













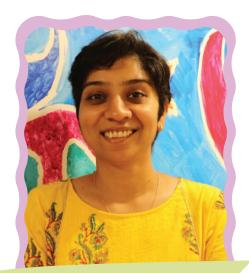






MESSAGE FROM THE CEO AND EXECUTIVE DIRECTOR





Anita Limaye, MD Chief Executive Officer



Dr Vibha Krishnamurthy, MD Founder and Executive Director

FY 2021-22 has been an interesting year, one in which we all attempted to reclaim our pre-COVID lives while being regularly challenged in this attempt by new waves of the pandemic. At Ummeed, we were able to use this transition year to explore hybrid ways of working and thus imagine possibilities for the future.

Almost all our programs (such as clinical services, sensitization and skill-building workshops, long-term trainings, and awareness efforts) continued through the year, thanks to the unflinching support of our donors. We also kicked off formal partnerships with universities and initiated a pilot to help local individuals and organizations in three geographies work together to change the local ecosystem towards making it more inclusive for children with disabilities and their families.

We are especially excited about the Family Resource Center, an initiative that has brought to fruition our long-held dream that Ummeed be a place where professionals and parents work hand-in-hand with each other towards creating an India and a world where every child with and at risk of disabilities can reach their full potential. Through the Family Resource Center, we hope that not only will parents now serve as peer-resources for other parents, but also that this partnership-in-care model between professionals and parents will become more widespread.

We have always thought of Ummeed as more than just the people who work here. Ummeed is a movement that we are all taking forward – our children, our families, our trainees, our partners, our staff members, our donors, and our other supporters. Together, we are helping make India and the world a better place, not just for children with disabilities but for all of us. Thank you for being part of this journey.









INTRODUCTION

This Annual Report encapsulates the activities and highlights of the Financial Year (FY) 2021-2022. As in the past, this Report throws light on our activities, which include clinic-based initiatives, training activities, research work and awareness programs.

The Report is divided into three sections: The first section is a Report on Ummeed's Activities and comprises the year's highlights, our work with our children, families and professionals, further focuses on influencing the sector and concludes with an update on operations. The second section is the Directors' Report and the third section is the Summary of Financials.

As the threat from the COVID-19 pandemic fluctuated throughout the year, Ummeed moved to more hybrid ways of working (in comparison to the earlier year when work was almost entirely online).

While continuing to offer clinical services, training programs and awareness initiatives, there were new directions forged during the year. This included setting up the Family Resource Center (by families, for families), piloting the Ummeed Inclusion Fellowship Program (placing fellows as "Inclusion Champions" in schools), and partnering with the Azim Premji University to roll out the diploma in Inclusive Education. Ummeed's professionals published quite prolifically as well during the year.











The graphic below provides a summary of Ummeed's reach to-date amongst the stakeholders it works with (including FY 2021-22):

Children

(with or at-risk of developmental disabilities)

12,500 children supported since inception

1,140 children supported in FY 2021-22

Professionals

(doctors, therapists, teachers, community workers whose services children and families need)

6,000 professionals trained since inception

1,700 professionals trained in FY 2021-22. Supported ecosystem building in 3 geographics as well as through organizational partnerships and university collaborations

Families

(which form the immediate ecosystem of the child)

2,400 caregivers reached through training since inception

1,200 caregivers supported through clinical sessions/family support groups/trainings in FY 2021-22

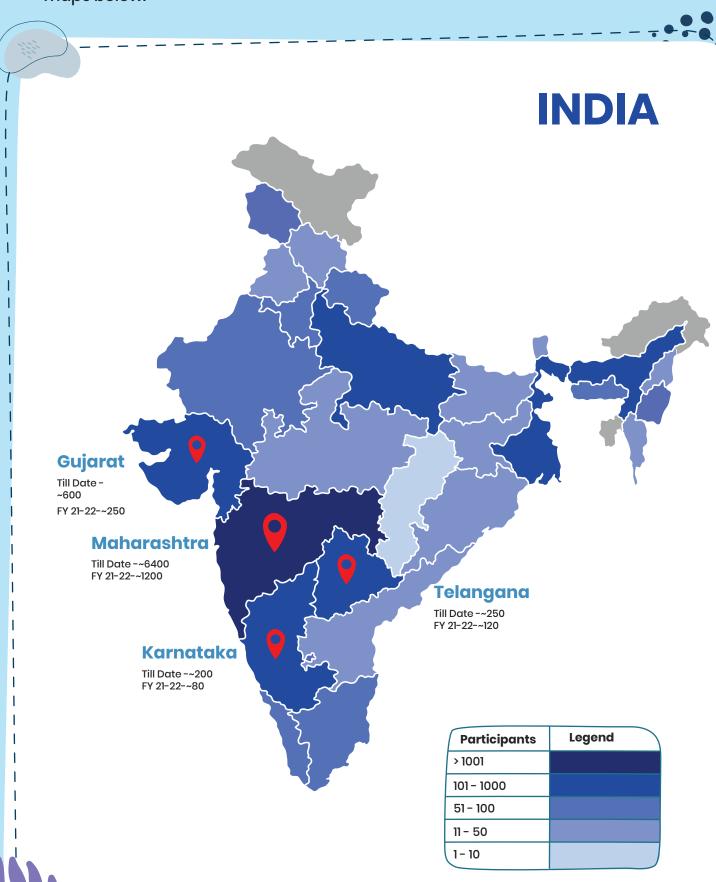
Society

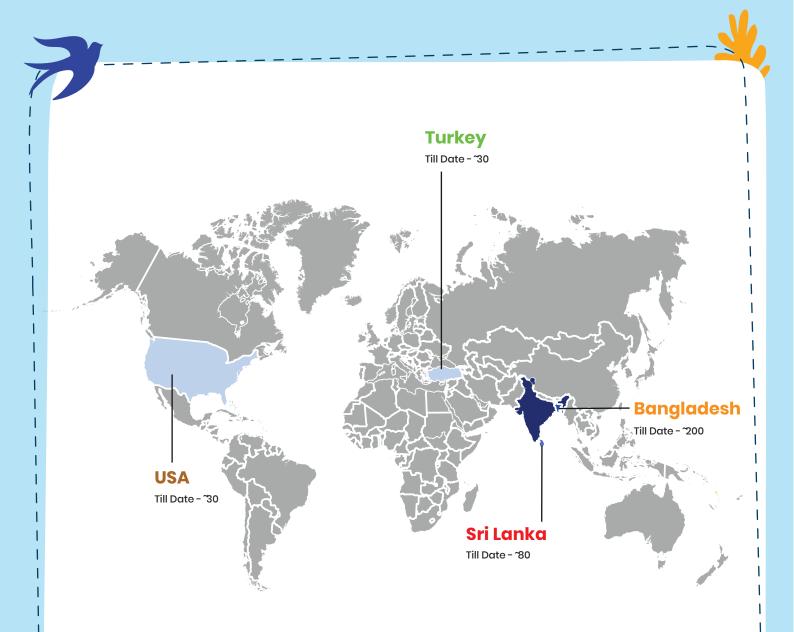
(within which children and families have to thrive and not just survive)

0.2 million people reached through social media campaigns, newspaper ads and other means

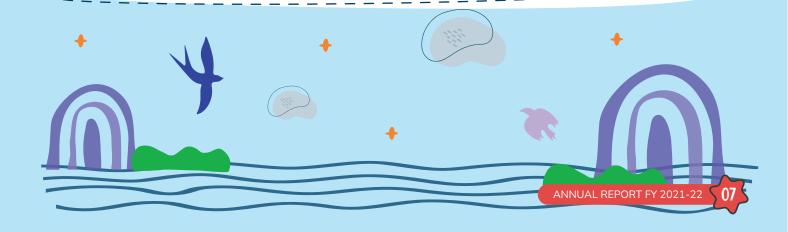
Indirect reach to about 1,00,000 children and families in FY 2021-22 and ~0.35 million children and families since Inception

Over the years, Ummeed's direct and indirect reach has spanned most states and union territories of India and several other countries as well, as can be seen in the maps below:





| Participants | Legend |
|--------------|--------|
| > 501 | |
| 101 - 500 | |
| 51 - 100 | |
| 1- 50 | |





- FY 2021-22 was a special year as Ummeed celebrated its 20th birthday on 5th November 2021!
- During the year, Ummeed supported 1,140 children through ~11,900 clinical sessions (sessions increased by ~32% compared to FY 2020-21). Of these, ~85% of the sessions were conducted online and ~15% were face-to-face, the latter mostly in the second half of the year. ~75% of families received concessions (compared to ~70% in FY 2020-21); ~40% of families reported an income of less than Rs. 15,000 per month.
- The Family Resource Center (FRC) was set up during the year. The FRC is an initiative aimed to enhance the voices of caregivers within Ummeed's services and enable them to become resources for other families. The FRC team collaborated actively with existing teams at Ummeed (such as the Social Work and Mental Health teams) to make information, resources, and rights more accessible to families.



Families reaching out to Families



SUPPORT



Information Sharing

Access to Resources

New Family Support

Parent Support Groups

Social & Recreational

Mental Health

KYR Framework

Caregiver & PwD Voice

FRC Model

A SAFE & SUPPORTIVE SPACE

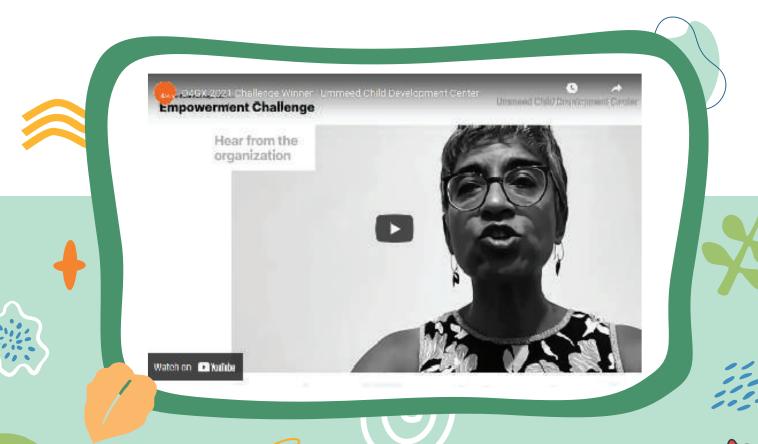
AN INFORMED & EMPOWERED COMMUNITY







- ◆ Ummeed's training programs reached about 1,700 professionals (~42% doctors and therapists, ~40% school professionals, ~18% community workers) from 23 states and 4 union territories. All trainings were conducted online with some visits to trainee sites for training delivery, on-site supervision, and mentoring. Ummeed also piloted the asynchronous-synchronous format of training delivery with the Autism Intervention Training Program (AITP).
- ◆ Ummeed carried forward the pilot that had been initiated in FY 2020-21 of geography-level ecosystem building in three cities (Jalgaon, Hyderabad and Guwahati), towards enabling early identification, early and appropriate intervention, and platforms for the voices of children with disabilities and their families. Exploratory conversations were initiated in one other geography (Pune).
- ◆ Ummeed partnered with the Azim Premji University to roll out a diploma program in Inclusive Education – this is the first time Ummeed has engaged in such a formal arrangement with a university for an entire course curriculum. In parallel, Ummeed has continued its engagements with other universities such as the DY Patil University, Manipal University, Tata Institute of Social Sciences (TISS), and others for internships.
- → Ummeed continued to hold a special interest group of participants from the PREP (Pathways and Resources for Engagement and Participation) program to promote "participation" as an outcome in children with disabilities more widely. For this program, Ummeed won the 2021 D4GX award in December 2021.



- ◆ Ummeed completed a pilot program to explore the feasibility of implementing its inclusive Early Childhood Development program by anganwadi workers within the existing Integrated Child Development Services (ICDS) framework in Wardha district, Maharashtra, in collaboration with the Mahatma Gandhi Institute of Medical Sciences (MGIMS). Ummeed was also the joint recipient of the National Institutes of Health grant which over the next few years will enable testing the effectiveness of the Guide for Monitoring Child Development (GMCD) tool in changing outcomes related to child development and caregiving practices, identifying factors that help or hinder implementation, and the cost of such interventions/outcomes.
- ◆ Ummeed's team published prolifically (~10 articles) in peer-reviewed journals on topics ranging from the role of telehealth in developmental pediatrics, the efficacy of online parent training on autism, the impact of the pandemic on the mental health of children with and without disabilities, and the effectiveness of narrative therapy in supporting children's mental health.
- ◆ Ummeed carried out multiple awareness campaigns through the year, including on specific days such as World Autism Awareness Day (WAAD) and International Day of Persons with Disabilities (IDPD). A key feature of these campaigns was their tonality and featuring of children and young adults with disabilities and their families.
- ◆ Ummeed hosted two online conferences the "SELebrating Inclusion Summit (SIS)" in April 2021 and the "Transformative Power of Inclusive Early Childhood Development (ECD)" in February 2022.



- → During the year, Ummeed's team size grew from 100 to 113 (including employees, consultants, and fellows). As part of the campaign to combat COVID-19, the Human Resources (HR) team offered vaccination support to staff members, as well as initiatives to support their well-being and mental health during the extended pandemic period. Ummeed also kick-started an internal "Diversity-Equity-Inclusion (DEI)" initiative, towards which it rolled out an all-staff bilingual survey for feedback on the current state of diversity, equity, and inclusion at Ummeed and recommendations for the future.
- Between December 2021-Feburary 2022, Ummeed rolled out MS 365 as an organization-wide office management system. Several additional features of the Training Management System (TMS) also went live during the year.
- → Corporate, institutional, and individual donors continued their support to Ummeed which enabled us to sustain current programs, start new initiatives and expand our reach. Ummeed remains deeply indebted to all its donors for their continued support and commitment to Ummeed and its work.







Ummeed's work with children with disabilities aims to support early identification, early and appropriate interventions, participation in home/school and community, and self-advocacy.

Ummeed reaches children with and at risk of disabilities through its direct programs which include consults, assessments, and therapies by its team of developmental pediatricians, occupational therapists, physical therapists, autism intervention specialists, counsellors, special educators, social workers, and others.

In addition, Ummeed runs an Early Intervention Center to help children with disabilities become school ready.

Ummeed's services for children also include fun clubs, summer and winter clubs, and Apna Adda, all of which offer children with disabilities a space for fun, leisure, friendship and conversations.

Many of Ummeed's children now play the role of self-advocates on social media, in Ummeed's training programs, and on other platforms such as UNICEF.

Ummeed reaches out to children with and at risk of disabilities in communities across India through its trainees.

ACTIVITIES

- Individual and group sessions (diagnosis and therapy)
- * Early Intervention Center (EIC, for school readiness)
- * Fun clubs, Library, Apna Adda (for leisure)
- * Collaborations with other therapists/school professionals
- * Reach through trainees

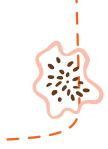
REACH

Direct

- * 1,140 children supported directly through 11,000 + sessions
- * ~75% children from low to middle income backgrounds
- * 19 children supported through the Early Intervention Center
- * 109 children participated in Fun Clubs and Apna Adda

Indirect

* ~85,000 children supported through the work of trainees



OUTCOMES

Early identification & intervention

- * ~41% of children receiving services at Ummeed between 0-6 years of age
- * ~15% of children monitored through the early childhood development program identified with delays/disabilities



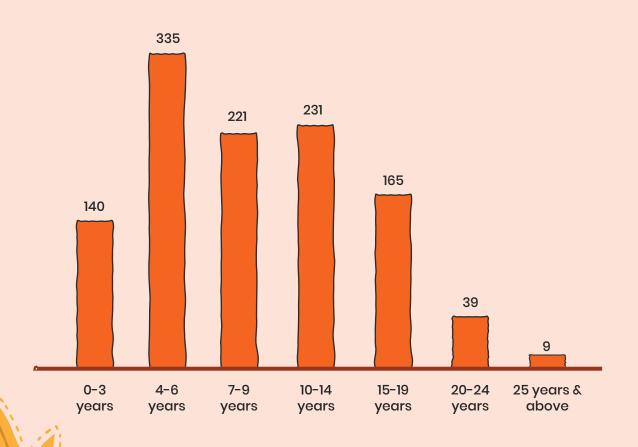
Participation

- * 8 out of 19 children (42%) from EIC transitioned to schools; 10 out of 19 children (53%) to continue online/F2F EIC next year
- * 32 children supported with one or multiple equipments for better participation

Sense of agency

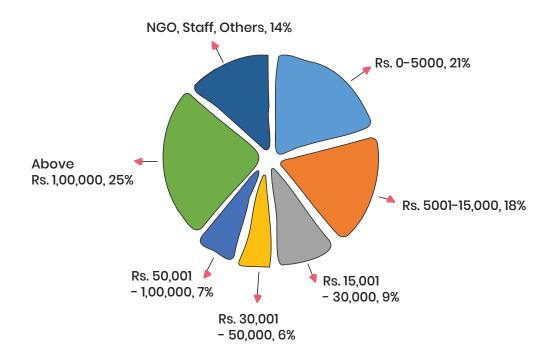
- * 25 young adults supported to have conversations about "what is important to them"
- * 10 children/young adults spoke up as "self-advocates" in training programs, awareness videos, other initiatives

Age distribution of children served at Ummeed's clinic

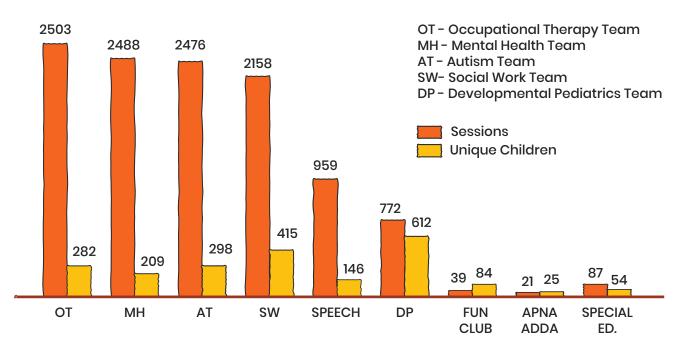




Monthly income of families of children supported at Ummeed's clinic



Distribution of session and unique children by team



Note: The summation of the number of unique children here will be more than 1,140 since some children avail multiple services at Ummeed.



SNAPSHOTS



MANAV

Manav (name changed) is a five-year-old boy who lives in Pune, Maharashtra. While he is an only child, he lives in a joint family. Manav has been diagnosed with autism spectrum disorder (ASD) and has been receiving online autism and occupational therapy sessions at Ummeed since 2021. His parents' concerns stemmed around understanding and communicating with him. They wished that Manav would be more verbally communicative with them and interact with his peers.

Through observations and discussions, Ummeed's autism and occupational therapists set prospective goals and created individualised plans to achieve them. The goal for his autism therapy sessions was to encourage engagement with the family and help in complying with instructions, and the goal for occupational therapy was to improve his play and communication skills. The therapists involved his aunt and his 10-year-old cousin Maya to play with him during sessions, as he was not comfortable interacting with others. They sat with him during his therapy sessions and applied all the strategies offered by the Ummeed therapists.

By the end of the therapy cycle, Manav was more skilled at verbal communication and his resistance at listening to others decreased. After completion of about half the sessions, Manav had started greeting Ummeed's occupational therapist, Snehal, with "Hi Didi" and could request the therapist to display his favourite nursery rhymes on the screen. Once, when his aunt and cousin were playing catch between themselves, he picked up the ball and threw it towards Maya and joined in the play – without being prompted.

At Ummeed, the 10-week therapy cycle is followed by a three-month break where the family continues to implement the planned strategies as per the child's home plan. From follow-ups with the family, the team found out that Manav was just getting used to offline school. He showed remarkable improvement by using small phrases to communicate, sharing toys with family members, observing his cousin's play, and joining in with her by turn-taking. The interventions by Ummeed therapists were planned steps towards the fulfilment of the child's pre-decided goals – eventually enabling Manav's participation in activities with his family and peers.





Disha (name changed) is a 9-year-old girl with cerebral palsy who underwent surgery (lengthening of her leg muscles) last year, and since then has been receiving online physiotherapy services at Ummeed.

Disha is a cheerful kid who likes dressing up and easily communicates with her family members and her therapist. Due to weak abdominal, back and hip muscles, she was unable to sit for more than a few minutes with or without support and she was unable to move her hands to feed herself due to the increased tone in her trunk and arm muscles. Her mother's primary concern was to help Disha sit and eat independently.

At Ummeed, Disha began practicing active assisted exercises of the lower limb muscles to improve strength and passive stretching exercises to maintain the optimal length of the muscles. To help her eat independently, the therapist recommended a CP chair (for posture) and an antiskid bowl and glass (which stick to the surface and prevents food spillage) – and procured the same for her.



Since then, Disha has been using the chair. She sits and eats independently, watches TV and attends online classes. The equipment also helps her mother, as she does not have to monitor Disha's posture and the food spillage has decreased. Thus, the physiotherapy sessions and the equipment made available to her are helping Disha to be independent during her mealtimes.

"I was quite recently diagnosed with ADHD and it took me some time to understand what it exactly was and how I can handle it better. Being a part of the ADHD girl's session which was organized by ECHO ADHD helped me a lot, it pushed me to understand my diagnosis better.

Other than that, sharing my experience was very enriching, it felt great to know that even though my journey was and is a hard one, I can help others by sharing the details of my experience. For the session, I also reflected on the strengths of my ADHD and it made me realize that my career as a writer revolves around my ADHD and makes me great at what I do."

- Rucha Prabhudesai, 22 years, self-advocate, ECHO ADHD Training





Family-centered care is one of Ummeed's core philosophies and families are always a part of therapy sessions. Caregivers observe how the therapist is working with their child and are explained how they too can use these strategies in their home environment to help achieve their child's developmental goals.

Last year, Ummeed activated the Family Resource Center, adding to its staff a team of caregivers that can offer support to other caregivers. The team of three core members and a few other parents that are working part-time have started creating information brochures, conducting Know Your Rights workshops (in partnership with Ummeed's Social Work Team), and reaching out to families seeking services at Ummeed as well as parent-run organizations in different parts of the country. Caregivers of children with disabilities have very little opportunities for respite and leisure, and towards this, the Mental Health team and Family Resource Center have hosted fun clubs and published a quarterly magazine known as *Fursat Mein* and a quarterly newsletter called *Hamari Ummeed*.

Ummeed's professionals also offered a range of skilling workshops to caregivers – such as the Ummeed Parent Program on Autism (UPPA), Managing Challenging Behaviours, Toilet Training, Preparing for Puberty, Playing Made Easy, Writing Made Easy, and What is Mental Health. These workshops were all offered online and some in regional languages such as Hindi as they had participation from caregivers from different parts of the country.

Finally, caregivers were supported in their journey of empowerment and self-advocacy – their voices being heard on social media and as faculty in Ummeed's training programs (such as ECHO Autism and ECHO ADHD).



ACTIVITIES

- * Information resources for caregivers
- * Fun clubs, Fursat Mein, Hamari Ummeed
- * Peer support to caregivers
- * Parent support groups
- * Training on skills
- * Training on rights



- * >500 caregivers received mental health and social work support at Ummeed
- * ~10-12 brochures/newsletters/videos created
- * >80 caregivers accessed leisure opportunities
- * ~200 caregivers participated in Parent Support Groups
- * >750 caregivers participated in sensitization and skill-building workshops
- * >450 caregivers were trained on rights

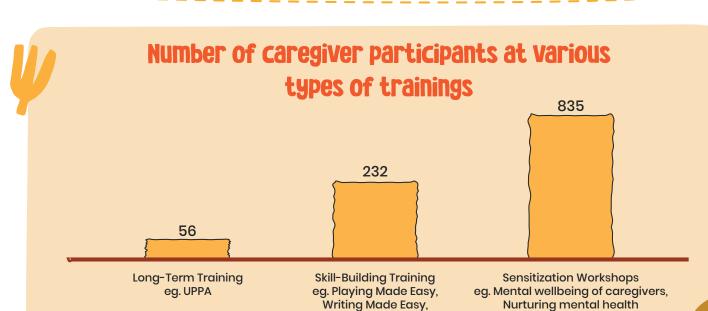


Improved knowledge, skills

- * Family Outcomes Survey conducted with >400 families demonstrated positive scores on 6 parameters
- * ~25% increase in knowledge in training programs such as UPPA
- Partnered with 4 caregiver run organizations from different parts of India, including providing capacity building support for some

Sense of agency

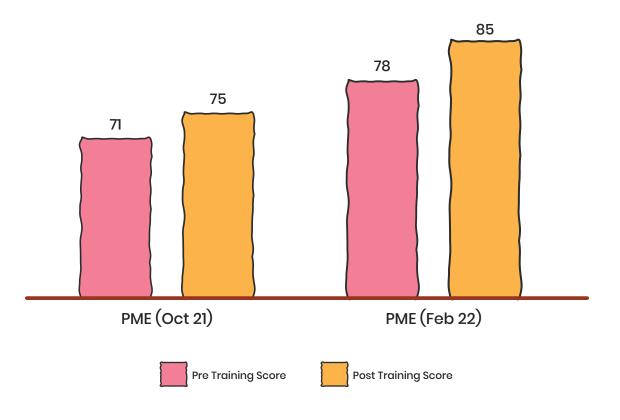
- * Family Resource Center (FRC) set up as a model for others to emulate
- * 7 caregivers spoke up as "self-advocates" in training programs and other initiatives, 4 awareness videos (Mental Health Awareness Day) featured voices of caregivers/family



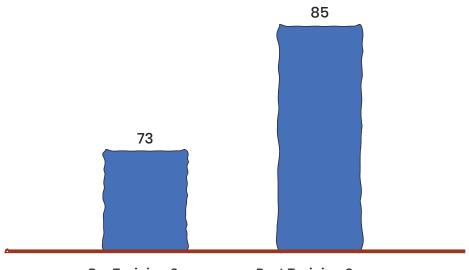
Toilet Training

through play

Knowledge scores of participants from Playing Made Easy Workshop



Knowledge scores of participants from UPPA training



Pre Training Score

Post Training Score

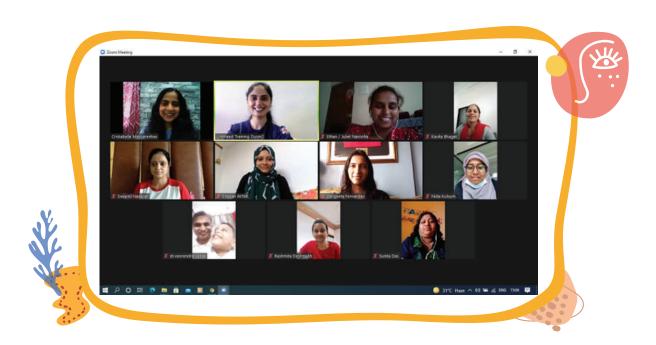


FATMI AT UPPA

Fatmi Hussain, a parent participant of UPPA (Ummeed Parent Program on Autism), is the mother of Sameena (name changed), a seven-year-old girl with autism.

According to Fatmi, "UPPA trained us with simple and different techniques and strategies to improve spontaneous communication, social engagement, play skills and imitation. I implemented those strategies and observed gradual and continuous changes in my daughter."

Sameena has started communicating with Fatmi during playtime and Fatmi is happy with her child's progress. She highly recommends UPPA for caregivers and families facing similar challenges.



KNOW YOUR RIGHTS WORKSHOP

Anaya Shaikh, a 9-year-old girl, receives speech therapy sessions at Ummeed. Anaya's parents attended the Know Your Rights workshop which provides information on the rights of children with disabilities, what these rights entail, and the established facilities that can help them. After the workshop, they were able to apply for a UDID card with assistance from Ummeed's Social Work team.

Another parent, Bharti Kudankar also mentioned how the workshop introduced her to the UDID card. With assistance from Ummeed's social worker, she too was able to get the UDID card, after which she was able to seek school admission and apply for a scholarship.



"Connecting with other parents, increasing my knowledge, and getting the support from people at Ummeed has helped shape who I am today. I want to share my learnings with other parents now."

- Shital Gala,
Parent trainer for KYR and parent mentor for UDID WhatsApp group





PRESENCE OF FAMILIES AS FACULTY IN THE ECHO AUTISM TRAINING PROGRAM FOR PHYSICIANS

In January 2022, Ummeed published a study on "Physician Voices on ECHO Autism India—Evaluation of a Telementoring Model for Autism in a Low-Middle Income Country" in the *Journal of Developmental and Behavioral Pediatrics*. Participants spoke resoundingly about the value of having a parent of a child with autism spectrum disorder (ASD) as an expert on the hub team. They articulated it as a novel and welcome experience. "Having parents as facilitators was a testimony to the whole program. We could see their central role in a child's life. They offered very good points. It was good to hear their perspective and very useful."

(O)

FAMILY OUTCOMES SURVEY

Between January to March 2022, Ummeed undertook a survey with caregivers who sought services at Ummeed in FY 2021-22 using a standardized tool called the Family Outcomes Survey which was adapted and translated for our context. The tool measured six outcome areas such as families understanding of their children's strengths, abilities, and special needs; families knowing their rights and advocating effectively for their children; families helping their children develop and learn; families having support systems; families accessing desired services, programs and activities in their communities; and families acknowledging the helpfulness of the intervention.

422 families responded out of the 1,140 families that were reached in FY 2021-22 (a statistically significant sample, the findings from which can be considered representative of the broader population of families).

The overall mean score was 3.8 (out of 7). Across all families, "Understanding child's strength, abilities, and special needs" and "Helpfulness of intervention" scored the highest at a mean score of 4.3, whereas "Knowing your rights and advocating for your child" had the lowest mean score of 3.1. Mean scores for all six outcomes increased with a long association of the family with Ummeed. Higher family income was associated with a higher mean score for all outcomes. Irrespective of the income category, all families valued intervention (mean score for the outcome on "Importance of Intervention" being above 4.1).



PROFESSIONALS





Through its training programs, Ummeed has been working over the last several years to create skilled resources (doctors, therapists, teachers, special educators, community workers) across India, including in parts of the country where few to none exist.

In FY 2021-22, Ummeed continued to offer sensitization, skill-building and long-term trainings in areas such as early childhood development and disability, autism, attention deficit hyperactivity disorder (ADHD), mental health, and school inclusion. These programs were accessed by professionals across 23 states and four union territories in India, as also by participants from 15 countries.

In addition, Ummeed also delved into building capacity of organizations, especially those in the cities of Jalgaon, Hyderabad and Guwahati - three geographies where Ummeed is piloting how to bring about ecosystem level changes through organizational support and partnerships. Ummeed also began some internal conversations to explore similar work in one other geography, Pune.

The Early Childhood Development and Disabilities (ECDD) program was rolled out in organizations such as SNEHA (Mumbai), Bethany Society (Meghalaya), and CORD (Himachal Pradesh). It was also piloted with an anganwadi system in Wardha in partnership with the Mahatma Gandhi Institute of Medical Sciences (MGIMS).

Towards expanding joint work with peer organizations, the ECHO-ADHD program was offered by faculty from Ummeed and Sethu, Goa along with parent representatives. In addition, in August 2021, Ummeed, Sethu, and Latika Roy Foundation (Dehradun) jointly ran a survey with children and caregivers to understand and document the impact of the pandemic from their perspective. It showed that mental health outcomes worsened during the pandemic for all children, with and without disabilities. But what also emerged were the starker implications for children with disabilities because they had had fewer opportunities for participation and friendship and poorer mental health even before the pandemic started. Ummeed's founder, Dr. Vibha Krishnamurthy, published an article in the *Indian Express* on how the pandemic may actually have been a reprieve for children with disabilities and the implications of this as we move towards a "new normal" in the next few years.

FY 2021-22 was a pivotal year from the perspective of university collaborations with Ummeed tying up with Azim Premji University (APU) and Spastic Society of Karnataka to run a Diploma Program in Inclusive Education. In parallel, Ummeed hosted interns and observers from universities such as DY Patil Hospital, Manipal Hospital, Tata Institute of Social Sciences (TISS), and others. Ummeed also trained one Developmental Pediatrics Fellow and brought on board six school inclusion fellows as part of the Ummeed Inclusion Fellowship Program (UIFP) that aims to support schools in becoming more inclusive and supportive of diverse learners. This UIFP pilot has gone well and the team is already thinking of expanding the program to 12 Fellows and six schools in 2023.

To push the agenda for inclusive schools and inclusive early childhood development, Ummeed hosted two meets – the "SELebrating Inclusion Summit 1.0" and "Transformative Power of Inclusive ECD" that were attended by 580 and 140 participants respectively. The latter led to Ummeed being invited to be a part of an Integrated ECD Network in India.



ACTIVITIES

Individuals and organizations

- * Sensitization and skill-building workshops
- * Long-term trainings
- * University partnerships for internships/observerships, course/curriculum delivery
- * Organizational partnerships for Early Childhood Development and Disability
- * Peer partnerships for program co-delivery

Ecosystems

- * Three geographies (Jalgaon, Hyderabad, Guwahati+)
- * Pilot program for implementing inclusive ECD in the anganwadi system
- * Pilot program for Inclusion Fellows in schools
- * Conferences for stakeholders associated with the school inclusion and inclusive early childhood development space

REACH 9

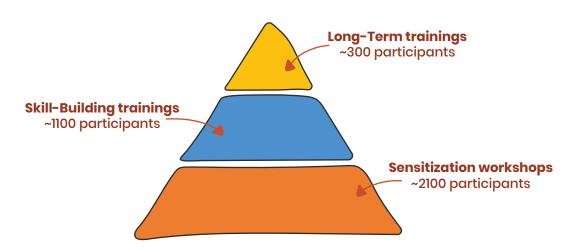
- * ~1,300 professionals trained through ~100 sensitization/skill-building/advocacy workshops
- * ~350 professionals trained through 19 long-term trainings
- * New engagements with organizations such as SNEHA (Mumbai), Bethany Society (Meghalaya), CORD (Himachal Pradesh)
- * Partnership with Azim Premji University for diploma design and delivery; interns and observers from other universities
- * 2 initiatives run jointly with peer partners (ECHO-ADHD, and caregiver survey on impact of COVID-19 pandemic)
- * 10 research papers published
- * 16 oral and poster presentations in national and international fora/conferences

OUTCOMES

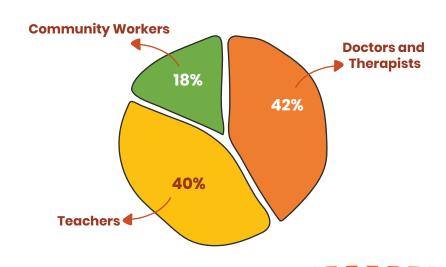
- * Average post-training knowledge scores for long-term trainings between 70-87%
- * ~15% of children monitored through the early childhood development program identified with delays/disabilities
- * Co-delivery of programs and initiatives with peer partners piloted
- * Representatives from partner organizations and geographies at advocacy events
- * Exploring possibility of expanding to one new geography
- * Ummeed invited to be part of Integrated ECD Network in India



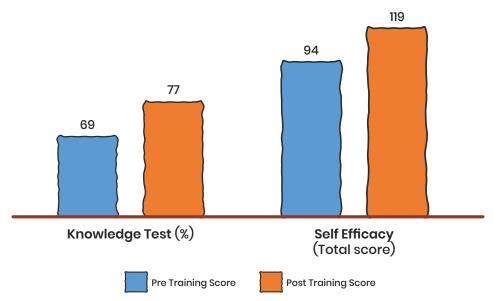
Reach in FY 2021-22 by type of training



Type of professionals reached



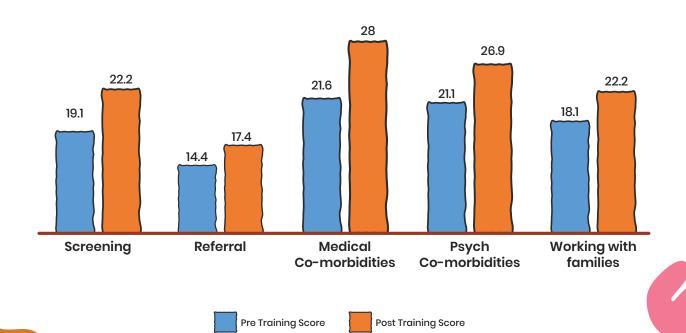
ECHO Autism - Knowledge Scores







ECHO Autism - Self Efficacy Score



SNAPSHOTS





DR. AVINASH BHOSALE

Dr. Avinash Bhosale, a pediatrician from Jalgaon, Maharashtra had been participating in Ummeed's trainings for many years. In 2021, Ummeed began to engage with Dr. Bhosale in a structured and systematic manner towards making early identification and intervention possible for children and families in Jalgaon. During this year, Dr. Bhosale took part in many of Ummeed's long-term and skill-building trainings and referred many of his colleagues to participate in them as well.

In order to increase awareness and his visibility in Jalgaon, Ummeed's team supported him by hosting a few activities such as Facebook Live sessions for building awareness on 'Supporting play and motor skills in children' with over 1,900 participants, and a sensitization workshop on 'Supporting communication in children' with around 14 doctors. In FY 2021–22, Dr. Bhosale diagnosed 10 new children with developmental disabilities. His recent election as an executive board member of the Maharashtra Indian Academy of Pediatrics (IAP) offers him an opportunity to influence the medical fraternity in and beyond Jalgaon.

SADEKHA SHAIKH

"I am Sadekha Shaikh. I am an Inclusion Fellow at Ummeed. I would like to share my overall experience of the Ummeed Inclusion Fellowship Program (UIFP):

Joining the UIFP fellowship, has brought a definite shift in my life. The UIFP has fellows from diverse backgrounds such as mental health, counselling, autism, etc. This has helped me build my awareness about different disabilities and at the same time understand the



different types of support which can be provided to a student. The space of peer-learning that we have in the fellowship has given me knowledge about how a child experiencing autism can be supported, the important role of a counsellor in a school and the importance of mental health and safe spaces.

My knowledge about Inclusion has also broadened. I have come to know what Inclusion could look like in different settings, how it would look like not just in one classroom but the entire school, the challenges for the same, the importance of support from school leaders for making Inclusion into a reality.

DDDD

My major learning was to understand about different disabilities such as Autism, ADHD, Cerebral Palsy, Learning Disabilities, etc. and learning about the kinds of support that could be provided to those who experience disabilities. I also came to know that the environment needs to be fixed and not the child. I now believe that we all have strengths and at the same time we all need support.

I think the UIFP Fellowship is important for a person to understand the school system and how different stakeholders contribute toward Inclusion. I now try to bring Inclusion into every aspect of my life and try to create opportunities for people."





DR. SANA SMRITI

Dr. Sana Smriti is a developmental pediatrician from Hyderabad who did her fellowship in developmental pediatrics at Ummeed in 2019. As part of Ummeed's ecosystem building intervention, the team re-engaged with Dr. Sana to support her in disseminating Ummeed's values of biopsychosocial models, family-centred care, strengths-based approaches, participation-based outcomes to the medical community and other stakeholders in Hyderabad.

Initially, Dr. Sana collaborated with Ummeed in her capacity as a developmental pediatrician working at Butterflies Child Development Centre and she actively participated in Ummeed's long-term trainings which helped her build her capacity to identify and deliver a family-centric approach to those seeking services. She also enthusiastically collaborated with other partners in the region on ideas such as initiating a professional group which could meet regularly to discuss concepts such as family-centered care and various challenging cases.

Over time, Dr. Sana's visibility in the sector has increased and she has started getting invited to speak at meets and conferences. In February 2022, Dr. Sana stepped down from her role at Butterflies to set up her own practice, which she plans to register as a Not-for-Profit organization. [By May 2022, her one-month old centre, within such a short period of time, was able to break-even for the rent and the salary of her staff.] Although Dr. Sana has been practising in Hyderabad for a little over two years now, she has evolved and grown in the field as an influencer and has made considerable strides in collaborating with other partners towards building an ecosystem of family-centered care for children with developmental disabilities.



"It was really [a] very enriching experience to be a part of ECHO Autism sessions. Each case... [presented] day-to-day dilemmas that we face clinically. Despite formal training in Developmental Pediatrics (Fellowship) it is always a treat to learn from such an experienced team of yours."

- Aastha Agarwal (Meerut), **ECHO Autism**

"ECHO ADHD has given me clarity on many questions that often come to my mind when I meet families. The learnings from counselling, medical and non-medical interventions and approach to complex ADHD and the instances where personal stories were shared especially gave me a real perspective. I have been using the formats and questions from the forms shared for co-morbidities. I have also been able to give specific strategies to parents based on the concerns raised. This program helped me to notice and identify kids earlier in their ages, especially girls and those with milder hyperactivity impulsivity symptoms. My strategies have extended from addressing attention issues to executive functions and social impacts and self-esteem of children with ADHD. I use content from what I learnt, to talk to other people who are involved in the life of a child with ADHD, including teachers, tuition teacher, extended family. Facilitating discussions about medication has also become easier."

- ECHO ADHD. **Participant**

"Even though this training is online, the methods, visuals and other material do not make it seem so. In fact, all doubts that I had about the online mode have been proven wrong. Considering that GMCD requires a lot of face-to-face interaction, the endless 'mocks' have helped me to build confidence in probing."

- CDA Candidate. Dadra Nagar Haveli













INFLUENCING SOCIETY

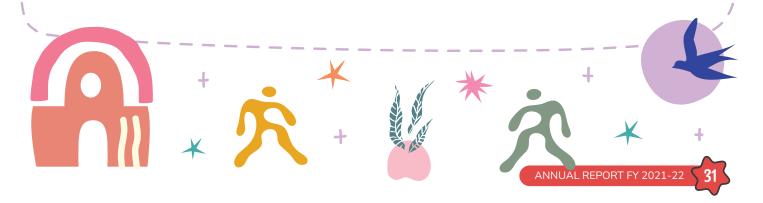
There is a huge need and opportunity to build awareness, knowledge, and skills among key adults in children's lives on how to support children with disabilities. This can be thought of as a twin-track model:

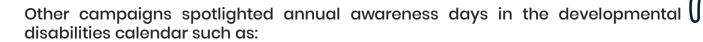
- + Track 1 refers to systems that engage with children (e.g., school, healthcare, community) who need support in how to be equitable and inclusive of all children
- + Track 2 refers to those that meet the specific needs of children with disabilities (e.g., parents, pediatricians, therapists, special educators) who need support and training on how to better support children with and at risk of disabilities to achieve their developmental outcomes

Ummeed's training and capacity building efforts address Track 2 while its awareness initiatives focus on Track 1 and in FY 2021-22, the latter have included widespread social media campaigns (static posts, videos, live events), advocacy sessions (such as panel discussions), and ads in print media – with the goal of enabling early identification and intervention, and offering platforms for the voices of children, young adults, and families.

The awareness initiatives also pivoted and responded to the real time problems of our community. For example, as the second wave of COVID-19 was petering out, Ummeed recognized the need to address the heightened anxiety along with grief and loss which was and still is being experienced by our families and the larger community. "Life in the Pandemic" a campaign headlined by Dr. Pervin Dadachanji's video, "How to help your Child Cope with Grief" was released earlier in the year and its success was the inspiration for planning a series of three animated videos in English and other regional languages (titled "What to say to a child who has lost a loved one", "How do children experience grief", and "How do you help a bereaved child").

In FY 2021-22, Ummeed explored the use of animation to communicate with a wider audience (as the stories are animated in a way that is easy to understand and it also allows for voice-overs in multiple languages). These videos have been translated and will be released in five regional languages: Hindi, Tamil, Gujarati, Marathi, and Bengali.





- + World Autism Awareness Day (2 April 2021) and Month (April 2021) the campaign included print advertisements in Mumbai in three regional languages (Marathi, Hindi and Gujarati) highlighting the "read the signs and act early" message (leading to >50 call backs)
- + World Mental Health Day 2021 (10 October 2021)
- International Day of Persons with Disabilities (3 December 2021) supported the United Nations' theme for 2021 "#EveryoneIncluded Leadership and participation of children and young persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world"; seven self-advocates showcased their leadership and participation stories through trendy Instagram "reel" formats using popular songs
- + World Down Syndrome Day (21 March 2022)

ACTIVITIES

- * Social media posts on Facebook, Instagram, YouTube, LinkedIn, and others
- * Campaigns on theme days such as World Down Syndrome Day, World Autism Awareness Day, International Day of Persons with Disabilities
- * Newspapers ads and articles

REACH

- * ~86,000 reached through static posts
- * ~22,00,000 reached through engagement on social media
- * ~16,00,000 reached through circulation of ads in newspapers
- * 9 videos/instagram reels that featured the voices of young adults
- * 4 videos featured voices of communities working with children (Mental Health Awareness Day)

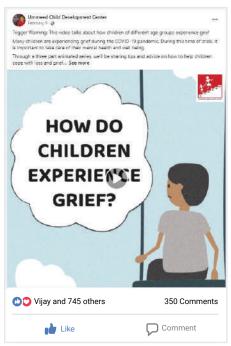
OUTCOMES

- * More than 50 calls received post newspaper ads related to autism awareness from families seeking support for their children
- * Collaterals being repurposed by partners in other parts of India to create awareness
- * Giving a voice to children/young adults with disability and their families



Animated Videos on Loss and Grief











International Day of Persons with Disabilities: 3 December 2021

#EveryoneIncluded































Ummeed's Advertisement in Newspapers

















UPDATE ON OPERATIONS



UMMEED PEOPLE UPDATES

In FY 2021-22, Ummeed grew from a staff strength of 100 to 113 (employees, consultants, fellows) plus about 16 volunteers.

The evolving COVID-19 pandemic situation led to ongoing transitions and shifts between online, face-to-face, and hybrid ways of working. Ummeed continued to offer flexibility to staff in working hours, reimbursement of internet costs and travel costs, and initiatives to support the mental health and wellbeing of staff members.

Around June 2021, the senior team started having discussions about how to make Ummeed a more diverse, equitable, and inclusive space. Ummeed invited the Samāna Centre for Gender, Policy, and Law to conduct an all-staff survey (rolled out in November 2021) to hear voices-from-the-ground; this bilingual survey was completed by ~80% of Ummeed's staff. A 30-page report from Samana in early February 2022 summarized staff perceptions and what they saw as priorities, based on which Ummeed has identified three major lenses to work on – language, LGBTQ+, and neurodiversity/disability – and created a draft roadmap for action over the next two years.

UMMEED TURNS 20!

On 5th November 2021, Ummeed completed 20 eventful years of service to children with and at risk of disabilities and their families. To mark this day, there was an online celebration conducted for all staff members in which fun games like Kahoot were played, an interactive performance by Mehek Mirza Prabhu was enjoyed, and a



Bollywood dance session was conducted. Ummeed also arranged for a meal which was delivered to all staff members at their homes. It was a nostalgic and fun time with several former staff members joining in the celebration too.

INFORMATION SYSTEMS

MS 365 was rolled out as an enterprise-wide IT system between December 2021 to February 2022, thus standardizing email and other systems/tools across the organiztion. Pending features of the Training Management System were also rolled out, thus enabling the clinic and training to be largely IT-enabled and for much of the M&E data to be derived from outputs of these two systems.

55 KM GOA WALK FOR UMMEED AND 33 KM MUMBAI WALK FOR UMMEED





Ummeed hosted its annual fundraising event, the "55 Km Walk for UMMEED" in Goa on 22nd January 2022. In addition, given the COVID-19 pandemic situation, Ummeed also hosted a 33 Km Walk for UMMEED in Mumbai and some other walkers did a Virtual Walk in their vicinity. Over 55 people participated across the three events, cumulatively walking over 1,550 kms while creating awareness and raising funds for the organization.













1. REVIEW OF FINANCIAL RESULTS:

| Particulars | FY 2021-22 | FY 2020-21 |
|--|--------------|--------------|
| | (INR.) | (INR.) |
| Income | | |
| FC Fees & Donations | 2,92,25,932 | 2,54,85,662 |
| Domestic Fees & Donations | 8,77,17,320 | 7,67,13,723 |
| Other Income | 67,75,299 | 62,68,533 |
| Total Income | 12,37,18,551 | 10,84,67,918 |
| Expenses | | |
| Expenditure on the charitable objects of the foundation and administration | 10,69,28,513 | 9,33,81,687 |
| Depreciation | 12,45,164 | 7,20,106 |
| Total Expenses | 10,81,73,677 | 9,41,01,793 |
| Excess/(Short) of Income over Expenditure for the year | 1,55,44,875 | 1,43,66,126 |

2. DONATIONS:

The total of fees & donations during the year aggregated to Rs. 11,69,43,252/-. Out of the total donations, Rs. 2,92,25,932/- (25%) were from "Foreign Sources" while the balance Rs. 8,77,17,320/- (75%) were from "Domestic Sources".

3. TRANSFER TO RESERVES IN TERMS OF SECTION 134(3)(J) OF THE COMPANIES ACT, 2013:

The Company has not transferred any amount to Reserves for the financial year ended 31st March 2022.

4. CHANGES IN BOARD OF DIRECTORS OR KEY MANAGERIAL PERSONNEL

During the year under review, there were no changes in the composition of the Board.



Also, None of the Directors of the Company are disqualified from being a pointed as Directors as specified in Section 164(2) of the Act read with Rule 14 of Companies (Appointment and Qualifications of Directors) Rules, 2014.

5. DETAILS OF MEETINGS OF THE BOARD:

During the year 3 Meetings of Board of Directors of the Company were convened and held on 19th August 2021, 5th November 2021, and 25th February 2022 as per Section 173 of Companies Act, 2013 which is summarized below:

The intervening gap between any two successive Meetings was within the period prescribed under the Companies Act, 2013.

| Sr. No | Date of Board Meeting | Venue and Time of Board Meeting | Name of Directors attended the meeting |
|-----------|-------------------------------|---|--|
| 1 | Thursday, 19th August 2021 | Held Virtually on Zoom from 4.30pm. To 6.30pm. | 1. Mr. Ashish Karamchandani, Chairman & Co-Founder 2. Mr. Ujwal Thakar, Director 3. Mr. Arun Jethmalani, Director 4. Mr. Rajnish Dhall, Director 5. Ms. Merry Barua, Director |
| 2 | Friday, 5th November 2021 | At Shiv Shanti Bhuvan, 2nd Floor, 146 Maharshi Karve Road, Churchgate, Mumbai400 020 3.00 pm. To 4.00 pm. | 1. Mr. Ashish Karamchandani, Chairman & C0-Founder 2. Mr. Ujwal Thakar, Director |
| 3 | Friday, 25th February 2022 | Held virtually on Zoom from 5.00 pm. To 7.00 pm. | 1. Mr. Ashish Karamchandani, Chairman & C0-Founder 2. Mr. Ujwal Thakar, Director 3. Mr. Arun Jethmalani, Director 4. Ms. Merry Barua, Director |

6. DEPOSITS:

Your Company has not accepted any deposits within the meaning of Section 73 of the Companies Act, 2013 and the Companies (Acceptance of Deposits) Rules, 2014.

7. PARTICULARS OF LOANS, GUARANTEES OR INVESTMENTS:

The Company has not given any loans and guarantee or provided any security in connection to a loan or made any investments as referred to under Section 186 of the Companies Act, 2013 during the financial year under review.

8. DECLARATION U/S 164(2) OF THE COMPANIES ACT, 2013:

None of the Directors of the Company are disqualified from being appointed as Directors as specified in Section 164(2) of the Act read with Rule 14 of Companies (Appointment and Qualifications of Directors)Rules, 2014.

9. RELATED PARTY TRANSACTIONS:

During the financial year under review, the Company has entered into related party transactions as defined under Section 188(1) read with Section 2(76) of the Companies Act, 2013. The said transactions have been separately disclosed in Form AOC-2 which is attached herewith as "Annexure A" to this report."

10. SUBSIDIARY COMPANIES, JOINT VENTURE OR ASSOCIATE COMPANY:

The Company does not have any subsidiary, associate, or joint venture company.

11. AUDITOR'S, AUDITOR'S REPORT AND COMMENTS ON AUDITOR'S REPORT:

The statutory auditors, M/s SLM & Co. LLP, Chartered Accountants, having Firm Registration No.W-100030, has been appointed as statutory auditors to hold office till the conclusion of the 22nd Annual General Meeting of the Company.

As per notification dated 7th May, 2018 issued by Ministry of Corporate Affairs, Company is no longer required to ratify the appointment of auditors.

The Auditors' Report does not contain any qualifications.

12. EXTRACT OF ANNUAL RETURN:

Pursuant to amendment section 92(3) and section 134(3)(a) of the Act read with Rule 12 of the Companies (Management and Administration) Rules, 2014, with effect from 28.08.2020, the extract of the Annual Return as on March 31, 2022 in Form MGT-9 is not required to be enclosed to this report.

13. THE WEB ADDRESS, IF ANY, WHERE ANNUAL RETURN REFERRED TO IN SUB-SECTION (3) OF SECTION 92 HAS BEEN PLACED:

Extract of Annual Report in Form MGT-9 for the financial year ended March 31, 2022, is available on the website of the Company i.e. www.ummeed.org.

14. DETAILS IN RESPECT OF FRAUDS REPORTED BY AUDITORS UNDER SUB-SECTION (12) OF SECTION 143 OTHER THAN THOSE WHICH ARE REPORTABLE TO THE CENTRAL GOVERNMENT:

During the year under review, there were no instances of fraud reported by the Auditors.

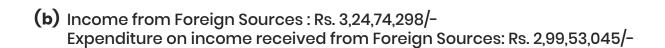
15. DISCLOSURE UNDER THE SEXUAL HARASSMENT OF WOMEN AT WORKPLACE (PREVENTION, PROHIBITION AND REDRESSAL) ACT, 2013:

The Company is committed to provide a safe and conducive work environment to its employees. Your Directors state that during the year under review, there were Nil cases filed pursuant to the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013. The Company has an "Internal Complaints Committee" to address any potential complaints within the timelines as required by the said Act and initiate appropriate actions.

16. CONSERVATION OF ENERGY, TECHNOLOGY ABSORPTION AND FOREIGN EXCHANGE EARNINGS AND OUTGO:

(a) The disclosure pursuant to Section 134 (3) (m) of the Companies Act, 2013, read with the Rule 8 of The Companies (Accounts) Rules, 2014 in terms of Conservation of Energy and Technology Absorption is not required to be given considering the nature of Company's business.

WWW.UMMEED.ORG



17. MATERIAL CHANGES AND COMMITMENT:

No material changes and commitments affecting the financial position of the Company have occurred between the end of the financial year to which these financial statements relate and the date of this report.

18. CORPORATE SOCIAL RESPONSIBILITY (CSR):

The company does not meet the criteria of Section 135 of Companies Act, 2013 read with the Companies (Corporate Social Responsibility Policy) Rules, 2014 so there is no requirement to constitute Corporate Social Responsibility Committee and therefore annexure i.e. Format for the Annual Report on CSR activities to be included in Board's Report is not attached.

19. INTERNAL FINANCIAL CONTROLS:

Your Company has in place, adequate and effective internal financial controls with reference to financial statements, commensurate with the size, scale and complexity of its operations. During the year, such controls were tested and no reportable material weaknesses in the design or operation were observed.

20. RISK MANAGEMENT:

Periodic assessments to identify the risk areas are carried out and management is briefed on the risks in advance to enable the company to control risk through a properly defined plan. The risks are classified as financial risks, operational risks, and market risks. The risks are taken into account while preparing the annual business plan for the year. The Board is also periodically informed of the business risks and the actions taken to manage them.

21. SIGNIFICANT AND MATERIAL ADVERSE ORDERS OR RULINGS:

There were no significant and material adverse orders or rulings passed by the regulators or Courts or Tribunals impacting the going concern status and Foundation's operations in future.







22. DIRECTORS' RESPONSIBILITY STATEMENT:

As required under Section 134(3C) of the Companies Act, 2013, ("the Act") we hereby state:

- (i) That in the preparation of the annual accounts, the applicable accounting standards have been followed along with proper explanation relating to material departures, if any;
- (ii) That the Directors have selected such accounting policies and applied them consistently and made judgements and estimates that are reasonable and prudent so as to give a true and fair view of the state of affairs of the Company as of 31st March, 2022 and its surplus for the year ended on that date;
- (iii) That the Directors have taken proper and sufficient care for the maintenance of adequate accounting records in accordance with the provisions of the Act for safeguarding the assets of the company and for preventing and detecting fraud and other irregularities;
- (iV) That the Directors have prepared the annual accounts on a going concern basis.
- (V) That the directors have devised proper system to ensure compliance with the provisions of all applicable laws and that such systems were adequate and operating effectively.

23. ACKNOWLEDGEMENTS:

The Directors wish to place on record their appreciation for the co-operation and support extended by the various authorities, banks and vendors.

The Directors also acknowledge with gratitude the dedicated efforts and valuable contribution made by all the employees of the Company.

For and on behalf of Ummeed Child Development Center

Mr. Ashish Karamchandani

Director

DIN: 01894569

Date: 25th August 2022

Place: Mumbai

ENT OFW

Mr. Ujwal Thakar

Director

DIN: 02333399













| UMMEED CHILD DEVELOPMENT CENTER Balance Sheet as at 31st March 2022 | | | | | |
|---|-------|-----------------------------------|-----------------------------------|--|--|
| Particulars (All amounts in thousands, unless otherwise stated) | Notes | As at March 31, 2022 Rupees | As at March 31, 2021 Rupees | | |
| EQUITY AND LIABILITIES | | | | | |
| Shareholders' Funds | | | | | |
| Share capital | 3 | 100.00 | 100.00 | | |
| Reserves and surplus | 4 | 146,410.17 | 124,758.95 | | |
| Current liabilities | (4) | | | | |
| Trade payables | 7 | | | | |
| Total Outstanding Dues of Micro and Small Enterprises; and Total Outstanding Dues of Creditors Other than Micro and | | 172.23 | 367.99 | | |
| Small Enterprises | | 849.79 | 1,171.38 | | |
| Other current liabilities | 5 | 41,017.94 | 66,845.65 | | |
| Short Term Provisions | 6 | 2,291.84 | 25 | | |
| TOTAL | | 190,841.98 | 193,243.97 | | |
| ASSETS | | | | | |
| Non-current assets | | | | | |
| Property Plant and Equipment and Intangible Assets | | | | | |
| Property Plant and Equipment | 8 | 17,423.23 | 18,881.72 | | |
| Intangible assets | 8 | | 14.29 | | |
| Long-term loans and advances | 9 | 1,398.57 | 1,453.22 | | |
| Other Non Current Assets | 10 | 152.46 | 154.89 | | |
| Investments | 11 | 19,000.00 | | | |
| Current assets | | | | | |
| Cash and bank balances | 12 | 147,193.22 | 170,248.33 | | |
| Short-term loans and advances | 9 | 1,870.38 | 748.21 | | |
| Other Current assets | 13 | 3,804.12 | 1,743.31 | | |
| TOTAL | | 190,841.98 | 193,243.97 | | |

See accompanying notes forming part of the Financial Statements

I to 30

Auditor's Report

Signed in terms of separate report of even date

SLM & CO LLP

Chartered Accountants Firm Regn No: W-100030

Sanjay

Partner

Membership No: 042150

Date: 25 August 2022

For And On Behalf Of The Board Of Directors

Ashish Karamchandani

Director

DIN:01894569

Date: 25 August 2022

Ujwal Thakar Director

DIN:02333399









| UMMEED CHILD DEVELOPMENT CENTER | | | | | |
|--|---------|--|--|--|--|
| Statement of Income & Expenditure for the year ended 31st March 2022 | | | | | |
| Particulars (All amounts in thousands, unless otherwise stated) | Notes | Year Ended March 31, 2022 Rupees | Year Ended March 31, 2021 Rupees | | |
| INCOME | | | | | |
| Income from Operations | 14 | 117,182.21 | 102,642.72 | | |
| Other Income | 15 | 6,536.34 | 5,825.20 | | |
| TOTAL INCOME | 05.65. | 123,718.55 | 108,467.92 | | |
| EXPENSES | | | | | |
| Expense on activities | 16 | 90,872.72 | 80,187.64 | | |
| Administrative expenses | 17 | 16,055.79 | 13,194.05 | | |
| Depreciation and amortisation expense | 3.2022 | 1,245.16 | 720.11 | | |
| TOTAL EXPENSES | | 108,173.68 | 94,101.79 | | |
| Surplus Before Exceptional And Extraordinary Items | | 15,544.87 | 14,366.13 | | |
| Exceptional items | | - | - | | |
| Surplus Before | | 15,544.87 | 14,366.13 | | |
| Extraordinary Items | | | | | |
| Extraordinary items | | | - | | |
| Net Surplus before Taxes | | 15,544.87 | 14,366.13 | | |
| Less: Income Tax expenses | | | | | |
| Current Tax | | 125 | 586 | | |
| Taxes of earlier years | | 100 | | | |
| Deferred Taxes | | | | | |
| Surplus for the year from operations | | 15,544.87 | 14,366.13 | | |
| See accompanying notes forming part of the Financial Statements | 1 to 30 | | | | |

Auditor's Report

Signed in terms of separate report of even date.

SLM & COLLP

Chartered Accountants

Firm Regn No: W-100030

Sanjay Iakhija

Partner

Membership No: 042150

Date: 25 August 2022

For And On Behalf Of The Board Of

Directors

Ashish Karamchandani Ujjwal Thakkar

Director

DIN:01894569

Director

DIN::02333399

Date: 25 August 2022













UMMEED BOARD

ASHISH KARAMCHANDANI

CHAIRMAN & FOUNDER

MERRY BARUA

BOARD MEMBER

RAJNISH DHALL

BOARD MEMBER

ARUN JETHMALANI

BOARD MEMBER

UJWAL THAKAR

BOARD MEMBER















OUR UMMEED FAMILY





























www.ummeed.org









REGD. OFFICE / CLINIC

Ummeed Child Development Center, Ground Floor, Mantri Pride 1-B, 1/62, N.M. Joshi Marg, Subhash Nagar, Lower Parel, Mumbai 400011, Landmark: Near Arthur Road Junction.





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Ummeed Child Development Center

