

The Indian Council for Mental Health (Hygiene)



ISO 9001:2008
Certified



ANNUAL REPORT 2012 - 2013



The Indian Council for Mental Health (Hygiene)

INTRODUCTION

The Indian Council for Mental Health (ICMH) is an ISO 9001 : 2008 certified, not-for-profit Organization based in Mumbai striving to achieve professional excellence in all its activities. Its focus for the past twenty years is towards providing education to children with developmental disabilities such as Cerebral Palsy, Down's Syndrome, Autism, Mental Challenges and Hearing Impairment. Over 250 children are currently availing of various therapy services offered by ICMH through its Skills and Ability Schools located at Nerul (Navi Mumbai) and Mulund (a North - Eastern Suburb of Mumbai). The Special Educators and Educational Therapists attached to these Schools possess specialized skills in dealing with these children and are considered to be the backbone of this Organization.

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.

Details of Board Members (as on March 31, 2013)

Name of the Trustee	Gender	Position on Board	Occupation	Meetings Attended
T. N. V. Ayyar	Male	Chairman	Chartered Accountant	2/3
Zarir Master	Male	Honorary Managing Trustee and Vice Chairman	Management Consultant	3/3
Madhubala Kajle	Female	Honorary Secretary	Senior Counsel, Government of India	1/3
Pushpa K. Singhvi	Female	Honorary Treasurer	Advocate and Social Worker	2/3
Dr. Abdul - Karim M. Naik	Male	Trustee	Psychiatrist	0/3
Dr. Nasreen Rustomfram	Female	Trustee	Chairperson for Lifelong Learning, Dean Students' Affairs - Tata Institute for Social Science	0/3
Shailaja Mulay	Female	Trustee	Educationist	1/3
Manisha Khakhar	Female	Trustee	Social Worker	1/3
Bharati Palkar	Female	Trustee	Special Educator	2/3
Virendra Kelkar	Male	Trustee	Consultant	2/3

- None of the Members of the Board are related to each other.
- The Board met during the Financial Year 2012-2013 on June 11, 2012, January 09, 2013 and March 28, 2013.
- Minutes of the Board Meetings are documented and were circulated to each Member.

TRUSTEES SPEAK.....

We, the Trustees of The Indian Council for Mental Health (ICMH) are most grateful that you, as a sympathizer of this noble cause, are spending some valuable time to read about the progress we have made at our Skills and Ability Schools during the recently concluded Financial Year.

The uncertainties that we faced during the earlier year continued unabated. Inflation, leading to financial difficulties prevailed. As the result of a firm resolve not to raise tuition fees and inconvenience parents of our students who were equally affected, our task to contain our expenses was formidable. With additional gusto, our loyal and efficient staff put in herculean efforts to ensure that funds were available and our gratitude goes out particularly to our regular donors who, as always, came forward with their financial assistance.

During the year under review, at the two Schools, there were 240 mentally challenged and hearing impaired children registered with us. With the help of 78 specially qualified teachers and staff and a controlled number of just 7 administrative personnel, we forged ahead towards our predetermined goals. Both the Schools operate in two shifts in order to be able to accommodate the number of children registered within the constraints of space.

Despite difficult conditions, the Board of Trustees decided to continue to provide, free of cost, therapies that have been offered to the children over the past several years. It has been felt that these therapies are making a huge difference to many children and discontinuing them due to lack of funds would not be a prudent step. Special efforts were made to locate and convince donors to fund some of the therapies with much success.

It is interesting to record that during the visit of a foreign national to the Schools, it was ascertained that it was the practice and policy in other countries to offer just one therapy that was found to be relevant to that school. Our efforts of offering a mixed basket of therapies was lauded and considered to be unique and a step in the right direction.

During the year under review, ICMH continued to provide special services of Animal Assisted Therapy, Arts Becomes Therapy, Occupational Therapy, Speech Therapy, Yoga, Vocational Training, Sports and Cultural Activities and Computer Training to a majority of the students at both the Schools.

Once again, it is a matter of pride to share with readers that 21 mentally challenged children were sent to appear for various levels for PRATHAM examinations for the National Institute for Open Schooling (NIOS) with one hundred percent successful results. Simultaneously, 07 hearing impaired children were trained and encouraged to appear for the Secondary School Certificate examination. Here again, the results were excellent with all students making the grade.

The Annual Sport Day at both the Schools was a grand success with enthusiastic students participating whilst parents, guests and teachers cheered in encouragement. The Annual Day program, which is a cultural event jointly performed by the children of both Schools, was held, once again at the Vishnudas Bhawe Hall in Vashi (Navi Mumbai) and was enjoyed by the mixed audience of parents, family members, friends, donors, guests, staff and board members. This is one event that shows the public each year that even children with mental and / or physical disabilities can perform on stage and regale the audience.

Other important days such as Republic Day, Independence Day, World Disabled Day, Diwali and Rakhsha Bandhan were observed at both the Schools.

One of the most important events for ICMH is the participation in the Annual Standard Chartered Mumbai Marathon. Once again, this year, ICMH was very much a part of this grand event.

Every member of the Team has worked very hard with commitment and loyalty, empathy, patience and a purpose to achieve the best results for the special children. Our sincere gratitude is expressed to all. We are most thankful to volunteers who have worked with the children with a lot of love and affection. We acknowledge the assistance we have received at all times from the ISO team, our Statutory Internal Auditor, our Chartered Accountant, the Municipal Corporation of Navi Mumbai, the Brihan Maharashtra Municipal Corporation, CIDCO, our Bankers and the media for their continued sympathy and support. Special thanks must be recorded for our anonymous donor who has, over the past six years, borne the entire cost of paper and printing of the Annual Report. Most importantly, thank you Donors for your unstinted continuous support over the years that has been appreciated and made it possible to continue our work.

We are, jointly and severally, moving into another year with enthusiasm to achieve better results and introduce new initiatives in the best interests of our children.



The Indian Council for Mental Health (Hygiene)

A MILESTONE

Divya is a 10 year old girl in NIOS Level A (English Medium) who is multiple handicapped with weak motor skills. She has been diagnosed with Myelomalacia or spinal cord disorder. Her muscle tone is severely affected in the upper and lower extremities as well as in the trunk region. She is wheel chair bound and is totally dependent for almost all the ADL skills. Also, she does not have bladder control and must wear a diaper always. Divya was shifted to the NIOS class (English Medium) last year.

Academically, she is bright but due to her physical inabilities and lack of exposure to the English medium, her language skill was a disadvantage. She was unable to read correctly and fluently, her comprehension skills were weak and due to a poor grip, her handwriting was extremely slow and illegible. She was unable to open her school bag and tiffin box or hold the water bottle in her hand. She could not manage the books and pencils on her table. Due to weak hand muscles, she would constantly drop things from her hand or from the table. She was a very slow and poor eater requiring help to eat (sometimes taking up to an hour to finish a small meal). She was also reluctant to be independent in self help skills as she was constantly helped by her parents and care givers.

The goals set for Divya were to make her independent in self help skills thereby increasing her confidence and self esteem, improve her fine motor skills and to speak and write in English fluently and prepare her for NIOS Level A examinations.

To achieve these goals, Divya was constantly encouraged to be independent in her self help skills. Every day, Divya was made to exercise her hand muscles using clay, pegs and cloth clips and to hold slightly heavier objects for a couple of minutes to improve her grip and grasp. Adaptive pencils are being used to improve her hand writing. Regular copy writing exercises were given to improve speed and legibility of hand writing.

A home program was created with appropriate task analysis for each of the goals so that they could be practiced daily at home as well. Regular Occupational Therapy sessions in school were conducted to improve her tone, posture and balance. Her parents were co-operative and ensured that the home program was followed regularly. To improve reading fluency and pronunciation, daily sessions of newspaper reading, story narration, poem recitation and group discussion of current topics were added to her time table. Work sheets containing simple passages were given daily to be solved to improve comprehension skills, grammar and vocabulary. Divya was encouraged to participate in elocution, drawing and painting competitions and she won prizes every time. Thus, Divya has achieved 80 to 90 percent of the goals set for her within a span of one year. She makes an effort to do things independently. Her homework and class work is always completed on time. As a part of their curriculum, NIOS Level A students have to submit a science project on the topic "Social life of the People in your City". Divya was the first student to submit a beautiful project, neatly handwritten with in-depth material and appropriate pictures for which she has scored 49 marks out of 50! Academically, she has excelled in all the subjects. She can read fluently with minimum help and her speed and clarity in writing has improved tremendously. In fact, she is now helping the older children in her class to read fluently and in oral studies. She has scored above 90 percent in her class tests. She is registered to appear for three subjects this year without any external aid or writer. Divya is a role model for the other children in her class due to her sheer determination, willpower, enthusiasm and hard work.

SUCCESS STORY

Athlete Bipin Rao, a student of 10th standard NIOS class was selected for participating in the National Games as a part of Special Olympics Bharat (SOB) Maharashtra at Bhopal in December, 2012 and has performed extremely well.

Three students from Navi Mumbai were selected for the event. Two of the athletes represented the Swami Brahmanand School, while athlete Bipin Rao was from Skills and Ability School, Nerul.

He participated in the 100 meters run and having stood first, was awarded a gold medal. In shot-put, he was awarded a bronze medal. Bipin also received a special medal for his overall performance at the national level.

Bipin has made the School very proud of his outstanding performance in sports. His efforts have given him the opportunity to perform at the Olympics Asia Pacific Games which will be held in Australia from December 01 to December-07, 2013.



ABILITY COMPETITION

The Ability Competition 2012 was held on the grounds of Skills and Ability School (Nerul, Navi Mumbai) from December 06, 2012 to December 08, 2012.

It was a three days' inter-school competition in which eleven schools of Navi Mumbai, Pen, Raigad and Uran Districts participated. The Helen Keller Institute for Multiple Handicaps also joined in the competition and displayed a variety of talents which gave us an opportunity to modify our events to help the child with multiple handicaps to adjust.

The event was an eye-opener to teachers from different schools and parents who observed these children from Helen Keller with multiple handicaps (deaf and blind) who performed with confidence. These children put all their efforts to portray their creativity though they could not see. The efforts made by their dedicated staff members motivated us to improve our teaching techniques.

The participants were divided into three groups according to their age. They were accompanied by their school teachers who had put in equal efforts to help the children display talent confidently.

At the end of each day, the winners and the participating students were felicitated with certificates and a school kit. The volunteers were given a token of appreciation which was hand-made by our School students.

The Ability Competition 2012 was indeed a display of special talents of special children. We surely learnt that special children are not different from others but they have their own way of looking at the world around them. The Ability Competition is just a platform to help every child know his/her special skills and abilities. On the whole with the active participation of everyone, the event was a grand success.



Participants of the Ability Competition

WORLD DISABLED DAY

World Disabled Day is observed every year on December 03. Also known as International Day of Persons with Disabilities, the day aims to promote an awareness of disability issues and the fundamental rights of persons with disabilities. It is important to integrate disabled persons in the main stream of society which is one of our primary aims and a part of our vision.

Persons with disabilities make up an estimated 15 percent of the population of the world. A quarter of the global population is directly affected by disability, as care-givers or family members. Persons with disabilities encounter many disadvantages in their societies and are often subjected to stigma and discrimination.

The United Nations has taken several steps to empower disabled persons. It seeks equal rights for all human beings irrespective of their religions, caste, economic conditions and physical abilities. Social justice demands identical fundamental human rights to all persons.

Several activities are conducted on World Disabled Day throughout the world.. Campaigns by human rights agencies and voluntary organizations are organized to raise awareness on the theme of right to act.

The Schools organized a rally on that day. The area covered during the parade was situated in the north-eastern suburb of Mulund starting and concluding at the School itself.

This rally succeeded in the promotion and creation of awareness by the Organization through its students, their parents, teachers and volunteers who participated enthusiastically.



The Indian Council for Mental Health (Hygiene)

GROUP SESSIONS FOR ANIMAL ASSISTED THERAPY (AAT)

Group therapy sessions play an important role in helping the children socialize in a healthy and appropriate manner. They engage in co-operative play with the dog and work together as a team in handling her and teaching her new tricks. This increases interaction among the group members.

The session focuses on helping them learn non-aggressive voice tones, appropriate eye contact, and proper techniques for sharing and playing.

Jaydeep was diagnosed with Autism and Attention Deficit Hyperactive Disorder (ADHD). He was referred for therapy as he was extremely hyperactive, would not follow any instructions and would talk continuously.

For the first few sessions, he would get very restless in the room, keep running around in circles and refused to listen. One activity he really enjoyed was brushing and petting the dog. This task was used to help him increase his attention span. He was told to identify and brush various parts of the body. If he did not follow the instructions or talked excessively, the dog would get up and walk away. The child did not like this to happen and thus, began paying attention and focusing on the task at hand.

Samruddhi was diagnosed with Attention Deficit Hyperactive Disorder (ADHD). She was unable to pay attention to any task, would not follow any instructions, could not sit for more than a few seconds and had lot of irrelevant speech.

She was a little nervous of the dog especially if Oscar came too close to her but showed keen interest in playing ball with the dog. This activity was used to increase her attention span. She was made to ask for the ball each time, stand still and throw the ball in a particular direction. This made her pay attention to the game and she learnt to stand in one place while playing fetch. Soon she got comfortable with the dog and would feed and pet him. She was also made to verbalize her different activities she played with the dog. The child used to get very distracted at the start and could not focus on any task for more than a few seconds. The ball game was used to make sure she would first complete her task. She would always insist on playing ball with the dog during the session but she was allowed only after she finished a given task in the session. After each small task, she was allowed to throw the ball. She enjoyed walking the dog and that was also used as a reward. Slowly, as the child's attention span increased, the focus was shifted away from the dog and more towards the therapists and teachers resulting in a better response.

Disha has been diagnosed with Intellectual Impairment. The child was very hyperactive and unable to pay attention to any task. The focus of Animal Assisted Therapy was to get her to sit in one place and help her increase her attention span.

The child was very motivated by the dog from the start. She liked the ball game and would throw it and then pick it up when the dog dropped it and then throw it again repeatedly. She was also made to verbalize for these tasks by asking for the ball and brush which she did as she realized she would not get to do that activity with the dog if she did not talk. She used to get very distracted in the beginning and could not focus on any task for more than a few seconds. If she was given a brush, she would just brush the dog a few strokes and then throw it away. She was then introduced to walking with the dog and she liked this activity. She would always insist on taking Anna for a walk during the session but she was allowed only after she finished her given tasks. Slowly, her attention span increased and the focus was shifted away from the dog towards other activities which she was able to complete in one sitting.

CASPER

After seven years of serving as a therapy dog on the team, Casper decided to retire. He was one of the first therapy dogs who started working at the Skills and Ability School, Nerul when he was only 8 months old. He stole the hearts of everyone at the School, from the children, to the teachers, staff and even the gardener!

For many children he was the first dog they had ever interacted with. He was ever willing with licks and kisses, making every child feel very special. Casper was their security blanket when the world around them did not make sense. Most importantly, he was their best friend, who never laughed at them or mocked them for their short comings. He would patiently wait for them to feed him his favorite treat, never snatching it from their fingers if they took too long to pick it up. He has assisted us in helping children to improve their speech, motor movements and academics. They loved 'teaching' Casper the alphabet and numbers!

Casper, on his part, thoroughly enjoyed coming to school. He would wait for the therapists by the window each morning and greet them with the same unbridled enthusiasm every time. In fact, his human family would tell us that on school holidays he would sit by the window, looking out expectantly at every rickshaw that passed by. Casper is still missed by the children and staff. As one child very aptly put it, "it's ok if you (therapists) don't come to school; but please send Casper in a rickshaw".

Thank you Casper, for being an 'angel'



IDENTITY AND GOVERNANCE

The Indian Council for Mental Health (Hygiene) is registered as a 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 Registered Office situated at UPM Municipal School Building, 1st Khetwadi Lane, Off Sardar Vallabhbhai Patel Road, Girgaon, Mumbai 400004.

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

The Indian Council for Mental Health is registered under Section 12A of the Income Tax Act with the Commissioner of Income Tax, Mumbai and exemption of donations 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 – AAQATI 1077R

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

ICICI BANK LIMITED, NAVASARI BUILDING, 240, Dr. DADABHAI NAOROJI ROAD, FORT, MUMBAI 400001

BANK OF MAHARASHTRA, SECTOR 11, NERUL, NAVI MUMBAI 400706

SARASWAT CO-OPERATIVE BANK, 5TH ROAD, MULUND WEST, MUMBAI 400080

PUNJAB NATIONAL BANK, CIDCO ADMINISTRATIVE BUILDING, SECTOR 1, VASHI, NAVI MUMBAI 400703 (Foreign Contribution (Regulation) Act Account – FCRA ACCOUNT)

Name and Address of Statutory Auditor:

AALOK MEHTA & CO.,
Chartered Accountants
48/B, GIRDHARI BHAVAN, OFFICE #9
2ND FLOOR, SADASHIV LANE
GIRGAON, MUMBAI 400004

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
₹ 30000.00 ₹ 22000.00 ₹ 16000.00
- = Monthly Remuneration of the lowest paid Staff Member: ₹ 3500.00
- = Total cost of national travel by any staff during the year: NIL
- = Total cost of international travel by any staff during the year: NIL

The Indian Council for Mental Health (Hygiene)



Team ICMH



Annual Day Function : Children performing on stage



Team ICMH



Annual Day Function : Children performing on stage

The Indian Council for Mental Health (Hygiene)

Details of Staff Numbers (as on March 31, 2013)

Gender	Paid Full Time	Paid Part Time	Paid Consultants	Unpaid Volunteers	Total
Male	11	0	2	5	18
Female	74	1	4	13	92
Total	85	1	6	18	110

Annual Salary Plus Benefits to Staff (as on March 31, 2013)

Annual Salary Plus Benefits to Staff	Male	Female	Total
Less than 5000	0	0	0
5000 to 10,000	0	0	0
10,000 to 25,000	0	0	0
25,000 to 50,000	0	4	4
50,000 to 1,00,000	10	42	52
1,00,000 and above	1	30	31
Total	11	76	87

Data of Students (from April 2012 - March 2013)

Nerul School

Age Group (Years)	Morning Shift*		Afternoon Shift**	
	Male	Female	Male	Female
0-5	1	0	2	2
6-10	20	8	11	7
11-15	23	11	12	4
16-20	14	8	4	2
21-25	5	1	2	0
26 yrs. and above	1	3	0	0
Total	64	31	31	15
Grand Total	95		46	

Mulund School

	Morning Shift*		Afternoon Shift*	
Age Group (Years)	Male	Female	Male	Female
0-5	1	1	1	0
6-10	12	9	14	4
11-15	11	10	17	2
16-20	6	0	3	3
21-25	1	0	2	1
26 yrs. and above	0	0	1	0
Total	31	20	38	10
	51		48	
Grand Total	99			

* Mentally Challenged ** Hearing Impaired

The Indian Council for Mental Health (Hygiene)

THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI REG. NO. E-700(BOM)			
BALANCE SHEET AS ON 31.03.2013			
	Annexure	Current Year 2012-2013 (Rupees)	Previous Year 2011-2012 (Rupees)
Sources Of Funds			
Capital			
Trust Fund		14,540,631.89	14,446,332.89
Specific Donation	1	902,832.00	1,137,290.00
		15,443,463.89	15,583,622.89
Reserves & Surplus			
Opening Balance		2,939,303.11	4,010,665.00
Add: Surplus/(Deficit) for the period		(857,663.19)	(1,071,361.89)
		2,081,639.92	2,939,303.11
Total		17,525,103.81	18,522,926.00
Application of Funds			
Fixed Assets			
Gross Block		10,917,107.00	11,446,070.00
Less: Accumulated Depreciation		1,047,136.00	1,109,751.00
Net Block		9,869,971.00	10,336,319.00
Investments	3	4,500,000.00	2,000,000.00
Current Assets , Loans & Advances			
Cash & Bank Balance	4	3,146,542.81	5,966,128.00
Deposits	5	104,688.00	236,358.00
Loans & Advances		4,121.00	4,121.00
		3,255,351.81	6,206,607.00
Less: Current Liabilities & Provisions			
Profession Tax		10,125.00	0.00
Provident fund		90,094.00	0.00
Refundable Deposit		0.00	20,000.00
		100,219.00	20,000.00
Net Current Assets		3,155,132.81	6,186,607.00
Total		17,525,103.81	18,522,926.00

As per our report of even date

FOR THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE)

FOR AALOK MEHTA & CO

Chartered Accountants

sd/-
TRUSTEES
PLACE: MUMBAI
DATE : 06/06/2013

sd/-
TRUSTEES
sd/-
Aalok Mehta
Proprietor
Membership No: 114930

THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI REG. NO. E-700(BOM)					
INCOME & EXPENDITURE ACCOUNT FOR PERIOD 01/04/2012 TO 31/03/2013					
EXPENSES			INCOME		
PARTICULARS	2012-2013	2011-2012	PARTICULARS	2012-2013	2011-2012
EXPENSES ON OBJECTS OF TRUST (As per Annexure 6)	10,159,043.50	9,856,121.00	Donation		
			Individual	590,325.00	2,524,481.00
			Corporate	1,289,900.00	226,065.00
			Trust	3,541,757.00	2,396,044.00
			E-Charity	0.00	12,439.00
ESTABLISHMENT EXPENSE	1,298,244.00	1,506,198.89		5,421,982.00	5,159,029.00
			Fees		
			Tuition	3,555,498.00	3,454,990.00
			Term	403,800.00	409,000.00
			Administration	211,525.00	212,950.00
			Other fees	188,594.00	186,521.00
			Computer	262,780.00	207,660.00
				4,621,997.00	4,471,121.00
			Other Income		
			Occupational Therapy	25,900.00	67,800.00
			Interest on FD	345,276.00	270,787.00
			Vocational Center	96,527.00	83,960.00
			Bank Interest	73,272.31	30,227.00
			Income from Garden projects	0.00	30.00
			Nomination Fees	0.00	150.00
			Scrap Sales	14,670.00	7,855.00
				555,643.31	460,809.00
Total Expenses	11,457,287.50	11,162,319.89	Total Income	10,599,624.31	10,090,959.00
			Excess of Expenditure over Income	857,663.19	1,071,360.89
Total	11,457,287.50	11,162,319.89	Total	11,457,287.50	11,162,319.89

FOR THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE)

FOR AALOK MEHTA & CO
Chartered Accountants

sd/-
TRUSTEES
PLACE: MUMBAI
DATE : 06/06/2013

sd/-
TRUSTEES

sd/-
AALOK MEHTA
PROPRIETOR
Membership No: 114930

THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI						
REG NO E/700(BOM)						
Annexure - 1						
Schedule for Specific Donation 2012-2013						
Sr.No	Particulars	Capital/Revenue	Opening Balance Amount (Rs)	Addition Amount (Rs)	Utilised Amount (Rs)	Closing Balance Amount (Rs)
1	Occupational Therapy	Revenue		132,600.00	97,224.00	35,376.00
2	Furniture	Capital	467,402.00	0.00	34,300.00	433,102.00
3	Garden Project	Revenue	18,414.00	40,500.00	55,958.00	2,956.00
4	Marathon	Revenue	484,758.00	0.00	53,360.00	431,398.00
5	Teachers Salary -Nerul	Revenue	0.00	97,200.00	97,200.00	0.00
6	Equipment	Capital	60,000.00	0.00	60,000.00	0.00
7	Animal Assisted Therapy	Revenue	166,716.00	0.00	166,716.00	0.00
	Total		1,137,290.00	330,300.00	564,758.00	902,832.00

FOR THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE)

FOR AALOK MEHTA & CO
Chartered Accountants

sd/-
Aalok Mehta
Proprietor
Membership No: 114930

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 31/03/2013							
Sr.No	Name of the Assets	Opening balance	Additions during the year	Total	Rate of Depreciation	Depreciation	Net Amount
1	Attendance System	29,383.00	0.00	29,383.00	10%	2,938.00	26,445.00
2	Audiometer	6,277.00	0.00	6,277.00	10%	627.00	5,650.00
3	Building at Nerul	7,940,425.00	85,574.00	8,025,999.00	10%	798,320.00	7,227,679.00
4	Canon Copier Machine	29,735.00	0.00	29,735.00	10%	2,974.00	26,761.00
5	Computer	744,455.00	382,000.00	1,126,455.00	10%	93,495.00	1,032,960.00
6	Educational Books	1,502.00	0.00	1,502.00	10%	150.00	1,352.00
7	Equipments	481,872.00	76,211.00	558,083.00	10%	55,852.00	502,231.00
8	Furnishing & Trampoline	3,485.00	0.00	3,485.00	10%	349.00	3,136.00
9	Furniture & fittings	771,808.00	34,300.00	806,108.00	10%	80,609.00	725,499.00
10	Hearing aids	20,574.00	0.00	20,574.00	10%	2,057.00	18,517.00
11	Leasehold Land	211,909.00	0.00	211,909.00	0%	0.00	211,909.00
12	Library Books	4,394.00	0.00	4,394.00	10%	439.00	3,955.00
13	Occupational Therapy	38,698.00	0.00	38,698.00	10%	3,877.00	34,821.00
14	Portable Cabin	12,246.00	0.00	12,246.00	10%	1,225.00	11,021.00
15	Steel Cupboards	13,774.00	0.00	13,774.00	10%	1,377.00	12,397.00
16	Teachers Learning Aids	3,959.00	2,703.00	6,642.00	10%	664.00	5,978.00
17	Toys	10,652.00	0.00	10,652.00	10%	1,064.00	9,588.00
18	Typewriter	3,759.00	0.00	3,759.00	10%	376.00	3,383.00
19	Water filter	7,432.00	0.00	7,432.00	10%	743.00	6,689.00
20							
	Total	10,336,319.00	580,788.00	10,917,107.00		1,047,136.00	9,869,971.00

The Indian Council for Mental Health (Hygiene)



Annexure 3

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

SCHEDULE FOR INVESTMENT

Sr.No	Particulars	2012-2013 Amount (Rs)	2011-2012 Amount (Rs)
1	Fixed Deposit With Central Bank of India	3,250,000.00	2,000,000.00
2	HDFC	1,250,000.00	0.00
	Total Deposits	4,500,000.00	2,000,000.00

ANNEXURE 4

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

SCHEDULE FOR CASH & BANK BALANCES

PARTICULARS	2012-2013		2011-2012	
	CASH	BANK	CASH	BANK
Head office				
Cash in hand	0.00	38,770.59	0.00	473,271.00
HDFC		2,175,862.91		3,849,886.00
Central Bank of India		130,542.26		332,645.00
ICICI Bank		2,944,995.76		4,655,772.00
NERUL BRANCH				
Bank of Maharashtra		115,851.41		488,547.00
Punjab National Bank FCRA A/c		23,378.70		228,948.00
Cash	0.00	139,230.11	0.00	717,495.00
MULUND BRANCH				
Saraswat Co-op Bank Ltd		62,316.94		592,861.00
Cash	0.00	62,316.94	0.00	592,861.00
Total	0.00	3,146,542.81	0.00	5,966,128.00

Annexure 5

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

SCHEDULE FOR DEPOSITS

Sr.No	Particulars	2012-2013 Amount (Rs)	2011-2012 Amount (Rs)
1	MTNL Deposit	4,000.00	4,000.00
2	BMC	0.00	1,570.00
3	CIDCO	31,390.00	31,390.00
4	NMMC	8,020.00	8,020.00
5	Electric Deposit	61,278.00	61,278.00
6	Tata Electrical Company	0.00	2,000.00
7	Indian Classical Arts	0.00	20,000.00
8	Deposit for Autism Center	0.00	100,000.00
9	Events	0.00	7,500.00
10	Rent Deposit	0.00	600.00
	Total	104,688.00	236,358.00

Annexure 6

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

EXPENSES ON OBJECT OF TRUST

PARTICULARS	2012-2013			2011-2012		
	NERUL	MULUND	TOTAL	NERUL	MULUND	TOTAL
Teachers & Therapists						
Special Educators	3,310,848.00	1,816,041.00	5,126,889.00	2,461,909.00	1,729,588.00	4,191,497.00
Provident Fund	325,462.00	218,053.00	543,515.00	297,338.00	216,290.00	513,628.00
Salary	115,970.00	119,937.00	235,907.00	336,587.00	75,210.00	411,797.00
Office Attendants	488,743.00	585,130.00	1,073,873.00	461,635.00	536,484.00	998,119.00
Fees to Specialists	293,525.00	414,305.00	707,830.00	282,758.00	276,884.00	559,642.00
Animal Assisted Therapy	99,909.00	108,795.00	208,704.00	198,972.00	130,290.00	329,262.00
Staff Welfare	52,705.00	39,601.50	92,306.50	41,179.00	34,823.00	76,002.00
Conveyance	37,800.00	56,405.00	94,305.00	41,839.00	35,777.00	77,616.00
Training	9,125.00	3,000.00	12,125.00	27,877.00	40,413.00	68,290.00
Art Becomes Therapy	0.00	0.00	0.00	16,250.00	16,250.00	32,500.00
Homeopathy	0.00	0.00	0.00	5,840.00	0.00	5,840.00
Occupational Therapists	25,000.00	0.00	25,000.00	25,037.00	0.00	25,037.00
Honorarium	0.00	0.00	0.00	2,500.00	0.00	2,500.00
Total A	4,759,187.00	3,361,267.50	8,120,454.50	4,199,521.00	3,092,009.00	7,291,530.00
Operating Cost						
Repairs & Maintenance	170,342.00	11,646.00	181,988.00	96,463.00	64,456.00	160,919.00
Security Charges	190,031.00	96,986.00	287,017.00	158,832.00	72,110.00	230,942.00
Printing & Stationery	45,517.00	18,585.00	64,102.00	67,900.00	40,280.00	108,180.00
Electricity Charges	110,530.00	64,350.00	174,880.00	109,240.00	54,420.00	163,660.00
Telephone Charges	15,711.00	20,730.00	36,441.00	17,850.00	42,173.00	60,023.00
Cleaning & Housekeeping	15,356.00	6,757.00	22,113.00	16,287.00	14,678.00	30,965.00
Water Charges	7,025.00	740.00	7,765.00	18,197.00	325.00	18,522.00
Postal Expenses	360.00	300.00	660.00	730.00	345.00	1,075.00
ISO Maintenance Charges	42,879.00	41,340.00	84,219.00	31,208.00	29,311.00	60,519.00
Inspection Charges	600.00	0.00	600.00	2,000.00	0.00	2,000.00
Rent	0.00	30,000.00	30,000.00	0.00	168,240.00	168,240.00
Total B	598,351.00	291,434.00	889,785.00	518,707.00	486,338.00	1,005,045.00
Other Cost						
Depreciation	891,393.00	61,200.00	952,593.00	964,359.00	69,270.00	1,033,629.00
Advertisement Expenses	250.00	0.00	250.00	0.00	1,280.00	1,280.00
Computer Expenses	34,010.00	18,045.00	52,055.00	4,090.00	6,580.00	10,670.00
Garden Project	0.00	0.00	0.00	38,736.00	0.00	38,736.00
Events	25,708.00	11,571.00	37,279.00	55,241.00	25,516.00	80,757.00
Expenses for Vocational Centre	31,994.00	12,400.00	44,394.00	27,380.00	19,432.00	46,812.00
Public Relation Expenses	871.00	0.00	871.00	786.00	2,017.00	2,815.00
Property Tax	37,432.00	0.00	37,432.00	5,636.00	0.00	5,636.00
Books and Periodicals	1,299.00	289.00	1,588.00	3,300.00	80.00	3,380.00
Uniform Expenses	230.00	0.00	230.00	2,340.00	3,630.00	5,970.00
Professional Fees	0.00	0.00	0.00	45,700.00	69,456.00	115,156.00
Bank Charges	1,120.00	2,332.00	3,452.00	1,860.00	1,716.00	3,576.00
Marathon Expenses	0.00	0.00	0.00	29.00	10,800.00	10,829.00
Registration expenses	4,385.00	0.00	4,385.00	300.00	0.00	300.00
Transportation charges	10,000.00	4,275.00	14,275.00	0.00	0.00	0.00
Total C	1,036,692.00	110,112.00	1,146,804.00	1,149,769.00	209,777.00	1,359,546.00
Total Expenses D=A+B+C	6,396,230.00	3,762,813.50	10,159,043.50	5,867,997.00	3,788,124.00	9,656,121.00

The Indian Council for Mental Health (Hygiene)

Annexure 7		
THE INDIAN COUNCIL FOR MENTAL HEALTH (HYGIENE), MUMBAI REG. NO. E-700(BOM)		
ESTABLISHMENT EXPENSE		
PARTICULARS	2012-2013	2011-2012
Administrative Salary	435,442.00	584,855.00
Provident Fund	83,496.00	133,938.00
Consultancy/Professional Charges	149,483.00	99,640.00
Printing & Stationery	30,279.00	99,448.00
Depreciation	94,543.00	76,122.00
Telephone Charges	26,546.00	34,276.00
Expenses on Donation Generation	14,013.00	14,139.00
Web Designing Charges	65,505.00	8,824.00
Computer Expenses	28,199.00	68,591.00
Conveyance	26,929.00	53,076.00
Property Insurance	31,989.00	24,999.00
Advertisement & Social Marketing	37,801.00	1,280.00
Rent	1,234.00	1,239.00
Electricity Charges	20,205.00	13,594.00
Membership & Subscription Fees	250.00	1,500.00
Staff Welfare	22,207.00	27,331.00
Repairs & Maintenance	34,708.00	27,219.00
Training	50,840.00	57,203.00
Postal Expenses	16,170.00	17,958.00
Cleaning & Housekeeping	10,267.00	8,515.89
Public Relation Expenses	3,560.00	1,103.00
Audit Fees	5,500.00	24,771.00
Books and Periodicals	650.00	0.00
ISO Maintenance	52,202.00	61,589.00
Internet Charges	5,850.00	0.00
Events/Marathon	36,234.00	63,709.00
Bank Charges	2,433.00	1,279.00
Balance Written Off	11,709.00	0.00
Uniform Expenses	0.00	0.00
Total	1,298,244.00	1,506,198.8

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 2013

SIGNIFICANT ACCOUNTING POLICIES:

- 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.
- Fixed Assets:**
The fixed assets are stated at actual cost less accumulated depreciation.
- Depreciation:**
Depreciation has been charged on Written Down Value (WDV) basis at the rates mentioned in the schedule of fixed assets.
- Foreign Currency Transaction:**
Donations received in foreign currencies are accounted on their realization.
- 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

FORAALOK MEHTA & CO.
CHARTERED ACCOUNTANTS

TRUSTEES
Sd/-

TRUSTEES
sd/-

AALOK MEHTA
PROPRIETOR
sd/-

MUMBAI
DATE: 06th June, 2013



Annual Day Function : Children performing on stage

DONATION FORM

Yes, I want to donate for

☐

General

☐

Therapy

☐

Events

PAYMENT INFORMATION:

Please accept my donation of:

☐

₹ 2000

☐

₹ 5000

☐

₹ 10000

☐

₹ 20000

☐

₹

(Any other amount)

Mode of Payment:

1. Payment by Cash/DD/Cheque. (In favour of "The Indian Council for Mental Health")

Cheque No. _____ Dated _____ Drawn on (Bank) _____

2. Payment by Direct Deposit into following Account: _____ Date: _____

Punjab National Bank FCRA A/c: 3502000100124039 CIDCO, Administrative Building, Sector 1, Vashi Navi Mumbai.

Central Bank of India A/c: 1146040417 Address: SVP Road, Girgaon, Mumbai 400 004.

Name: _____

Address: _____

Date of Birth _____ Mobile No: _____ Telephone No.: _____

Email ID: _____ PAN No: _____ (Mandatory)

(This data and contribution will be kept strictly confidential)

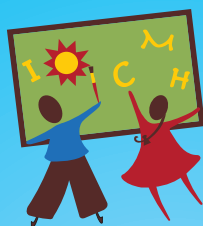
IMPORTANT NOTE:

- * 80G Certificate are issued for donations above ₹ 500.00
- * Cash to be handed over to only those who have identity proof of ICMH or an authority letter duly signed and stamped by us.

Registered Office: UPM School Building, 1st Khetwadi Lane, SVP Road, Girgaon, Mumbai - 400 004.

Tel: 022 - 23855205 / 23861087 Email: icmh11@gmail.com

Website: www.icmh.org.in



ISO 9001:2008
Certified

Registered Office:

The Indian Council for Mental Health (Hygiene)
UPM School Building, 1st Khetwadi Lane, SVP Road, Girgaon, Mumbai - 400 004
Tel.: 022 23855205 / 23861087 email: icmh11@gmail.com
website: www.icmh.org.in

Nerul Skills and Ability School
Plot No. 9, Sector 11, Nerul Township, Nerul (East), Navi Mumbai - 400 706
Tel.: 022 27704355 email: skillsandability@gmail.com

Mulund Skills and Ability School
Municipal School Building, Next to Kalidas Auditorium, P. K. Road, Mulund (West) Mumbai - 400 080
Tel.: 022 25921571 email: skillsandabilitymulund@gmail.com