

The Indian Council for Mental Health SKILLS AND ABILITY SCHOOLS

(A Public Charitable Trust - Registration Number E-700 - 1953)

ANNUAL REPORT 2016-2017



Vision

To integrate, through education, children with developmental disabilities, into society by eradicating the stigma attached to them . To provide the best possible related services continuously in every way.

Mission

To expand the reach by offering unique combinations of services most suitable to individual needs to the maximum possible extent through the commitment of all to the core values of the Organization.

Quality Policy

The Indian Council for Mental Health (ICMH) willingly accepts the challenge of helping the special children with developmental disabilities to gain their rightful place in society. At ICMH, the emphasis is on education in the best interests of the special children for overall development. It has been a constant endeavour of ICMH to provide the best and latest techniques of education to special children.

This Quality Policy shall be realized through the following:

- Establish, maintain and continually improve Quality Management Systems.
- Provide avenues to expand on the knowledge of the teachers by encouraging them to attend and participate in training courses.
- Continually improve the teaching techniques through innovative initiatives.
- Increase the enrolment to optimally utilize the academic / administrative / infra-structural resources.
- Provide quality facilities and infrastructure for the students.
- Maintain social values and obligation as an ethical NGO.

Name of the Trustee	Gender	Position on Board	Occupation	Meetings Attended
T. N. V. Ayyar	Male	Chairman	Chartered Accountant	3/3
Zarir Master	Male	Honorary Managing Trustee and Vice Chairman	Management Consultant	3/3
Madhubala Kajle	Female	Honorary Secretary	Senior Counsel Government of India	2/3
Virendra Kelkar	Male	Honorary Treasurer	Consultant - Quality and ISO	2/3
Pushpa K. Singhvi	Female	Trustee	Advocate and Social Worker	1/3
Shailaja Mulay	Female	Trustee	Educationist	0/3
Manisha Khakhar	Female	Trustee	Social Worker	2/3
Farida Bagasrawala	Female	Trustee	Counselor and Educator	1/3
Nadirshaw K Dhondy	Male	Trustee	Advocate - Supreme Court	1/3

- None of the Members of the Board are related to each other.
- The Board met during the Financial Year 2016-2017 on June 24, 2016, August 23, 2016 and March 31, 2017.
- Minutes of the Board Meetings are documented and were circulated to each Member.

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A Message from the Trustees

At the outset, we thank you, as we do every year, for showing interest in our project by picking up this Annual Report. We hope you will enjoy reading some of the articles that describe our activities that we conduct through a group of dedicated and loyal personnel in the continuing hope that one day, it will make a difference in the lives of these children and they will find a way to merge with society. In the year under review, we have decided to try and bring you closer to our initiatives by giving you a much broader idea of our various therapies and activities. Therefore, you will find, in the pages that follow, that we have allotted a lot of space to our activities at our two Special Schools.

All the initiatives introduced in the Academic Year 2015 – 2016 had successful results. As such, with minor adjustments wherever necessary, the year under review continued to proceed northward. As we have reported in earlier years, ICMH remains a not-for-profit Organization that caters to the needs of the lower middle class children without any aid from the State or Central Government. Apart from highly subsidized fees, we continued to provide several special therapies to children in need of such special care. Our dependence remained upon those sympathizers who have been helping us over the years and a few Corporations who have had the opportunity to witness our work.

Children under training for the A, B C and D levels of the Pratham Program appeared in their respective examinations with a lot of success. Two students cleared all the subjects in the Standard X of the National Institute of Open Schooling (NIOS).

The emphasis on computer education for all children continued at both the Skills and Ability Schools with enthusiastic results. Basic knowledge of the internet, optimum usage of the Kyan special projector made studies more interesting. The education is need-based depending upon the student and there were some who were introduced to e-map, blogs, MS-Office Suite, Excel and MS power Point. The most positive outcome of the usage of information technology was that our teaching staff spent a lot of time in creating lessons for students which were conducted through pictures and graphics. This resulted in an obvious increase in the interest shown by the students.

Our efforts at rehabilitation of these children through teaching them a vocation became one of the primary goals for the year. The main objective was the continued implementation of Functional Academics and the teaching of life skills and then, through the specially trained teachers, students were introduced to a variety of vocations in the Prevocational and Vocational Centers at the Schools. This activity receives much more importance as it prepares some students in a vocation which could result in possible employment; an achievement of our vision.

In our report for the previous Financial Year, we had written about our new venture – **manObal**, Center for Excellence and Wellbeing. It has been a concerted policy that all therapies are offered to students that need them the most. It would automatically follow that the Board of Trustees, the Principals and teachers and equally, the parents take a special interest in the progress that each student makes. However, the student needs more sessions than the School can provide with limited resources. As such, the parents used to utilize the services of external therapists for a fee. With the advent of **manObal**, such additional sessions are possible now. You will find a complete chapter on this new initiative that gives details of the variety of work that is done and our endeavor to reach out even to the general public.

Special events throughout the year play an important role in the training of these children. Thus, through the observance of festivals and other special days, the children were exposed to events such as Teachers' Day, Parents' Day, World Mental Health Day, World Disabled Day, Republic and Independence Day and occasions such as Diwali, Rakhsha Bandhan, Eid and Christmas. The highlights of the year are the Sports Day and the Annual Day cultural function in which every student participates. Later, in this report, there is a mention of these events in greater detail.

Over the past year, there has been much concern about security at schools. Though ICMH provides security services at both the Schools and has installed closed circuit TV, it was felt that there was a need to enhance the security.

At Nerul, we added two more cameras on either side outside the gate. As the School at Mulund is rented from the Municipal Corporation, we employ one guard during the day when the School is functioning. Some Trustees have had meetings with the parents at both Schools to emphasize the importance of security for the students within the School premises and outside.

Since the past few years, there has been significant activism by parents relating to increases in fees in many schools in Mumbai. ***In this regard, the Trustees feel the need to provide factual information for the parents, society and donors. The average cost incurred for each child each month during the year under review is Rs. 7595.00. Against this, the monthly fees collected from the student are Rs.2680.00. Nearly seventy three percent of the total expenditure for the year is spent on salaries, fees and honorarium paid to the teachers, therapists and for therapies. Further, sixteen percent of the total expenditure is incurred for the management of operations of the Schools. It has become a formidable challenge to generate regular dependable donations year on year. For several years now, most of the donations are either provided or raised by the Chairman.***

The Trustees request parents, volunteers and well wishers to actively participate in the donation raising exercise and are more than willing to provide any cooperation or support that may be required. There is an established practice followed for fee increases. These include a Trustees-Parents meeting which is usually held nearly a year in advance so that sufficient notice is given. In such meetings, the entire financial details pertaining to the Schools are explained and the need for increased fees is justified accordingly. Such increases, whenever affected, are mainly to cover incremental costs for teachers and the teaching faculty. Further, as a mark of prudence, The trustees endeavor to maintain a balance equivalent to expenditure over six months in Fixed Deposits in banks, to ensure that there are no delays in disbursing payments to teachers and staff in the event of adverse fund mobilization circumstances.

We must acknowledge all those persons and organizations that helped us during the year under review:

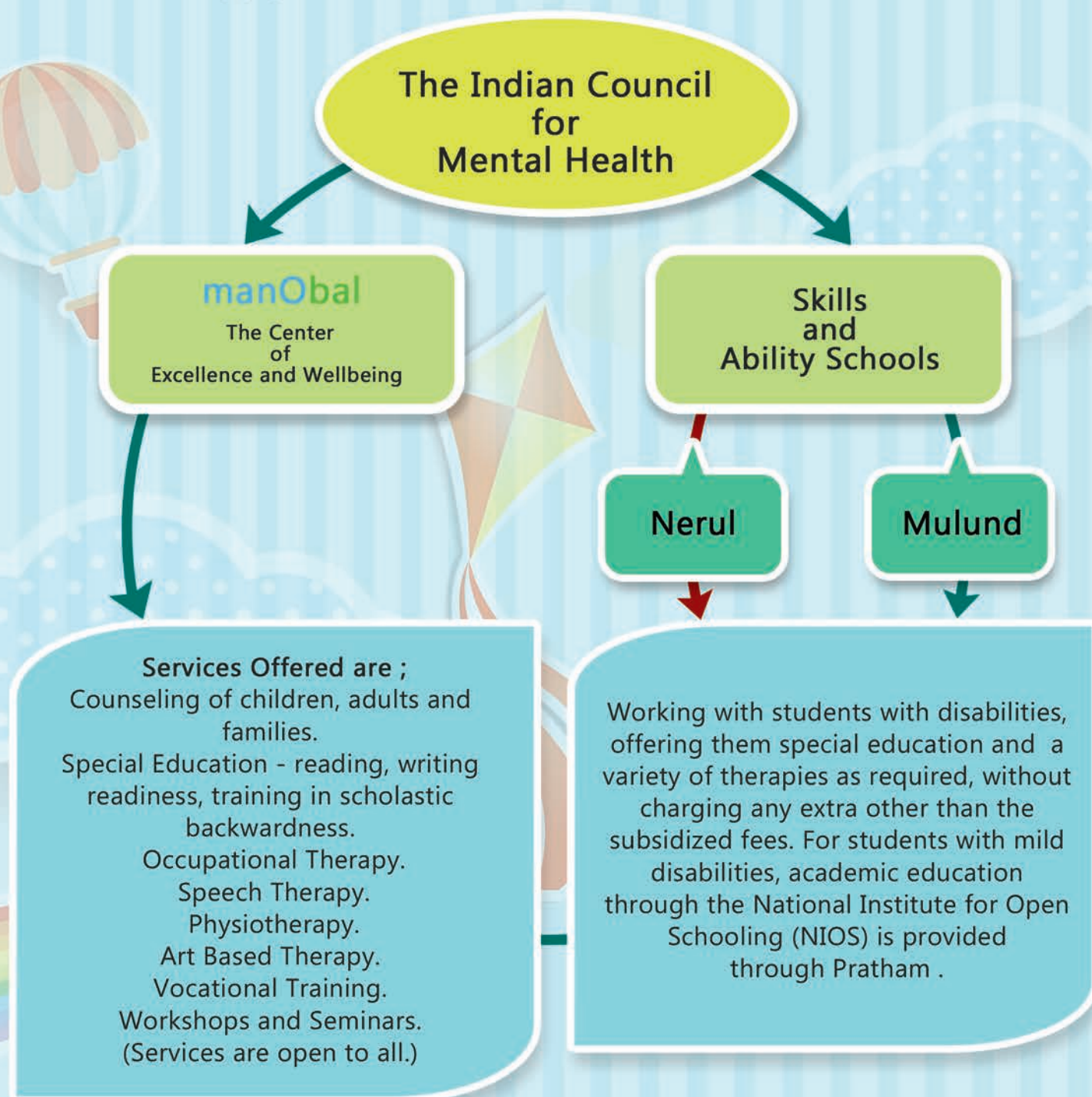
- The Municipal Corporations of Greater Mumbai and Navi Mumbai for their support.
- The media for their continued sympathy and coverage of some of our programs.
- Our Bankers at all locations for their total support and understanding.
- Our statutory Auditors, Aalok Mehta & Co., Chartered Accountants.
- The team from the Accenture Group who spend so much of their free time with our students at the Mulund School.
- Our volunteers at both School locations for the genuine love and affection with which they look after the students at both the Schools.
- The silent but effective help extended to us by Mr. Ashok Kokje, a Social Worker.
- Choreographer Mr. Prathamesh Tayade who voluntarily offered to train the children for all dance items on Annual Day.
- Satguru Consultants who have been standing with our Administrative team and guiding them through all matters pertaining to ISO processes.
- All visitors from India and abroad who visited the Schools out of curiosity or word-of-mouth and left totally delighted with what they experienced.
- Most importantly, we commend and express our gratitude to all our teaching administrative and helping staff for their hard work, loyalty, honesty, integrity and their genuine devotion to the special children at both the Schools.

And finally, a big "THANK YOU" to each and every donor who helped us financially during the year as we continued our work. Special mention must be recorded for the assistance of Kotak Mahindra Bank Limited, GVK Mumbai International Airport Pvt Ltd, United Way of Mumbai for the Standard Chartered Mumbai Marathon, Concern India Foundation, Charities Aid Foundation, Godrej Consumer Products Limited, Nergesh Khurshedji Dady Charitable Trust, Balkrishna Industries Limited for their continued sympathy with our cause. And finally, we express our most sincere gratitude to our anonymous friend who has been printing these annual reports free of all costs for the tenth consecutive year.

About The Indian Council for Mental Health (ICMH)

The Indian Council for Mental Health (ICMH) is a not-for-profit Organisation. It works towards the education and rehabilitation of persons with disabilities primarily. ICMH also considers the overall mental health of a person, especially children who are the main focus. ICMH was established in 1953 for the care of the mental health of people. It started working with persons with disabilities in the 1990's by establishing Special Schools for Special Children under the name Skills and Ability Schools located in Nerul (Navi Mumbai) and Mulund, a north-eastern suburb of Mumbai. The Central Support Office (CSO) has been shifted in August 2016 to its new address.

This year ICMH has successfully stepped into a multidisciplinary approach by establishing **manObal** – Center of Excellence and Wellbeing, under the aegis of ICMH, details of which you can read in the following pages.



Management Committee and Staff Details

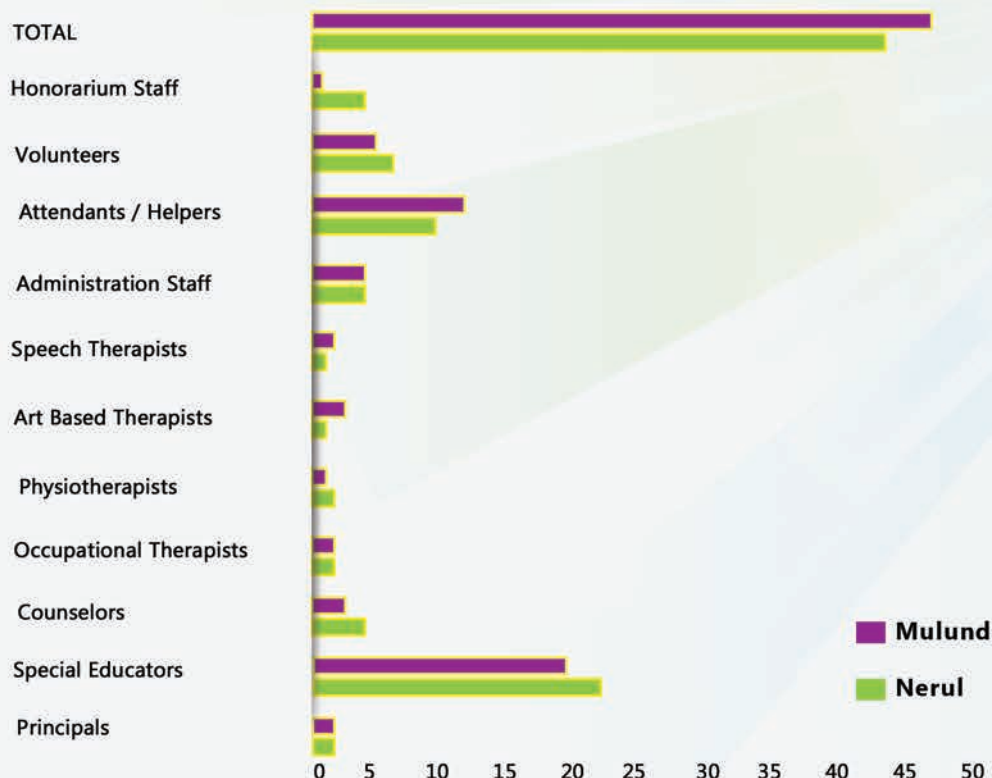
The Role of the Management Committee

The Management Committee was formed a few years ago to make the functioning of the Organization smoother and the decision process much faster. This Committee ensures that management personnel work within the ambit of the rules and regulations, have adequate authority commensurate with accountability. Management Committee meetings are held once in two months or whenever the need arises. The basic objectives of the meeting are to:

- Review the functioning of the Schools,
- Work towards improving and improvizing infrastructure and overall quality of services provided by the Schools,
- Review the budget.

<u>Management Committee Members</u>	
T.N.V Ayyar	
Zarir Master	
Virendra Kelkar	
Minnie Dotiwala	Controller of Operations (up to July 06,2016)
Reshma Mathew	Principal, Skills and Ability School, Nerul
Neetal Hoshing	Principal, Skills and Ability School, Mulund
Amita Fernandes	Manager, Central Support Office

Staff Details 2016-17



Schools at a Glance

The Skills and Ability Schools at both locations cater to varied disabilities and different mental age level students. Here, we provide special education at highly subsidized fees, along with six different therapies free of cost to students who essentially need therapy. The main aim of these Schools is to make all students independent and socially acceptable by developing them scholastically, socially and physically in line with the Vision Statement.

Skills and Ability Schools' Profile

Location: Nerul & Mulund

Students' Ratio (2016-17)



In the Academic Year 2016-17, Skills and Ability Special Schools provided educational programs for two hundred students between the ages of four to thirty years with Intellectual Impairment and additional disabilities such as Autism Spectrum Disorder, Down syndrome, Developmental Delay, Cerebral Palsy and Learning Disabilities.

The statistical constitution of these disabilities as a percentage of the whole student group is graphically presented:

Disabilities at Schools



The student teacher ratio is maintained at 6:1 as far as possible.

Therapeutic Interventions

The Skills and Ability Schools try their best to provide the most ideally suited facilities to the children to make them independent; so that they can cope with social needs. We at ICMH aim to help these children to reach greater heights by providing them necessary tools, facilities and therapies for education and skill development according to their needs and abilities.

Therapies play a crucial role in the development of a child. Each therapy is selected with care and provided to the students of the Skills and Ability Schools at no additional cost to the parents. Students are selected for each therapy on the basis of their need for a particular therapy and their responses to it. These analyses are done by the Therapist, Special Educator and the Principal jointly.

In the year under review, it was decided to have a need-based approach with the active involvement of the Special Educators in the therapy sessions of the students. Getting all these specialists regularly and consistently has been a challenge always. This resulted in the need to train class teachers with the basics of all therapies that they could conduct in the classroom setup itself. This initiative was taken at the Mulund School as time and space constraints are major concerns.

Also, combined therapy sessions were conducted in few instances. The Speech Therapist received a good response from some students in Art Based Therapy sessions and behaviour modification became possible in Occupational Therapy sessions. Some of the students have started responding well to these experiments, thus creating the impetus to continue this experiment in the coming year.

“ MAKE THE
IMPOSSIBLE
POSSIBLE ”



A Walk Through The Year

Teachers' Monthly Meeting with Parents

Education plan discussion, updates from Teachers/Therapist and sharing of home program



Celebrations

Creating awareness about various cultures and traditions, developing socialization



Events

Giving exposure and experience to gain confidence and showcase latent talent



Craft Bazaar



Annual Function



Annual Sports Day



Fun Fair

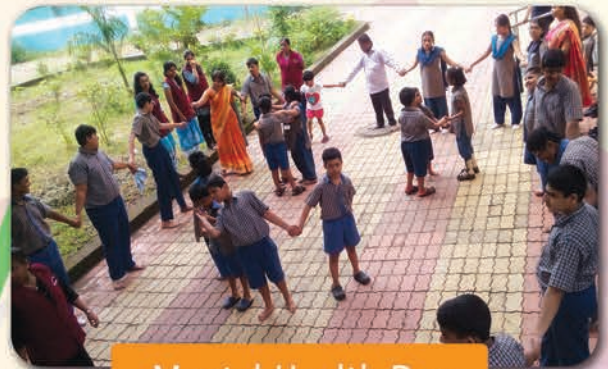


Awareness Programs

Creating awareness and educating people about various disabilities, their inclusion and towards eradicating myths and stigma attached



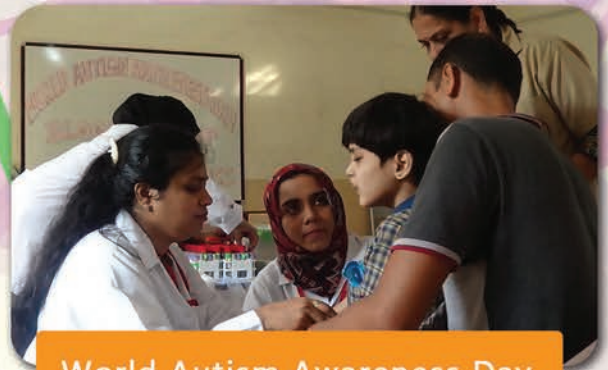
International Disability Day



Mental Health Day



World Down Syndrome Day



World Autism Awareness Day

Competitions

Platform to showcase talent and create interaction with society, develop self-esteem and confidence.



Drawing competition



Fancy dress competition



Cookery competition



Elocution competition

Unique Initiatives: Our Strengths

The Waldorf Philosophy of Education

This year at Skills and Ability School, Nerul, we adapted the Waldorf Curriculum with the aim of stimulating the young minds and nurturing healthy emotional and physical development. The junior group planned the curriculum integrating the Waldorf philosophy into the daily class schedule. The theme for each month was planned based on the festivals and seasons. The colours depicting the festivals and seasons were highlighted for the month and stories, rhymes and poems based on the theme were taught to the students for the particular month. There was much emphasis on celebration of festivals and seasons.

The Early Intervention, Learning Readiness and Autism Classes were selected to participate in this initiative.



NIOS Standard XI:

The Skills and Ability Schools provide NIOS and Pratham Open Schooling. Nerul School provides education from Standard I to Standard X. This year, we have initiated the first batch of Standard XII Nerul School and at Mulund School, we have started the first batch of Standard X.



Shailesh Chavan-successfully passed Standard X and has been admitted to Standard XII.



Hiral Bheda , a student with spasticity of the lower limb; who successfully passed Standard X is preparing for the Standard XII examination.

Skill Based Training

Both the Schools have shifted the vocational training focus to specific job related skill based training from the year under review. Assessment towards specific jobs and skills required were conducted. Towards this, teaching staff from the Vocational Center visited homes of the students to obtain a better and deeper understanding of the domestic environment and the understanding and approval of parents and other members of the households.

Training of Office Skills

Enabling students to "Learn and Earn", develop their confidence and create an image in society.



Two sets of skills are acquired by the students during this period:

Social and Communication

- Basic etiquette
- Good hygiene
- Pleasant manners

Professional Skills (computer based learning)

- Handling documents
- Filling up forms
- Using and maintaining of electronic equipment
- Printing documents
- Using storage devices -CDs, pen drives

Paper Bag Project

There is a regular quantum of paper bags every month that are supplied to chemist shops and snack bars against permanent orders that have been obtained.

Awareness Campaign at Viviana Mall Thane

This event was organized by Mulund School for creating awareness among society, in collaboration with the Viviana Mall Managing Authorities on the occasion of World Disable Day December 03 2016. It was simple event, where we distributed roses with message cards to the public at the mall. Also, at the entrance we got chance to perform few dances, instruments and songs by the students. This event was well appreciated and later, few of the people tried connecting us directly.



Extra-Curricular Activities

Inter and Intra School Competitions

The School plays a very important role in moulding the personality of the student. It is here that building of character; discovery of latent talents, abilities, strengths and weaknesses are identified and nurtured. Despite their innate disabilities, it is important to expose them to external influences and challenges. During the year under review, the students from both Special Schools participated in several competitions.

Name of the Competition	Description	Result
Divyang Sanskrutik Mahotsav, 2017, Inter District Level Dance and Drawing Competition	Organised by The Department of Social Welfare and Justice, in collaboration with the University of Mumbai	Awarded with 3rd Prize
The XV Annual Talent Contest for the Differently – Abled and Destitute Children	Organised by Lion's Club of North Bombay	Awarded with Mono Acting - 1st & 3rd Prize for Nerul & Mulund respectively Solo Dancing – Performer of the Year and 1st Prize Solo Instrument - 3rd Prize
Budding Chefs Competition- for children with special needs	Held at Rizvi College of Hotel Management & Catering Technology conducted by AWMH (Association for the Welfare of Persons with a Mental Handicap, Maharashtra)	
The Drawing Competition	The sheets were sent to the District office for evaluation and prizes	
Special Olympics Swimming and Athletic Competitions	Mulund School Participated	Vaibhav Gaikwad got 3rd rank from the district
World Wetland Day Competition	Drawing competition held for the cause of "Saving Wetlands-Mangroves Protection". We had been participating in the camp for last three years	Multiple Prizes

Participation in such events is beneficial for our students as they learn new concepts, gain confidence, get a chance to display talent and get to know about the importance of keeping the environment clean and green.



Benefits to Employees

Training and Capacity Building

SR No.	Topics	Organized By	Outcome
1	Poor performance in school children (Outhouse)	South Indian Education Society College	Knowing the current situations and designing teaching strategies at the our schools
2	Net Ball Training (Outhouse)	Swami Brahmanand Pratishthan Center for Special Children	Part special Olympics
3	Orientation Program (Outhouse)	Pratham NGO	Knowing change in the process and formalities required
4	Proforma format	Principal, Nerul / Principal, Mulund	Better understanding of set format and adaption towards the changes in the format
5	ISO Induction	Management Representative and Trustee, Skills and Ability School	Knowing about the systems of the Organization and its processes.
6	Basic Computer Skills- Ms Office, K-yan handling, Internet usage	Staff, Skills and Ability School, Nerul / Principal, Mulund	Reports and maximum documentation done in soft data. Use of internet effectively for communication and information.
7	Therapies as Part of Class Room	Occupational Therapist, Speech Therapist, Counselors.	Making therapies easier in the class room and orienting special educators towards adaptation of teaching techniques to fill the gap of therapies.
8	Art Based Therapies – Myths and Misconceptions	Principal, Mulund Art Based Therapist, Mulund	To remove the misconceptions about the therapy and make it more class room friendly.
9	Continuing Rehabilitation Education (CRE)	National Institute for the Mentally Handicapped (NIMH), Belapur	Teachers up gradation required for the continuation of their registration with the Rehabilitation Council of India (RCI)

Team Leaders

This year, this concept of appointing Team Leaders was undertaken by dividing the Schools' structure into core sections according to its role. Then, we allotted Team Leaders and Assistants to these teams. Responsibilities were given to each team by looking into the kind of work to be given that would benefit the students. The benefits that we have seen by doing this are outstanding. It has helped to become even more organised and systematic and it saves time that can be utilized to work with students.



Benefits to Parents

Counseling sessions are given continuously to the parents as and when required. Apart from these counseling sessions multiple capacity building workshops or training are conducted for them.

SR NO	TOPICS	ORGANIZED BY
1	Parenting a Child with Special Needs	Mr. Rajeev Ranjan
2	Mother and Daughter Health and Hygiene	Whisper India
3	Paper bag Making	Vocational Section – Skills and Ability School, Nerul
4	Yoga	Ambika Kutir, Thane
5	School Orientation	Staff, Skills and Ability School, Mulund
6	Therapies Orientation	Therapists, Skills and Ability School, Mulund
7	Government Schemes for Parents	BMC, T-Ward Departmental Officials

Volunteers

At both the Special Schools, it has been fortunate and a privilege to have volunteers working with us and the students. There are instances of volunteers who have offered their time and energies for over ten years and have played an active role in the growth of the student, the teachers, parents and the Organization.

Special mention must be made of staff from Accenture India Limited who dedicatedly visit the School at Mulund on every Saturday and give computer education to students from the Vocational, NIOS and Pratham classes.

Mr. Sadashiv Pal – Sports

My experience with School has been a great journey till now and it gave me loads of optimistic approaches towards life. I have developed my patience level, handling skills, communication skills, management skills and many more through the students and teachers.

Ms. Sudha Mahadevan – Remedial Education (Standard X)

It has always been my area of interest to work with special needs children especially, because I always felt that the brain, like any other muscle in the body, could be trained to think, understand and express better. There is no status quo. We can push for a higher goal. The challenge lies in customizing. And the reason why I found this School different is because it fits in with what I believe. Thank you, Skills and Ability School, for this opportunity to be a part of your mission.



Parents' Testimonials

Written By --- **Ms. Prandya Mhatre**
My daughter Miss. Keya Mhatre took her admission in your respected School in the year 2010-11. When she entered the School premises, she was unable to write simple alphabets and was also unable to read them. Because of the hard work and struggle the School has made, my child is very much happy and she is progressing continuously.

Written By --- **Mr. Pundilik Dalvi.**
आम्ही आकाशचे ऍडमिशन या शाळेत घेतल्यापासून आता पर्यंत भरपूर असे सहकार्य आम्हाला लाभले आहे. शाळेतील शिक्षक व इतर कर्मचारी चांगले मदत करतात. या शाळेत आल्या पासून खूप चांगली प्रगती झाली. या शाळेत जायला दररोज वेळे वर हजर राहायला नाही. आम्ही पण खूप खुश आहोत.

Written By ----- **Ms. Kunda Mali**
(Parent of Anusha Mali)
माझी मुलगी अनुषा स्कूल्स अँड ऍबिलिटी स्कूल या शाळेत २ वर्षां पासून शिकत आहे. ती आधी S.T. Xavier High School या नॉर्मल शाळेत शिकत होती, परंतु ती तिथे एकटी पडायची. परंतु ह्या शाळेत आल्यापासून तिला खूप प्रोत्साहन मिळाल्यामुळे आत्मविश्वास खूप वाढला आहे व तिला खूप ठिकाणी कॉम्पेटिशन मध्ये भाग घेण्याची संधी मिळित आहे. व खूप बक्षिसे सुद्धा मिळाली आहेत. मला याचा खूप आनंद वाटत आहे.

Written By --- **Master. N. Karthik**
(Parent- R. Neelakantan)
After failing in our attempt to impart basic education to our son N. Karthik in a normal school, we placed him in the NIOS Division of our Skills and Ability School.
We are sure that all the confidence that he has gained during his stay in the School will stand him in good stead when he faces more difficult challenges in life in future.
A big thank you to all the Teachers and Staff of Skills and Ability School, Nerul for all they are doing for these special children.

Written By --- **Ms. Saroj Dimri**
(Parent- Himanshu Dimri)
regarding the development of my Ward Mast. Himanshu Dimri. I am grateful to his teachers for their Co-operative approach in his overall development. I have seen improvement in his judging and understanding ability.

Written By --- **Ms. MeenakshiJayan**
We are extremely happy and impressed with the way Ananya is shaping up not just in terms of learning also she started to communicate and expressing her needs this was one of the commendable achievements.

Written By --- **Master. Saumya W.**
(Pradnya Wakpainjan (Mother)
I believe that if child gets ready for school happily that is a major indicator of child's love for school and child will love school when get happy and enjoyable learning experiences along with love from teachers and other members of school.

Written By --- **Ms. RekhaChavan.**
एका जीवनात हताश झालेल्या आईच्या मुलाचे भविष्य उज्वल होण्यास मला शाळेतल्या सर्वांची मदत झाली. त्या बदल मी सर्वांची आभारी आहे.
धन्यवाद !

Details of Staff Members (as on March 31, 2017)

Gender	Paid Full Time	Paid Part Time	Paid Consultants	Volunteers	Total
Male	14	0	3	2	19
Female	68	2	8	9	87
Total	82	2	11	11	106

Annual Salary plus Benefits to Staff (as on March 31, 2017)

Annual Salary Plus Benefits to Staff	Male	Female	Total
Less than 10000	0	0	0
10000-25000	0	0	0
25000-50000	0	0	0
50000-100000	2	15	17
100000-200000	10	46	56
200000 and above	1	8	9
Total	13	69	82



Under the aegis of The Indian Council for Mental Health



Facts

Around 20% of the world's children and adolescents have mental disorders or problems

Mental and substance use disorders are the leading cause of disability worldwide

Over one million people die by suicide worldwide each year. On an average, one person dies by suicide every 40 seconds somewhere in the world.

Stigma and discrimination against patients and families prevents people from seeking mental health care

There are barriers to increasing the availability of mental health services: the absence of mental health from the public health agenda and the implications for funding; the current organization of mental health services; lack of integration within primary care; inadequate human resources for mental health; and lack of public mental health leadership.

Financial resources to increase services are relatively modest. Governments, donors and groups representing mental health service users and their families need to work together to increase mental health services, especially in low- and middle-income countries.



When “I” is replaced by “WE”.. Illness becomes Wellness

Therefore, WE at **manObal** – Center for Excellence and Wellbeing, under the aegis of The Indian Council for Mental Health (ICMH), are working in collaboration with the team at Skills and Ability School to spread awareness about mental health and enhance the overall quality of life for people who face difficulty dealing with it.

manObal was conceptualised in December 2015 with a mission to “Promote scientific methods and therapeutic solutions in society for mental and overall wellbeing, using updated and validated therapeutic aids.”

To keep operational costs at a minimum and make advanced services accessible to a larger population, manObal functions after school hours of Skills and Ability School with the aim of utilizing the existing infrastructure, while being self-sufficient early on and also generating funds for additional support of the Organization.

Starting with three internal therapists, within nine months from inception, we have a full-fledged team of twelve professionals and experts (and growing).

With a diverse base of expert professionals with rich experience, **manObal** offers the following therapies:

- Psychological Counseling
- Occupational Therapy
- Speech Therapy
- Special / Remedial Education
- Physiotherapy

The team is dealing with cases across the spectrum:

Emotional issues - depression, anxiety, anger, fear, phobias.

Behavioral issues – avoidance, attention seeking, hyperactivity, addictions.

Cognitive issues – low concentration, poor attention span.

Occupational Therapy

OCCUPATION ≠ JUST YOUR CHOSEN CAREER

Parents are increasingly realizing the importance of occupational therapy in order to integrate children into society by enhancing their ability to engage in occupations they want, need or are expect to do. Also, results may be expected by modifying the occupation or the environment to better support their occupational engagement.

Speech Therapy

Speech and language therapy provides treatment, support and care for children and adults who have difficulty in communication, eating, drinking and swallowing or with voice and fluency (stammering, stuttering). Speech and language therapists rehabilitate persons with difficulties in vegetative functions (eating, drinking, swallowing), and improve communicative abilities by working on speech and language understanding and expression.

Special Education

Myth: “Special education is only for children with severe physical and intellectual disabilities.”

Fact: Special education is for any child who has difficulty learning, reading, writing or understanding concepts. The majority of students fit into the category of “specific learning disability.” This refers to children who have reading issues (dyslexia), or some problems with math (dyscalculia).

There are many factors that affect a child’s performance. One of the factors is the child’s ability to acquire, comprehend and manipulate information presented in order to produce a desired outcome. This is called intelligence. As special educators, we identify a child’s ability to learn and think and then, design a curriculum to develop skills in which the child is lacking and to meet such unique needs.

Physiotherapy

What is well known to most is that Physiotherapists work on physical problems of children and adults thereby enabling them to be more functional in their day to day life. But what many are not aware of is that they also help people with mental health conditions and neurological conditions (those affecting the brain and nervous system).

Vocational Training

Based on the requirements and abilities of the children, the following skills are developed.

- Form Filling
- Concept of Currency
- Billing
- Use of a Calculator
- Concept of Time
- Basic Computer Skills and Data Entry
- Office Skills- Front Desk Operations
- Soft Skills
- Phone and Internet Etiquette
- Self Help – Basic First Aid
- Communication Skills – Formal and Informal Communication
- Presentation Skills

Alternate Therapy - Recreational And Self Defence (A New Initiative)

There are some unique approaches that make manObal both impactful and successful

- Use of WHO recommended therapies
- One on one Sessions with Parents
- Skype Sessions (including adult counseling)
- Free Camps
- Trainings and Workshops
- Review Sessions with Parents
- Tie ups

A Year at manObal: Clients speak

Thank you Doctor, for your efforts and patience...I am happy to see my child enjoying his sessions and responding too

-Altina Zubin

(Mother of a child who comes to manObal for Occupational therapy)

Delightful moment...Amaan suddenly started singing songs .Seems in a good mood. He allowed me to record videos for the first time. Sharing my joy...Singing songs...Good, cheers to both of us, chords are striking at the right place at the right time .I believe

– Parent of a Special Child

The Spirit of Entrepreneurship behind manObal



Neetal Hoshing



Sarah Inam

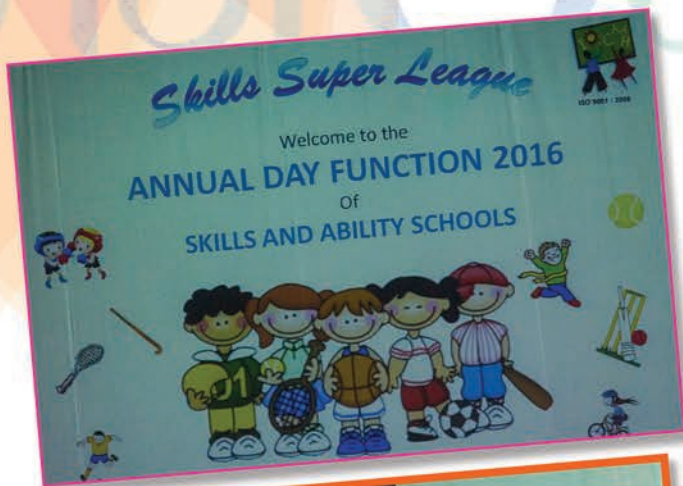


Reshma Mathew



Sadaf Parkar

Snapshots of Events



Accountability and Governance

Governance:

The Indian Council for Mental Health is registered as not-for-profit Organization with the Charity Commissioner of Mumbai since June 23, 1953 under Registration Number E-700 (BOM).

The Constitution and Aims and Objectives are available at the Central Support Office situated at 3/2, Crescent Chambers, Tamarind Lane, Fort, Mumbai 400023.

The Organization is registered under the Foreign Currency (Regulation) Act (FCRA), 1976 since September 06, 1991 under FCRA Registration Number: 083780489.

The Indian Council for Mental Health is registered under Section 12A of Income Tax Act with Commissioner of Income, Tax, Mumbai and exemption of donation under Section 80G, Now valid indefinitely by a recent notification from the Income Tax Department.

The Organization holds a Permanent Account Number (PAN) for Income Tax – **AAATI1077R**

Names and Addresses of Bankers to the Organization are as follows:

- Central Bank of India: Sardar Vallabhbhai Patel Road, Mumbai 400004
- HDFC Bank Limited: Mistry Bhavan, Churchgate, Mumbai, 400020
- Punjab National Bank: Nerul, Navi Mumbai 400706
- Punjab National Bank: Mulund West, Mumbai 400080
- Punjab National Bank: CIDCO Administration building, Sector 1, Vashi, Navi Mumbai 400703 (FCRA Account)

Name and Address of Statutory Auditor:

Aalok Mehta & Co.,
Chartered Accountants
Office No 9/L,13Th Floor,
Nanjivan Commercial Building ,
Bldg No.3,Mumbai Central,(East)
Mumbai - 400008.

Accountability

- No remuneration, sitting fees, reimbursements or any other form of compensation has been paid to the Board of Trustees.
- Monthly remuneration of the three highest paid Staff Members : ₹30000 ₹26000 ₹25000
- Monthly remuneration of the lowest paid Staff Member : ₹5200
- Total cost of national travel by any staff during the year: NIL
- Total cost of international travel by any staff during the year: NIL

Financial Review for the Year, 2016-2017

The Trust continues to ensure that significant expenditure is on the Objects of the Trust. The expenses at the Central Support Office (CSO) are closely monitored and controlled. The profile of expenditure for the year under review is as follows: (Refer Annexure 6)

• Expenses on Teaching Staff and Therapists	73 percent of total expenditure*
• Expenses on School Operations	12 percent of total expenditure
• Other expenses relating to Schools and objects of the Trust	04 percent of total expenditure
• TOTAL	89 percent of total expenditure
Excludes depreciation*	

The expenditure on teachers and therapists has increased by twenty nine percent as compared to the last Financial Year. This is due to increments to teachers. The expenditure for School operations has escalated because of repairs and maintenance of the Mulund School.

The total expenditure (excluding depreciation) on the Objects of the Trust was Rs.148.08 lacs for the Financial Year 2016 – 2017 as against which the total collection of fees was Rs.61.73 lacs or forty one percent of the expenditure. The Trust does not receive any grants, government support or dedicated funding under any Corporate Social Responsibility Program. Currently, nearly sixty percent of the total cost of education and services is subsidized and met out of donations.

Financial Statements

Report of an auditor relating to accounts audited under sub section (2) of section 33 & 34 and Rule 19 of the Bombay Public Trust Act.

Registration No. E - 700 (BOM)
Name of the Public Trust: **The Indian Council for Mental Health (Hygiene)**
For the year ending 31st March 2017

(a) Whether accounts are maintained regularly and in accordance with the provision of the Act and the rules;	YES
(b) Whether receipts and disbursements are properly and correctly shown in the accounts;	YES
(c) Whether the cash balance and vouchers in the custody of the manager of trustee on the date of audit were in agreement with the accounts;	YES
(d) Whether all books, deeds, accounts, vouchers or other documents or records required by the auditor were provided before him;	YES
(e) Whether a register of movable and immovable properties is properly maintained, the changes therein are communicated from time to time to the regional office, and the defects and inaccuracies mentioned in the previous audit report have been duly complied with;	YES
(f) Whether the manager or trustee or any other person required by the auditor to appear before him did so and furnished the necessary information required by him;	YES
(g) Whether any property or funds of the Trust were applied for any object or purpose other than the object or purpose of the Trust;	NO
(h) The amounts of out standings for more than one year and the amounts written off, if any;	NO
(i) Whether tenders were invited for repairs or construction involving expenditure exceeding Rs. 5,000/-;	YES
(j) Whether any money of the public trust has been invested contrary to the provisions of Section 35;	NO
(k) Alienations: If any, of the immovable property contrary to the provisions of Section 36 which have come to the notice of the auditor;	NIL
(l) All cases of irregular, illegal or improper expenditure, or failure or omission to recover monies or other property belonging to the public trust or of loss or waste of money or other property thereof, and whether such expenditure, failure, omission, loss or waste was caused in consequence of breach of trust or misapplication or any other misconduct on the part of the trustees or any other person while in the management of the trust;	NO
(m) Whether the budget has been filed in the form provided by rule 16A;	NO
(n) Whether the maximum and minimum number of the trustees is maintained;	YES
(o) Whether the meetings are held regularly as provided in such instrument;	YES
(p) Whether the minute books of the proceedings of the meeting is maintained;	YES
(q) Whether any of the trustees has any interest in the investment of the trust;	NO
(r) Whether any of the trustees is a debtor or creditor of the trust;	NO
(s) Whether the irregularities pointed out by the auditors in the accounts of the previous year have been duly complied with by the trustees during the period of audit;	Kindly refer to Notes on Accounts
(t) Any special matter, which the auditor may think fit or necessary to bring to the notice of the Deputy or Assistant Charity Commissioner.	



MUMBAI
DATE: 06th June 2017

FOR AALOK MEHTA & CO.
CHARTERED ACCOUNTANTS

Akmeur

AALOK MEHTA
PROPRIETOR
Member Ship No. 114930

The Bombay Public Trusts Act, 1950
SCHEDULE - IX C
(Vide Rule 32)

Statement of income liable to contribution for the year ending 31.03.2017
Name of the Public Trust: **THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE)**
Registered No. **E - 700 (BOM)**

Rs.	P	Rs.	P
I. Income as shown in the Income and Expenditure Account (Schedule IX) Items not chargeable to Contribution under Section 58 and Rules 32: (i) Donations received from other Public Trusts and Dharmadas. (ii) Grants received from Government and Local authorities. (iii) Interest on Sinking or Depreciation Fund. (iv) Amount spent for the purpose of secular education. (v) Amount spent for the purpose of medical relief. (vi) Amount spent for the purpose of veterinary treatment of Animals. (vii) Expenditure incurred from donation for relief of distress caused by scarcity, drought, flood fire or other natural calamity. (viii) Deduction out of income from lands used for agriculture purposes:- (a) Land revenue and local fund cess (b) Rent payable to superior landlord (c) Cost of production, if lands are cultivated by trust (ix) Deduction out of income from lands used for non agriculture purposes:- (a) Assessment cesses and other Government or Municipal Taxes (b) Ground rent payable to superior landlord (c) Insurance premia (d) Repairs and 10 per cent of gross rent of building. (e) Cost of collection at 4 per cent of gross rent of building let out (x) Cost of collection of income or receipt from securities stocks, etc. at 1 per cent of such income (xi) Deduction on account of repairs in respect of buildings not rented and yielding no income, at 10 per cent of the estimated gross annual rent			
The Trust has the only objects of Education is, therefore not liable for contribution.			

Gross annual income chargeable to contribution Rs.

Certified that while claiming deduction admissible under the above schedule, the trust has not claimed any amount twice either wholly or partly, against any of the item mentioned in the schedule which have the effect of double - deduction.



Dated: June 6, 2017

Trust Address:
**INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE),
U.P.M. SCHOOL,
1st KHEWADI LANE,
S.V.P. ROAD, GIRGAUM,
MUMBAI - 400 004**

Akmeur
Chartered Accountant
Auditor

Dated: June 6, 2017

Trustee

Akmeur
Akmeur

THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI REG. NO. E-700(BOM) BALANCE SHEET AS ON 31.03.2017			
	Annexure	Current Year 2016-2017 (Rupees)	Previous Year 2015-2016 (Rupees)
Sources Of Funds			
Capital			
Trust Fund		15,361,608.00	15,222,594.89
Specific Donation	1	358,711.00	114,015.00
		15,720,319.00	15,336,609.89
Reserves & Surplus			
Opening Balance		466,334.60	-810,405.98
Add: Surplus/(Deficit) for the period		2,299,428.11	1,276,740.58
		2,765,762.71	466,334.60
Total		18,486,081.71	15,802,944.49
Application of Funds			
Fixed Assets			
Gross Block		8,628,036.40	9,165,504.40
Less: Accumulated Depreciation		821,458.00	890,798.00
Net Block		7,806,578.40	8,274,706.40
Investments	3	4,965,000.00	3,325,000.00
Current Assets , Loans & Advances			
Cash & Bank Balance	4	5,607,505.31	4,082,119.09
Deposits	5	106,998.00	116,998.00
Loans & Advances			4,121.00
		5,714,503.31	4,203,238.09
Less: Current Liabilities & Provisions			
Net Current Assets		5,714,503.31	4,203,238.09
Total		18,486,081.71	15,802,944.49

As per our report of even date

FOR THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE)

FOR AALOK MEHTA & CO
Chartered Accountants

TRUSTEES
PLACE: MUMBAI
DATE : 06/06/2017

TRUSTEES

Aalok Mehta
Proprietor
Membership No: 114930



THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI REG. NO. E-700(BOM) INCOME & EXPENDITURE ACCOUNT FOR PERIOD 01/04/2016 TO 31/03/2017					
EXPENSES			INCOME		
PARTICULARS	2016-2017	2015-2016	PARTICULARS	2016-2017	2015-2016
EXPENSES ON OBJECTS OF TRUST (As per Annexure 6)	15,531,420.90	12,261,133.00	Donation		
			Individual	1,823,884.00	710,898.00
			Corporate	8,648,998.00	3,635,752.00
			Trust	2,565,324.00	4,944,280.00
ESTABLISHMENT EXPENSE	1,965,459.00	1,953,481.50		13,038,206.00	9,290,930.00
			Fees		
			Tuition	5,589,607.00	4,637,016.00
			Term	296,000.00	328,000.00
			Administration	140,320.00	166,400.00
			Other fees	147,970.00	176,227.00
			Computer	0.00	23,200.00
				6,173,897.00	5,330,843.00
			Other Income		
			Income Tax Refund	88,128.00	44,799.30
			Interest on FD	303,837.00	613,582.00
			Vocational Center	104,294.00	93,800.00
			Bank Interest	79,640.01	106,050.78
			Telephone Collection	0.00	120.00
			Scrap Sales	8,306.00	11,230.00
				584,205.01	869,582.08
Total Expenses	17,496,879.90	14,214,614.50	Total Income	19,796,308.01	15,491,355.08
Excess of Income over Expenditure	2,299,428.11	1,276,740.58			
Total	19,796,308.01	15,491,355.08	Total	19,796,308.01	15,491,355.08

FOR THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE)

FOR AALOK MEHTA & CO
Chartered Accountants

Ak. Mehta
AALOK MEHTA
PROPRIETOR
Membership No: 114930

TRUSTEES
PLACE: MUMBAI
DATE: 06/06/2017

TRUSTEES



THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI

REG NO E-700(BOM)

Annexure -1

Schedule for Specific Donation 2016-2017

Sr.No	Particulars	Capital/Revenue	Opening Balance Amount (Rs)	Addition Amount (Rs)	Utilised Amount (Rs)	Closing Balance Amount (Rs)
1	Furniture	Capital	114,015.00	0.00	114,015.00	0.00
2	Events	Revenue	0.00	45,000.00	45,000.00	0.00
3	Art based Therapy	Revenue	0.00	45,000.00	22,539.00	22,461.00
4	Animal Assited Therapy	Revenue	0.00	584,500.00	288,250.00	296,250.00
5	Occupational Therapist	Revenue	0.00	257,000.00	257,000.00	0.00
6	Projector	Capital	0.00	25,000.00	25,000.00	0.00
7	Speech Therapy	Revenue	0.00	40,000.00	0.00	40,000.00
Total			114,015.00	996,500.00	751,804.00	358,711.00

FOR AALOK MEHTA & CO
Chartered Accountants

Aalok Mehta
Proprietor
Membership No: 114930



FOR THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE)

TRUSTEES

ANNEXURE 2

THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI
REG.NO E- 700(BOM)

SCHEDULE OF FIXED ASSETS FORMING PART OF BALANCE SHEET AS AT 31/03/2017

Sr.No	Name of the Assets	Opening balance	Additions during the year	Total	Rate of Depreciation	Depreciation	Net Amount
1	Attendance System	19,278.00	0.00	19,278.00	10%	1,927.00	17,351.00
2	Audiometer	4,119.00	0.00	4,119.00	10%	412.00	3,707.00
3	Building at Nerul	5,330,168.00	0.00	5,330,168.00	10%	533,017.00	4,797,151.00
4	Canon Copier Machine	19,508.00	0.00	19,508.00	10%	1,951.00	17,557.00
5	Computer	1,060,237.00	32,750.00	1,092,987.00	10%	107,611.00	985,376.00
6	Educational Books	985.00	0.00	985.00	10%	99.00	886.00
7	Equipments	610,624.00	104,721.00	715,345.00	10%	66,346.00	648,999.00
8	Furnishing & Trampoline	2,286.40	0.00	2,286.40	10%	229.00	2,057.40
9	Furniture & Fittings	931,304.00	210,737.00	1,142,041.00	10%	103,667.00	1,038,374.00
11	Hearing aids	13,498.00	0.00	13,498.00	10%	1,351.00	12,147.00
12	Leasehold Land	211,909.00	0.00	211,909.00	0%		211,909.00
13	Library Books	2,884.00	0.00	2,884.00	10%	289.00	2,595.00
14	Occupational Therapy	32,146.00	5,122.00	37,268.00	10%	981.00	36,287.00
15	Portable Cabin	8,034.00	0.00	8,034.00	10%	804.00	7,230.00
16	Steel Cupboards	9,037.00	0.00	9,037.00	10%	904.00	8,133.00
17	Teachers Learning Aids	4,358.00	0.00	4,358.00	10%	436.00	3,922.00
18	Toys	6,989.00	0.00	6,989.00	10%	699.00	6,290.00
19	Typewriter	2,466.00	0.00	2,466.00	10%	247.00	2,219.00
20	Water filter	4,876.00	0.00	4,876.00	10%	488.00	4,388.00
Total		8,274,706.40	353,330.00	8,628,036.40		821,458.00	7,806,578.40



Annexure 3

THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI

REG NO E-700(BOM)

SCHEDULE FOR INVESTMENT

Sr.No	Particulars	2016-2017 Amount (Rs)	2015-2016 Amount (Rs)
1	Fixed Deposit With		
2	Central Bank of India	4,865,000.00	3,325,000.00
	HDFC Bank	100,000.00	-
	Total Deposits	4,965,000.00	3,325,000.00



ANNEXURE 4

THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI

REGD NO E-700(BOM)

SCHEDULE FOR CASH & BANK BALANCES

PARTICULARS	2016-2017			2015-2016		
	CASH	BANK	AMOUNT (Rs)	CASH	BANK	AMOUNT (Rs)
Head office						
Cash in hand	0.00			0.00		
HDFC		184,665.99			184,723.32	
Central Bank of India		3,881,543.05			2,652,277.05	
ICICI Bank		0.00			0.00	
			4,066,209.04			2,837,000.37
NERUL BRANCH						
Punjab National Bank FCRA A/c		107,618.70			107,962.63	
Punjab National Bank		1,404,190.63			1,035,737.54	
Cash	0.00		1,511,809.33	0.00		1,143,700.17
MULUND BRANCH						
Punjab National Bank		29,486.94			101,418.55	
Cash	0.00		29,486.94	0.00		101,418.55
Total	0.00	5,607,505.31	5,607,505.31	0.00	4,082,119.09	4,082,119.09



Annexure 5

THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI

REG NO E-700(BOM)

SCHEDULE FOR DEPOSITS

Sr.No	Particulars	2016-2017 Amount (Rs)	2015-2016 Amount (Rs)
1	MTNL Deposit	4,000.00	4,000.00
2	CIDCO	31,390.00	31,390.00
3	NMMC	8,020.00	8,020.00
4	Electric Deposit	63,588.00	63,588.00
5	Marathon	0.00	10,000.00
Total		106,998.00	116,998.00



EXPENSES ON OBJECT OF TRUST					
PARTICULARS		2016-2017		2015-2016	
		NERUL	MULUND	NERUL	MULUND
		TOTAL		TOTAL	
Teachers & Therapists					
Special Educators		3,413,023.00	2,847,419.00	6,260,442.00	1,886,934.00
Provident Fund		411,411.00	352,742.00	764,153.00	325,734.00
Salary		464,891.00	420,061.00	884,952.00	338,576.00
Office Attendants		848,602.00	1,042,853.00	1,891,455.00	938,440.00
Consultant		1,371,617.00	650,592.00	2,022,209.00	920,689.00
Animal Assisted Therapy		0.00	0.00	0.00	132,730.00
Staff Welfare		65,137.00	51,427.00	116,564.00	46,921.00
Conveyance		4,196.00	13,632.00	30,988.00	7,922.00
Training		7,300.00	26,633.00	33,933.00	150.00
Gardening Project		0.00	0.00	0.00	76,141.00
Art Based Therapy		0.00	0.00	0.00	220.00
Honorarium		172,707.00	5,000.00	177,707.00	32,500.00
Total A		6,758,884.00	5,406,163.00	12,165,047.00	4,598,316.00
Operation Cost					
Repairs & Maintenance		192,663.00	659,792.00	852,455.00	110,186.00
Security Charges		210,000.00	160,945.00	370,945.00	85,018.00
Printing & Stationery		49,557.00	41,560.00	91,117.00	34,191.00
Electricity Charges		74,970.00	66,240.00	141,210.00	88,828.00
Telephone Charges		32,948.00	21,020.00	53,968.00	21,177.00
Cleaning & Housekeeping		13,060.00	16,998.00	30,058.00	16,075.00
Water Charges		6,864.00	0.00	6,864.00	0.00
Postal Expenses		410.00	1,085.00	1,495.00	600.00
ISO Maintenance Charges		85,040.00	86,157.00	171,197.00	70,200.00
Rent		0.00	267,205.00	267,205.00	250,000.00
Total B		665,512.00	50,267.00	1,986,514.00	676,275.00
Other Cost					
Depreciation		670,676.00	52,542.00	723,218.00	59,847.00
Advertisement Expenses		107,113.00	0.00	107,113.00	15,102.00
Computer Expenses		48,252.00	30,000.00	78,252.00	33,300.00
Events		10,878.00	55,556.00	66,434.00	74,782.00
Expenses for Vocational Center		60,789.00	30,991.00	91,780.00	21,227.00
Public Relation Expenses		210.00	200.00	410.00	1,160.00
Property Tax		37,432.00	0.00	37,432.00	0.00
Books and Periodicals		8,700.00	2,040.00	10,740.00	34,257.00
Uniform Expenses		19,870.00	19,000.00	38,870.00	759.00
Bank Charges		711.29	105.61	816.90	16,754.00
Registration expenses		19,565.00	0.00	19,565.00	739.00
Professional Expenses		0.00	0.00	0.00	222.00
Insurance		73,296.00	131,933.00	205,229.00	112,500.00
Total C		1,057,492.29	322,367.61	1,379,859.90	442,199.00
Total Expenses D=A+B+C		8,481,888.29	5,778,797.61	15,531,420.90	5,716,790.00
				6,544,343.00	12,261,133.00



THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI
REG. NO. E - 700 (BOM)

NOTES FORMING PART OF THE ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2017

SIGNIFICANT ACCOUNTING POLICIES:

- 1. Method of Accounting:**
The accounts are maintained by the trust on the cash basis that is to say that the Income & Expenditure are accounted for as and when they are actually received or spent and not when they are earned or incurred.
- 2. Fixed Assets:**
The fixed assets are stated at actual cost less accumulated depreciation.
- 3. Depreciation:**
Depreciation has been charged on Written Down Value (WDV) basis at the rates mentioned in the schedule of fixed assets.
- 4. Foreign Currency Transaction:**
Donations received in foreign currencies are accounted on their realization.
- 5. Specific Donation**
Donations received for the specific utilisation on revenue accounts is credited to Income and Expenditure Account and those received on Capital Account is credited to Capital Account under relevant head. On the utilisation of the specific fund, the balance is transferred to Trust Fund.

FOR THE INDIAN COUNCIL FOR MENTAL HEALTH
(HYGIENE), MUMBAI

TRUSTEES

MUMBAI

DATE: 06th June, 2017

TRUSTEES

FOR AALOK MEHTA & CO.
CHARTERED ACCOUNTANTS

AALOK MEHTA
PROPRIETOR



Annexure 7

THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI
REG. NO. E-700(BOM)

ESTABLISHMENT EXPENSE		
PARTICULARS	2016-2017	2015-2016
Administrative Salary	528,320.00	702,006.00
Office Attendant	120,000.00	106,600.00
Provident Fund	177,671.00	183,065.00
Consultancy/Professional Charges	158,781.00	161,160.00
Printing & Stationery	30,645.00	49,177.00
Depreciation	98,240.00	106,912.00
Telephone Charges	28,960.00	27,456.00
Expenses on Donation Generation	45,000.00	5,000.00
Web Designing Charges	73,274.00	48,888.00
Computer Expenses	22,080.00	24,400.00
Registration charges	0.00	1,510.00
Conveyance	14,951.00	156,721.00
Property Insurance	44,665.00	39,797.00
Advertisement & Social Marketing	0.00	59,983.00
Rent	321,844.00	0.00
Electricity Charges	30,736.00	29,555.00
Membership & Subscription Fees	0.00	250.00
Staff Welfare	48,433.00	31,749.00
Repairs & Maintenance	8,773.00	8,030.00
Training	1,500.00	28,000.00
Postal Expenses	3,962.00	7,329.00
Cleaning & Housekeeping	13,145.00	16,976.00
Public Relation Expenses	32,273.00	83,053.00
Audit Fees	6,326.00	6,298.00
ISO Maintenance	78,300.00	32,515.00
Internet Charges	8,356.00	13,101.00
Bank Charges	1,009.00	1,005.50
Books and Periodicals	128.00	64.00
Marathon Expenses	50,267.00	21,200.00
Honorarium	16,000.00	0.00
Uniform Expenses	1,820.00	1,681.00
Total	1,965,459.00	1,953,481.50



OUR ESTEEMED DONORS

(ABOVE RS. 50000.00 FOR THE YEAR 2016-2017)

Essel Propack Limited	Ion Foundation
Baramati Agro limited	K. K. Singhvi Foundation
Mazda Colours Limited	Nergesh Khurshedji Charitable Trust
Vipul Life Science Limited	United Way of Mumbai
Interglobe Foundation	Swadesh Kapoor
Sir Ness Wadia Foundation	Indus Thermal Systems Private Limited
Godrej Consumers of Products Limited	Millennium Developers Pvt Ltd
Suez Capital Ltd	Anjana Projects Private Limited
Sri Lalita Charitable Foundation	Apcotex Industries limited
Sangeeta Shetty	Charities Aid Foundation
Kotak Mahindra	Finav Gems
Applied Communication Techonologies Private Limited	Arcadis Design & Consultancy
GMR Varalakshmi Foundation	

OUR ESTEEMED VOLUNTEERS

Sudha Mahadev	Heena Kothari
Neepa Goradia	Meena Ravi
Asha Angre	Urvashi Joshi
Revathi Anantharaman	Ramalaxami Subramaniam
Rama Prasad	Rohini Muley
Sadashiv Pal Rahul Palande	Accenture Services Pvt. Ltd



“We shall never know all the good that a simple smile can do.”
-Mother Teresa

Central Support Office:

THE INDIAN COUNCIL FOR MENTAL HEALTH

Crescent Chambers, 3rd Floor, Office No.2, Tamarind Lane, Fort, Mumbai 400023.

Phone: 022-22679294 Email: icmh11@gmail.com / csso@icmh.org.in

Website: www.icmh.org.in

SKILLS AND ABILITY SCHOOLS

**Plot No. 9, Sector 11, Nerul Township
 Nerul (East), Navi Mumbai - 400 706
 Tel.: 022 27704355
 Email: nsas@icmh.org.in**

**Municipal School Building, Next to Kalidas Auditorium
 P. K. Road, Mulund (West),
 Mumbai - 400 080, Tel.: 022 25921571
 Email: msas@icmh.org.in**

