



ANNUAL REPORT 2017-18



ASK
ADULT SUPPORT KENDRA
— An initiative of YASH CHARITABLE TRUST —



A MESSAGE FROM THE MANAGING TRUSTEE

Our vision at Yash Charitable Trust (YCT) is that every individual with developmental disabilities lives and works in the community of their choice with dignity and self-respect. And it takes a village. We have been fortunate to have been able to carve out this village from our network of families and friends. We are truly blessed! The year has been exciting and fruitful.

Our team members have increased: Nandini, Abuli and Nikhil joined us at the start of 2018. For various reasons. Nandini was at a sheltered workshop and bored. Abuli and his family relocated to the 'burbs and Nikhil was working with an uncle whose business folded. We are happy to get to know them and appreciate their talents and gifts. If we say to Nandini, "You look like a doll!", she is quick to retort back emphatically: "No. I am NOT a doll!" Our conversations are always fun and her smile is totally disarming. To see her go from a 30-minute snack break to a ten minute one is encouraging! Abuli is a charmer to the core. Great social skills and everyone is "Jaan"! He dances like a dream and is always willing to help out. Nikhil has an amazing memory and cognitive abilities, yet he struggles with his autism. While food prep does not seem to be his 'thing', he is an asset to our team in many other ways. And yes, all our 'older' team members are very much with us. Growing in skills by the day. Just an amazing group of people!

There are many out there who come knocking on our door step, looking for meaningful work, and a place to belong. It is heart-breaking to turn them away. The space really precludes us from doing much more. However early this year we were emboldened by the community support and our well-wishers. After some debate and internal discussion, and total inspiration from Puzzle Cafe in Manila, we asked ourselves "Why not us?" and we took a huge step forward in deciding to open our own café in Mumbai. We crowd funded in earnest and received a substantial response. Simultaneously we hunted for space. It was not easy. Either too small, or too unaffordable, or unsafe surroundings, or too much work to be done to make it habitable. When we found one we liked, the landlord was reluctant to rent out to an NGO and the search went on until we came across a space a few hundred yards from our current location. It was perfect!

Next step was the conversion of what used to be a car audio system showroom into a café. Lots to do. Again, blessed to have good people around us who believe. Anuj, our resident F&B expert, who knows our team well took it upon himself not only to develop a menu, but even design the kitchen to be 'our team' friendly – much thought went into space, movement, ease of operation both in the kitchen and in the dispense area. Bina and Sanya dug their heels in and refused their professional fees as they set out to design the space and Ananya just needed one conversation and no more convincing, to create the branding elements.

I believe that it is the collective good karma of our entire team that brought all these wonderful professionals our way. And today as we continue our journey forward, we laugh with Samvit when he declares in his best performer voice, "YCT rocks!" We are as excited as he is!

Sushama Nagarkar



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ABOUT US

Yash Charitable Trust (YCT) was established in 2014 with the overall mission of enhancing quality of life for persons with developmental disabilities. Therefore activities of YCT are geared towards assisting such individuals to become responsible, productive members of the communities that they live in. We constantly strive to create inclusive community-based opportunities that provide to our beneficiaries a satisfying and fulfilling adult life similar to their non-disabled peers. Yash Charitable Trust is registered under the Bombay Public Trust Act 1950 and all donations are deductible under Sec. 80G of the Income Tax Act of 1961.



Yash Charitable Trust

arpan
dabbas with
a difference

This program is into its third year and continues thriving. We meet needs of a loyal, yet diverse customer base. Our team members, those who have been with us since our inception, know the drill and are independent in many of the required skills: whether it is vegetable prep, making masalas, cooking, cleaning the kitchen, shopping, or deliveries.



We have had several volunteers come our way to teach us ways to be creative in the kitchen. We have baked many cakes and cookies, tossed salads and just had fun. The best part of course is eating what we make!



We continue to provide add-ons such as freshly ground ginger-garlic paste, short bread cookies and our very popular vegan date and walnut cakes and muffins. We delivered snack boxes to the Tata Institute of Fundamental Research (TIFR) at the southern tip of Mumbai – a wonderful outing for our team members. In January, we catered a 300-person biryani lunch for BioWaves, a one-day conference that YCT had co-hosted with St. Xavier's College, Bombay and the Veruschka Foundation. Again, this experience proved invaluable for our team members. Besides the actual prep for the biryani, being a part of a volunteer team on a college campus was a highlight of the week.



As we have done in the past, this year too our team took part in Cook for Change, an annual cooking competition that is organized by the Veruschka Foundation. Pratibha and Sudha were the participants, ably supported by Kavita. They easily cleared the elimination round with a delicious pumpkin kheer and bowled the judges over with their rice puttlu entree in the finals. Not surprisingly, they were awarded the 1st prize!



On Mahashivratri every year, we make lots of prasad – traditional sabudana khichadi and distribute it to devotees who visit the Shiva temple located behind us. This is an event that excites our whole team and we do an excellent job – seamless teamwork!



Usha Somayaji is a friend and well-wisher of ours who lives in Pune. She donated to us her late husband's autorickshaw in early 2017. It took us a year to obtain the necessary permissions to drive this fun vehicle because we chose not to grease palms. Our intrepid managing trustee does not give up easily and made those very frequent trips to the Andheri RTO and beyond. She got herself a license and thoroughly enjoys the occasional ride with our beneficiaries. The bumper sticker on the auto rings very true: "Safer than a bike, cheaper than a car". We travel all over the 'burbs', delivering dabbas, or shopping.





Our kitchen waste continues to fill our compost bins. This year we were lucky to partner with I-Kheti. They came out to help us pot and grow our small garden.



Our collaboration with Robin Hood Army is ongoing. We continue to cook and provide 25-30 dabbas every week to street children.



While we were training in earnest getting ready for launching Café Arpan, we had an exciting simulation session at Bombay To Barcelona, a beautiful café located in Marol, Andheri East. Amin Sheikh is an inspiration to us, and we valued this experience enormously! Thanks to the Veruschka Foundation for partnering with us in this Serving Change event.

café arpan

YASH CHARITABLE TRUST



It took us a while to find an appropriate shop that could be used as a café: there were many factors to consider. Safety and ease of travel for our team members were prime considerations. Luck was on our side – we managed to find something that met most of our criteria! Once we signed the lease deed and began chasing the required licenses, the team began training and practice in earnest. Training began with simple tasks: holding a tray, walking with a tray, setting it down and placing an order on the table; practising to say: “Good morning, welcome to Café Arpan” or “Please come again!”; learning how to clear a table and wipe it down. We also had ‘cooking classes’ where we learned how to make the items on the menu. Some of our team members became more proficient at making sandwiches, while others began to practice making beverages. Everyone worked on their social skills.





Our music group has become bigger. Ram has also trained in Indian classical music and plays the tabla. Samvit is showing us certain skills in playing percussion. Nandini does not play any instrument but enjoys the sessions. Rajeev continues to work on rhythm as therapy as well as develop their repertoire of classical and semi classical music.



And gosh were we active!
During April, in celebration of Autism Awareness Month, we had our first ever show at the Cuckoo Club in Bandra. This was a resounding success.

The April show gave us courage to go bigger and better and on 3rd December on International Day of Persons with Disabilities (IDPD), we showcased our talents during an hour and half inclusive montage at Manek Sabhagriha in Bandra.





In the meanwhile, Aarti and Pratibha continued to impress audiences with their musical skills. In September, both were invited by the Delhi-based NAAD Foundation to perform at the historic Gaiety Theatre in Simla. Accompanied by their guru Smt. Aparna Deodhar, Aarti and Pratibha wowed the audience by their musical prowess. They were fortunate to be in the company of the renowned flautist, Pandit Rajendra Prasanna.

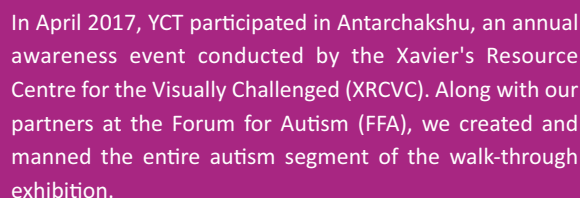


In October, NAAD Foundation organized a concert at the Swatantrya Veer Savarkar Auditorium in Mumbai. Aarti and Pratibha were invited to perform solo pieces as they opened the show for the Grammy award winning, Pandit Vishwa Mohan Bhat, renowned instrumentalist who plays the Mohan veena. The girls, both of whom are big fans of the maestro, were enthralled to click pictures with him after the show!

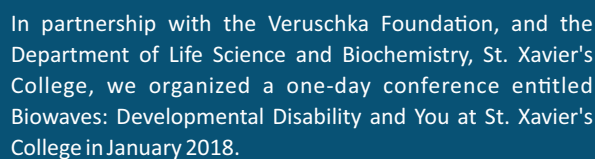


During this year, Christopher Pereira got together a group of musicians who volunteered to spend one Sunday evening a month jamming together with our team members. Chris himself plays the clarinet and accompanying him for most practices was Elson on the keyboard and Enrico on the saxophone. Occasionally they were joined by Ashwin and Praveen. Besides the warmth and camaraderie of the Sunday sessions, these boys were very integral to our successful show in December. A big thank you is certainly in order to these wonderful people!





During the year, we conducted awareness workshops at St. Peters in Bandra on sexual needs of adults with special needs. The sessions were very well received.



Sushama was one of the speakers at the conference and we also cooked and served lunch and tea. It was an enriching experience on many fronts.



In November 2017, we partnered with Ummeed Child Development Center and ran a session of the family support group.

In January 2018, Sushama conducted a two-day workshop for families of students enrolled at St. Xavier's College on transitions and future planning.



OUR TEAM



AARTI NAGARKAR

My name is Aarti Nagarkar. I love music very much. I love to sing. I work hard at Arpan; I try to make tea in the mornings. I cut vegetables well. At home, I like to make coffee with Splenda. For breakfast, I love lots of fruit. My best job at Arpan is to help to cut vegetables. I don't like to take shortcuts, but sometimes I do!

ABDUL KADER MAMAJI

My name is Abdul Kader Mamaji; my friends call me Abuli. I love to work at Yash Charitable Trust. All my colleagues here are my friends. I love to dance and I dance well. I have acted in one movie, the name of which is Ahaan. I am waiting for it to be released. I feel bad when I get shouted at by my supervisors. Before I came to YCT, I lived in South Bombay and trained at Sophia College and then went to Shradhha, a sheltered workshop. I miss my friends over there and once a week I go and visit them.



ANAND JANGIR

My name is Anand Jangir. I am a 33-years-old. I like coming to Arpan very much. I work at Dilkhush and also at Arpan. My favourite thing to do is to play my tabla, but I also have many friends here at Arpan.

BUNNY AIJAZ AMAN

My name is Bunny Aijaz Aman. I live in Jogeshwari. My hobbies are singing, cycling, swimming and playing computer games and making puzzles and watching movies. I like to play bongos. At Arpan, I like to pack the dabbas, and do deliveries. I have learned to travel by myself from Jogeshwari to Juhu. I take two buses and the train to get to work. I try hard to come on time.



CHETAN JAWALE

My name is Chetan Jawale. I come to Arpan to work. My work is fun and I have lots of friends. I save my salary in the bank. When I go home, I go to dance class. I like all the work I do at Arpan. Anand is my friend and is trying to teach me to cross the road and go home.

NANDINI RAJWADE

My name is Nandini. I was in St. Teresa's Special School for 17 yrs. Now I am in Arpan. I can polish my nails and put mehendi now. I like to cut vegetables in Arpan and serve customers in the cafe. At home I wipe utensils and fold clothes. I love to go to hotels to eat and to see movies. I will work in Arpan for 20 years, because I like it here. I also like to read story books, colour drawings and write essays on places we visit.



OUR TEAM



NAZNEEN KAGALWALA

My name is Nazneen Kagalwala. I like to come Arpan. I have many friends here: Anand, Aarti, Bunny, Chetan, Raees, Sudha, Pratibha, Nandu, Nanda, Pandit, Shashi, Asha, Kavita and Anita. My Teacher Sushama Aunty teaches me good manners and Sucheta Aunty teaches me art and craft. I like to pack dabbas the best. Every day, I travel by auto to Arpan. I stay with my parents and brother's family. At home, I like to play with my nephews and do cross stitch.

NIKHIL SHARMA

My name is Nikhil Sharma. I completed my NIOS in 2016. I like to chat with people in WhatsApp groups so that I learn something new about some thing or the other. I work at Café Arpan and I want my family members and friends to come to the Café. I travel everywhere (including to the USA) on my own. My hobbies are finding music sites on the internet. I also like Kaun Banega Crorepati. My favourite restaurant is Dakshinaya.



PRATIBHA KAMATH

My name is Pratibha. I like to do work at Arpan. I come to work in the car. I love to cook. My hobbies are doing work in the home and at Arpan. I love to wash vessels, help my grandmother and grandfather – give them medicines, put their socks on, keep their clothes out and so on. I love to talk on the phone with my friends. In my spare time, I play the sitar and dance. I like to perform on stage.

RAEES SHAIKH

My name is Raees and I live close to Arpan. I like to come to Arpan every day. Sometimes I get into trouble because I don't really want to do the work! I love to go and deliver dabbas. I go with Shashi uncle by bus – it makes me happy to do that. I like going to movies and Hindi music. I know lots of songs.



SAMVIT DESAI

My name is Samvit Desai. I am loving my work at Arpan. In particular I love working with all the friends I have made here. I also am very fond of being creative on the computer. I like to play music and dance and I have been told I am quite good! My favorite hero is Shahrukh Khan!

SUDHA CHHABRIA

My name is Sudha. I live with Pradeep and Kirti who are my brother and sister-in-law. They are like my father and mother to me and love me very much. I have been working at Arpan over a year now. I like to work here, I specially like to cut vegetables. I love to cook and I cook at home also. I also like to see movies. I have many friends here at Arpan.



ANITA PARMAR



NANDU DAS



ASHA DIVTE



SHASHI AKREY



KAVITA AKREY

OUR TRUSTEES

A wonderful set of very diverse individuals comprises the Board of Trustees. These are persons who have unflinchingly volunteered their time and efforts to take on these special responsibilities. Their varied talents and expertise bring an enriched perspective to the activities of Yash Charitable Trust.



Sushama Nagarkar, Managing Trustee, is a parent of an adult with developmental disabilities. She believes that individuals with developmental disabilities are people first and that their disability does not define who they truly are. She also believes that with the right kinds of supports every adult with developmental disabilities can live a very fulfilling life and be an active contributing member of the community that he or she lives in. Sushama completed her undergraduate and graduate degrees in psychology from St. Xavier's College and Bombay University and continued to obtain a Specialist degree and national certification in School Psychology as well as a Doctorate in Special Education during a 15 year stay in the US. She is a registered Rehabilitation Psychologist with the Rehabilitation Council of India.

Aakil Mahajan, born and raised in Mumbai, has completed his Bachelors in Industrial Engineering from Northwestern University, a Certificate Programme in Managerial Analytics from the Kellogg School of Management in Chicago and a Masters in Business Administration from IESE Business School in Barcelona. He started his professional career in strategy consulting with Ernst and Young Private Limited in India. In pursuit of creating a strong and meaningful impact, he moved to the development sector and joined Pratham Education Foundation and ASER Centre in 2012. His work at Pratham/ ASER in a leadership role included program management and strategy, and monitoring and evaluating impact. Upon completion of his MBA in May 2017, Aakil is currently working as a global purchasing manager for Henkel AG & Co.



Ashaita Mahajan was born and brought up in Mumbai and graduated with a BA in Economics from St. Xavier's College. She went on to pursue a Master's degree in Music Management at the University of Sheffield. Having a passion for the performing arts – music in particular – her professional life has included working on projects and with companies that function in the live entertainment space. Having recently completed four years working at the National Centre for Performing Arts in Mumbai, during which time she was actively involved in promoting arts and culture to young children across the city, Ashaita is currently devoting several hours a week to furthering the cause of YCT. She manages the social media and outreach activities efficiently and is deeply committed to making this world a better place for our beneficiaries. Her cousin Aarti, who has autism, is her biggest inspiration when it comes to music and learning.

Meena Narvekar completed her post-graduation in Clinical Psychology from University of Bombay several years ago. She subsequently worked as a School Counsellor in Happy Home and School for the Blind, Worli mainly counselling visually impaired children and their families. From 1983 to 1991 she worked as a lecturer in SNDT Womens' University teaching psychology to students of the Junior College in all three mediums of instruction (English, Marathi and Gujarati). Over the last few years Meena has devoted her time and energies to her large extended family. She is passionate about music, and all forms of artistic endeavours.



Lata Shetty is an alumna of St Xavier's College, Mumbai. After working for over 20 years in the banking sector, Lata took voluntary retirement and began to devote more of her time and energy to other pursuits that were important to her. A considerate and caring individual, Lata has found her niche in helping others and whatever she undertakes to do is done with her total commitment. Lata has been reading to the blind and recording books for them for several years now. Many of the books she has recorded can be found at the National Association for the Blind in Worli, Mumbai. In addition, Lata travels across India for a few months of seva every year. During these months, with a smile and total devotion, she undertakes whatever chores are assigned to her, whether it be cooking, cleaning, or other organization activities. Over the last year, Lata has devoted her energies to managing the running of Arpan, our supported employment initiative. She spends many hours a week ensuring that the operation runs smoothly and efficiently.

OUR ADVISORY BOARD

We are fortunate and grateful to have on our advisory board, individuals who have worked for many years in the world of disabilities. Collectively they have over 125 years of experience between them! The beauty is that they continue to advocate tirelessly towards bettering lives for individuals with disabilities and make a huge difference in the life of every such person they encounter.



Jody Cook believes that all people have common goals for home, work, family, friends and that vocation, recreation, and community involvement are crucial to a balanced and fulfilling life. Jody also believes that activity, opportunity and involvement are essential rights that should be accessible to all individuals regardless of ability.

Debbie Flores has officially retired from teaching after serving students with special needs and their families for over 36 years. For most of her career, she focused on cultivating inclusive environments to produce positive post-secondary outcomes for all students. Since her retirement in May, 2015, Debbie continues to work in the field of education and transition services through various venues. Debbie also volunteers for the Missouri Humanities Council with their Read from the Start Program, is a member of the Community Gospel Choir of St. Louis and a proud grandmother.



David Hampton Hampton works as an Associate Professor at Bowling Green State University in Bowling Green, Ohio, USA. David has been drawn into working with students who are transitioning into meaningful adult life due to his lovely niece, Rebecca who has significant Developmental Delays and Autism. David has been a staunch advocate for young adults with significant disabilities as they work to enter competitive employment and seek programming to further their social and emotional development.

Rajeev Kamath is a parent of an adult with autism and over the past few years, given his intense interest in music, he has been experimenting with mapping the benefits of music for adults and children with special needs. Benefits which he believes permeate their day-to-day lives. Currently, Rajeev drives Tarang, the music initiative of YCT where our beneficiaries train and perform for larger audiences. Rajeev has a PhD in Artificial Intelligence from Indian Institute of Technology, Madras at Chennai.



Sarbani Mallick is the Founder Director and Managing Trustee – Bubbles Centre for Autism in Bangalore. She began her journey of discovery in the field of Special Education in 1997 after a chance volunteering opportunity at a special school close to where she lived. This center runs a day care school program for children with Autism in the age group of two to 18 years. Currently, there are 40 children in the school. Sarbani regularly conducts batches of “Mother Child Program” and reaches out to many parents empowering them with the Structured Teaching methodology. More recently, Sarbani has been actively involved in the launch and development of the Pragati skill training center also under the aegis of Biswa Gouri Charitable Trust. Pragati will focus on preparing skill equipped individuals towards a range of real world employment opportunities.

Anuj Jodhani is a seasoned hospitality professional based in Mumbai. A graduate from the prestigious Institute of Hotel Management, Anuj is the co-founder and Managing Director of 'Sushi and More' - India's first take-away and home delivery Japanese food concept. In addition, he is the founder & CEO of 'The Good Food Co', a vegetarian, international food cafe.



IN GRATITUDE

To our parents and families - thank you for your unconditional love and support. Our team is an amazing bunch and grows stronger by the day because of you. To our supporters and well-wishers who have opened up their hearts and their purses without asking questions. Thank you for believing in us! Here's to our ever-growing YCT family! We could not do what we do without all of you.

SPECIAL THANKS TO THE FOLLOWING...

Anju Kamath: A neighbour of Anju's suggested that she visit us to find out if there is volunteer work available. And we hung onto her! She is a natural teacher and has been working on developing literacy skills with Chetan. She helps in the kitchen, volunteers at our food stalls and is here whenever we need her. Thank you, Anju!

Amar Sukhi, Managing Director of Security & Personnel Services Pvt. Ltd. is also an avid jazz saxophonist. He has supported us since our inception and believes in our raison d'etre. He has decided to contribute to YCT the earnings from every music gig that he does across Mumbai and beyond. Thank you, Amar!



Anand Mahajan, CEO – India Region, Saint-Gobain and Managing Director, Grindwell Norton Ltd. continues to provide unconditional support on many fronts. We are grateful that he believes in our vision.

Godavari Jangir: Quiet, simple and hard-working. Such an amazing asset! Godavari began spending a lot more time sharing her wonderful culinary skills with us this year. Apart from bringing in creative variations to our core menu, Godavari teaches our team members all kinds of add-ons such as cookies, muffins and other goodies.



Dr. Sachin Rathod is an occupational therapist by profession. He was introduced to our team by Ashaita. It took a short visit and lunch for him to offer his services to do a weekly meditation and yoga session. Our team really looked forward to every session with him. We are happy for him that he has decided to pursue further studies. It has been a loss to us!

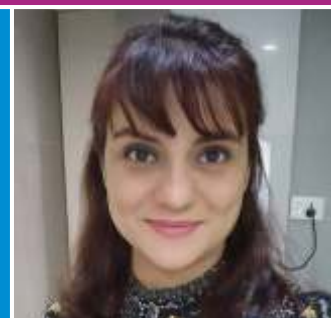


Sahil Shirke came to us through the ConnectFour network. He was with us temporarily between semesters. But Sahil's enthusiasm and drive knew no bounds. Our team learned about Sudoku and chess from Sahil. They also went on a field trip to Shivaji Park under his watchful care. He is back to college now but we look forward to having him around again as he completes his studies.



Shweta Shah is a student and came to our doorstep wanting to do a short film for one of her class projects. The film brought her back to us over a few visits and the stories she has captured on film totally bowled her over! She has been dancing through her life and she offered to conduct a weekly dance class for us. Sia handed the baton over and Shweta happily took it!

Sia Mirchandani: A chance encounter in looking for a maid brought Sia to our doorstep. An accomplished dancer, and deeply spiritual, Sia spends any spare time she has (from looking after her two adorable children) with us, primarily taking a weekly dance session. She ably choreographed the dances for both our shows and received rave reviews from our friends and well-wishers.



OUR FINANCE REPORT

Particulars	FY 2016-17	FY 2017-18
Income	8,28,174	28,80,125
Expense	4,32,750	7,69,041
Opening balance carried forward	3,26,444	7,21,868
Closing balance carried over to balance sheet	7,21,868	28,32,951



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