



ANNUAL REPORT

2018-19



MESSAGE FROM THE MANAGING TRUSTEE



Dr. Sushama Nagarkar

Saying that this year has been eventful is an understatement! As we work towards achieving our vision, that persons with developmental disabilities live and work in the community of their choice with dignity and self-respect, I am amazed at how strong is the power of the collective!

Apart from a rapidly growing group of beneficiaries, we also have a strong parent and community volunteer support network. And we are able to make a difference in the lives of many individuals. Not only those with disabilities, but also those without.

Fortune favours the brave, as they say. During the 2017-18 year, we took an ambitious step forward towards providing supported employment by renting out, at an exorbitant rate, a small space for a café. Naturally it was to be called Café Arpan. Bina and Sanya took charge of designing the space and waived professional fees. Anuj, our F&B consultant ensured that all equipment was safe and easy to operate.

And we began training for the café in earnest early in 2018. Balancing cups of tea and other beverages, while pretend customers were being served was an exercise in patience and perseverance for not only our team members, but all trainers. Our volunteers were amazing in their enthusiasm to help out wherever needed.

Some team members are best at greeting customers: Aarti's years in the US make her want to shake hands and say "Namaste" simultaneously! Anand decides that he is going to work in the beverage section and takes charge with aplomb! Aaron is the happiest when left to himself in the kitchen. He considers it his domain and whips out

menu items to perfection. Pratibha adds a certain finesse to her work. Each team member adds a little something special to our wonderful café.

A big hurdle along the way was procuring our eating house license from the BMC. This was the ultimate test of our patience yet! It took all of four months and countless long waits in cobweb infested passage ways at their Andheri office. But no, we did not bribe and nor did we give up. We finally got the license.

August 2, 2018 was our launch of Café Arpan. Since then, it has been an amazing journey, not without its challenges. After all, what did we know about running a café? As luck would have it, a wonderful sensitive young man, trained in the F&B sector, came our way. Mihir is young and thoughtful, excited about trying new recipes and constantly on the lookout for innovative new ideas.

Things went really well for two months and then a huge tragedy befell us. We lost Nazneen to a debilitating disease in November 2018. She had been with us since 2014 and one of the most enthusiastic persons we knew. Her passing has been very hard to fathom.

Fortunately, we are a close-knit team and look out for each other. The rest have thrived in this new environment. Coming to work is exciting and loads of fun. The team feels valued and appreciated, loved and respected. At the end of the day, is that not important to us all?

Thank you for your continued support!

IN MEMORIAM

Soon after Nazneen's passing, **Jamila**, her mother wrote: "My daughter Nazneen is no more but she lives on in Arpan. She was a core member of the Arpan Catering Service – she was always in a sheltered environment – and when I decided for her to join Arpan, I was a little hesitant because now she would be interacting in a semi-sheltered environment. But this was just the place for her. I offer my gratitude to God for gifting Nazneen to me who was the epitome of true and unconditional love. Below her underdeveloped wings, lay a fluttering soul, which was as restless to fly as anyone else. Nazneen symbolized a purity of soul and the strength of high spirits. Her expectations were small and love was in abundance. Nazneen was pure just as the way the great rivers remain eternally pure, despite the filth that runs into them. Her purity was reflected in her innocence."



Nazneen Kagalwala

(17th August, 1979 - 10th November, 2018)

Ashaita Mahajan, trustee, shared at our annual show in December, 2018: "We lost a very special, loving, mischievous, warm, nurturing daughter, sister and friend last month. Nazneen was very, very dear to me and all of us. She was one of our first recruits - very shy when she first met us, hardly any eye or physical contact. Nazneen took her own time to warm up to the people around her. But once she had overcome that initial hesitation, there was no stopping Nazneen.

She went from a mild hand-shake to full-blown hugs and cuddles. She was caring and considerate to the point where we had to actually reign her in because she wanted to help everyone with everything. Nazneen was the mama bear for the team - specially with our newer joinees. She always made every attempt to make the newbie feel welcome and wanted.

Her smile was infectious - her laugh even more. The video you just saw was just a tiny fraction of the footage we have of our darling girl. I miss her a lot - we all miss her very much. We would like to thank her wonderful family for being here with us today. We believe Nazneen is still with us, looking over us and making sure this show is a big success. So we dedicate this show to her memory. Thank You."





arpan FOOD SERVICES

Café Arpan was inaugurated on 2nd August 2018 and is serviced by a team of specially-abled adults, supported by a manager and kitchen assistant. It is Mumbai's first café that solely employs adults with developmental and intellectual disabilities.

The team takes orders, prepares the food and beverages from the menu, serves all customers and is responsible for setting up the café in the morning and cleaning the space at the end of the day. We have discovered that the café is the perfect place for our team to build confidence, hone skills, and feel empowered and accepted in their communities.

Our first supported employment program was launched in April 2015 as Arpan Dabba Service. At the time, we started out with a team of five beneficiaries, preparing and delivering freshly cooked lunches to customers in the Juhu, Santacruz, and the Bandra area.

Our team members (as we call them) played an active role in every step of this process - from sourcing the raw materials, to preparing and delivering the meals. We expanded this initial service to one that is more diverse in nature and called Arpan Food Services. We cater and cook and bake according to specific client requirements: whether it is specially prepared snack boxes or fresh desserts or a good old-fashioned biryani. Our team of beneficiaries are an integral part of this initiative.





BREAKING BARRIERS

12 with learning disabilities to brew change in cafe

HT Correspondent

■ htmetro@hindustantimes.com

MUMBAI: In a show of grit and perseverance, 12 youths with developmental disabilities have embarked on another



“In fact, we have a musical group, named Tarang, which consists of harmonium, sitar, banjo and tabla players as well as Bharatnatyam dancers.

Some of the dishes served

Where a cup of coffee is served with a difference

Café Arpan, which has employed people with disabilities, offers its customers an enriching experience





Tarang is the musical initiative of Yash Charitable Trust. Our team is very talented and over the years has performed across several venues across the city and beyond. In addition to practising for stage shows, the weekly sessions have a therapeutic element with built-in rhythm exercises.

We would like to make special mention of Pratibha Kamath who is an accomplished sitarist and has

had a solo sitar performance for an hour and a half at a stretch on stage in Chennai during this past year. We, at YCT, firmly believe that music not only has an enormous therapeutic value, but creates a valuable space for our team in the community.



सांख्यिक इकावीपुत्र

In December, 2018, on the occasion of the International Day of Persons with Disabilities (IDPD) we hosted Saarang Sandhya, our annual cultural extravaganza. This inclusive event was first hosted in 2017 as a way to promote unity through diversity. At the time, the show was very well received in the community and we have decided to host it on an annual basis.

Apart from bringing community members together on one platform, it has served to create a lot of awareness of how talented and multi-faceted our team really is!

Our team is always filled with joie de vivre during practices and the weeks leading up to the big event.





Adult Support Kendra (ASK) was launched in 2017 and works in collaboration with other organizations such as the Forum for Autism, Amaze Charitable Trust, and the Biswa Gouri Charitable Trust. ASK is manned by a group of professionals, mainly volunteers, in the field of counselling, psychology, special education, occupational and physical therapy. Families that struggle with finding the right kinds of support avail of counselling and consultation services. In addition, members of the group conduct workshops, seminars and meet regularly to foster collaborative best practices.



OUR FINANCIAL REPORT

PARTICULARS	FY 2017-18	FY 2018-19
Income	28,80,125	17,77,641
Expense	7,69,041	28,01,924
Opening balance carried forward	7,21,868	28,32,951
Closing balance carried over to balance sheet	28,32,951	18,08,668

IN GRATITUDE

We cannot do everything we do without community support - by way of donations as well as time and energy spent helping us to better what we do. Our heartfelt thanks to the following:

Anand Mahajan, CEO – India Region, Saint-Gobain and Managing Director, Grindwell Norton Ltd. for your continued generosity and support. We are grateful that you believe in our vision.

Harish and Bina Shah Foundation for your financial support during this year.

Bina Shah and Sanya Narang for making Café Arpan such a warm and welcoming place.
Anya Rangaswami for creating the beautiful branding and collaterals.

Our families and volunteers who walk with us every step of the way, believing in our vision and always giving us their unfailing support.

If you wish to contribute towards our cause, you can do so using one of the methods below :

By Cheque made out to 'Yash Charitable Trust'.

By Direct Bank Deposit
Account Holder :Yash Charitable Trust
Bank and Branch : Kotak Mahindra Bank, JVPD
Savings Account No. : 7711476797
IFSC Code : KKBK0000661

Scanning the code below
will take you directly to our
donation page



CONNECT WITH US

We would like to invite you to visit us in Juhu where we run our programs.

Arpan Food Services - 1, Koliwada, H.S. Revdankar Marg, Opp. Juhu Apts., Near SNDT, Juhu, Santacruz (W). Ph : 26600142, 9892418057.

Café Arpan - Shop No. 20, Juhu Ruturaj CHS, Juhu Tara Rd., Santacruz (W).
Ph : 022 2600 0302. +91 74004 90008



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