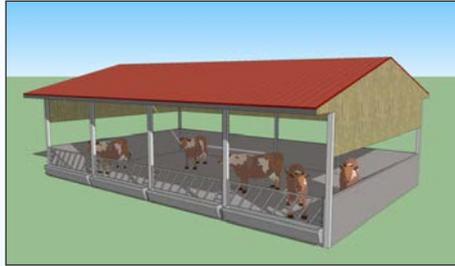
Adhar trustees and all staff are thankful to Manshakti Prayog Kendra for organising such a wonderful training for Adhar staff. We are also thankful to Mrs. Mugha Palkar, Mrs. Tejaswini Salunke and Mr. Raghunath Dalvi for their best coordination and success of this training programme.

## Infrastructure Development at Nashik



Infrastructure development at Nashik – with generous support of our donors, we have initiated 2 new projects at Adhar Nashik.

(1) CERE (Center for Environmental Research & Education) along with BNP Paribas India Foundation has donated Solar Power Plant at Nashik



which will take care of electricity requirement of the unit fully. The work on the same started in March 2021 and expected to be completed by end of April 2022.

(2) Borderless Access Pvt Ltd has donated the New Cattle Shed – work on New cattle shed started at Adhar



– Nashik and is expected to be completed by May 2022.

(3) One of our regular corporate donor SAMCO Securities Ltd. has donated New CC Cam Project at Adhar Nashik. The said project is being implemented & is expected to be completed by May 2022.

## International Women’s Day



International Women’s Day celebrated at Adhar Badlapur. All female staff participated in indoor team building games. Winners were felicitated with gifts. It was a day programme where we conducted



indoor games for girl residents in pre-lunch session and the main event for lady staff members was in post-lunch session. All female staff and girl residents enjoyed a lot. Smt. Saraswathi Iyer – Adhar Trustee, Mrs.



Sharmila Gore and Mrs. Sharayu Samarth grace this event. Mrs. Sushama Markande coordinated this event with other lady social worker Mrs. Megha Waghe and Adminstaff.

## World Disability Day Celebration



We celebrated World Disability Day on 3<sup>rd</sup> December 2021. All residents enjoyed laughter therapy by Mr. Bhagwan Babur from Dubai. Since it



was Zoom Meeting, we had arranged group sessions for our residents at multipurpose hall. All residents enjoyed the online activity and they were very



happy. Mr. Wadhwa Sir arranged this event for our residents and parents too. Mr. Santosh Mate and Mr. Jagdish coordinated this online session.

## Visit & Celebration in Adhar - Senior Citizen's Home, Nashik



Mr. Jay & Vijay Sabnis's father (Our construction contractor) visited Adhar on 29<sup>th</sup> November, 2021 & we celebrated his 92<sup>nd</sup> Birthday in our Senior Citizen's Home with his old friends & son. It was our first birthday celebration in Senior Citizen's Home.



Friday 18<sup>th</sup> February, 2022: Official of IOCL, friend of Shri Ajay Mehta, (Trustee, Adhar) visited us and spent good time with our special adults.

HDFC ERGO Employees around 40 people visited Adhar, They spent time with our special children & staff & went through our facilities & work. They participated in workshop volunteering, activities, campus cleaning & gardening. Also, they enjoyed our special adults dance performance.



Mr. Vijay (Appa) Karanjakar Nashik District Head - Shivsena & Sarpanch Mr. Bhagwan Wakchoure & his family members visited on 26<sup>th</sup> November 2021. He is a friend of Shri. Jay Sabnis, He spent time with our special children, staff & went through our facilities & work. He promised us to help with regular work & help to solve our water problem in summer.



Tuesday, 15<sup>th</sup> March 2022 : South African friend Mr. Christo Uys, Mr. Kishor Mehta, Mr. Samir Mehta and Mr. Pradeep Parikh. They spent time with our special children, staff & went through our facilities & work. They enjoyed our special adults dance performance.

## Visit & Celebration in Adhar - Senior Citizen's Home, Nashik



Some of our Trustees visited on 1<sup>st</sup> October, 2022 to see our Senior Citizen's Home facility.



Tuesday, 7<sup>th</sup> December 2021: NRI from London – Satwinder visited our Adhar, She is friend of Shri Ajay Mehta Sir, (Trustee, Adhar). She spent good time with our special adults. Also, she enjoyed our special adults dance performance.

## Training Programme on Written Communication



Training is a continuous process which keeps people updated and ready to face new challenges towards the growth of overall institution. Adhar strongly believes in this and always provide useful training to upgrade skills of every staff. On 14<sup>th</sup> October, 2021 Adhar conducted training programme on Written Communication by Mr. Avadhoot Sahasrabudhe – CEO, Adhar.

All upper level management staff from Badlapur, Nashik and Thane participated this training Programme. This training was conducted at Badlapur unit. A day of training is comprised of a pre-lunch session for actual training and a post-lunch workshop. Mr. Avadhoot conducted this training programme with the help of audio, visuals, group activity and games, etc.

All staff participated in this training programme actively and learned a lot. In a feedback session many of the staff expressed their gratitude towards Mr. Avadhoot for conducting such nice, meaningful and informative training session. Adhar is planning to have such training programs on different topics for all the staff in different groups.

## ADHAR Senior Citizen's Home (Our Trusted Home)

Gat No. 286, Pimpalgaon Dukra, Sakur Phata, Ghoti-Sinner Road, Tal. Igatpuri, Dist. Nashik

**ADHAR Senior Citizen's Home is fully  
functional from on 2<sup>nd</sup> April 2022**

**: Admissions are Open Now :**

### Charges for Residents:

#### Admission Fees :

- Rs. 1.00 lac Per Person for Twin Sharing & Couple (A twin sharing room utilized by two occupants or a couple)
- Rs. 2.00 lac for Single Occupancy (A twin sharing room utilized by a single occupant)

#### Security Deposit:

- Rs. 1.00 lac per person

#### Monthly Fees :

- Rs. 15000/- for Couple/per person
- Rs. 17000/- for Twin Sharing/per person
- Rs. 25000/- for Single Occupancy

### Walk-in Residents:

- **Stay Upto 3 Days -**  
Rs. 1500/- per person/24 Hrs. (Incl. Food)
- **Stay for 1 Week -**  
Rs. 10000/- per Person/7 days (Incl. Food)
- **Stay for 2 weeks -**  
Rs. 20000/- per person/14 days (Incl. Food)

Age Eligibility: 60 yrs. & above

### Long Stay (1 month at a time)

#### Corpus Donation:

- Rs. 1.00 lac Walk-in for Long Stay / Per Person (donation is valid for 3 years only)

#### Monthly Charges (Incl. Food) :

- Rs. 15000/- for Couple (for 1 month) / per person
- Rs. 17000/- for Twin Sharing (for 1 month) / per person
- Rs. 25000/- for Single Occupancy (for 1 month)

### Additional Expenses on Actual Basis

- Washing (for more than 6 Clothes per day)
- Ironing
- Hospitalisation & Personal Medicines
- Arrangement of Vehicle for personal work
- Provision of personal assistant
- Food & Accommodation Expenses for Personal Guests
- Charges for Tata Sky Add on Channels

**For Admission & Information please contact :**

- Sharayu Samarth @ 99873 22050
- Dr. Kiran Wani @ 82087 69065
- Sandesh Sawant @ 74474 76047

## Staff Service Excellence in Adhar - Badlapur & Nashik

### 25 YEARS



Shanti Madam

### 15 YEARS



Lata Pandurang Misal



Yogesh Laxman Rane



Sandesh

### 10 YEARS



Anita Anil Farad



Ashok Pandurang Misal



Kanta Balli Yadav



Lalesh Gatalya Bhagat



Santosh Shriram Bhandari



Somnath Kashinath Jadhav



Tushar Mangal Rasal



Vaman Bhiva Hindole



Yogesh Shantaram Dalvi



Kishor Atmaram Deshmukh

### 5 YEARS



Ramesh Dama Thombare



Jayram Valaku Kadali



Pravin Manohar Mhatre



Nagesh Bhagwan Deshmukh



Megha Amol Waghe

## Senior Citizen's 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

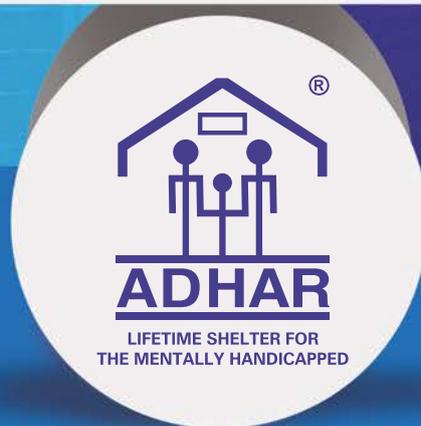
Sr. No.	Particulars	Donation Amount
1	1 Month's Deficit of 1 Resident	4,000/- (In Multiples)
2	1 Month's Entire Expenses of 1 Resident	19,000/- (In Multiples)
3	Annual Picnic of Residents	50,000/-
4	1 Month's Raw Material for Vocational Training Centre	30,000/-
5	1 Month's Cattle Feed for Dairy Project	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 Heavan Building, Hari Niwas Circle,  
Lalbahadur Shastri Road, Thane (West) - 400 602.

**ADHAR Senior Citizen's 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](mailto:contact@adhar.org)



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