



aasai



American Association for Social Advancement of India

...help others to help themselves...

Volume 16

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SPECIAL POINTS OF INTEREST:

- AASAI "N"
Kudumbam
- Athmalayam -
Special Children
School
- Mahaveer Trust

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*Love is Abundant. Hope is Eternal.
Sharing is blessing*



AASAI "N" Kudumbam Inauguration on January 10, 2020 by our chairman
L.Raghavan with his wife Jothi

*A home for destitute women now a reality
thanks to your generosity*

11136 Lake Breeze Drive, N. Potomac, MD20878, USA
Web: <https://www.aasai.org>
email: Mail4AASAI@gmail.com

A Note from the President



Ten Commandments to follow in life all the time

It is my privilege and honor to write this brief note. It is very likely that you are a donor, patron, NGO leader, volunteer and/or beneficiary of the many projects supported by AASAI. No matter through which portal you enter we welcome you to the AASAI family. We wish each of you and every one in your families a successful and a Very Happy and Joyful New Year!

With modesty I accept this leadership role following the footsteps of our Chairman and founder of AASAI, Mr. L. Narasimhan Raghavan. I have watched Mr. Raghavan and his inspiring leadership role. I have worked with him on several projects over the recent few years. When he asked if anyone would share his work load it was only natural to step in. It is also my pleasure and joy to work with the AASAI leadership team consisting of Mr. Raghavan, myself, Dr. Gopinath, Mrs. Nalini Gopinath, Mr. Muralidharan, Mr. Natarajan and Mrs. Abirami. They serve as a team and Board of Directors.

Dr. Gopinath continues to serve as the Secretary. According to Gopi "AASAI gives me the opportunity to contribute to the amazing work being done by our partners in the areas of education, health and upliftment of the less privileged". Mr. R. Muralidharan continues as the Director while he hands over the role of the Treasurer to Mr. Logachander Natarajan. His wife Abirami Balasubramaniyan steps in to a new role of Technology and Communications. It is our pleasure to welcome the energetic and enthusiastic duo of Lok and Abirami to the AASAI leadership family. Lok says "The deepest yearning to serve and help others is all I seek". Abirami adds "While looking for genuine organizations through which to influence positive changes in my motherland, AASAI's vision of self-sustainable model and the less than 0.5% administrative cost is what made me give my commitment to this organization".

In this annual newsletter you will see updates on many projects engaged in by the NGOs supported by AASAI. You will read about the Athmalayam - special school and its progress. You will see the schools under flyovers organized by Mahavir Trust to take the school to the street children where they live. You will note that destitute women after recovery and rehabilitation can now live under a safe roof in the "AASAI 'N' Kudumbam" facilities. These are just a few examples.

The joy of caring and sharing comes from engagement, participation and contribution. While the need is always large, every little bit helps. There are countless needs we face in our daily life. There are also innumerable organizations across the globe serving the needs of the society. AASAI is only a minuscule part of this whole. With that in mind your taking the time to identify with AASAI and your support and participation in AASAI efforts and causes is truly amazing! Our sincere thanks to each of you!

Dr. K. (Subbu) Subramanian,
President, AASAI

1. Often when we lose hope and think this is the end, Relax, it's just a bend, not the end!

2. All things in life are temporary. If going is well enjoy it, it won't last forever. If going is wrong don't worry, it can't last long either.

3. As a car's windshield is large and the rear view mirror is small, our PAST is not as important as our FUTURE. So, look ahead and move on.

4. Can there be anything worse than losing eye sight? Yes, losing your vision.

5. WORRYING does not take away tomorrow's TROUBLES; it takes away today's PEACE.

6. Friendship is like a BOOK. It takes few seconds to turn, but it takes years to write.

7. Old friends are like Gold! New friends are Diamonds! If you get a Diamond, don't forget the Gold! Because to hold a Diamond, you always need a base of Gold!

8. Prayer is not a "spare wheel" that you pull out when in trouble; it is a "steering wheel" that directs us in the right path throughout life.

9. When you pray for others, God listens to you and blesses them; and sometimes, when you are safe and happy, remember that someone has prayed for you.

10. When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.

Athmalayam (Temple of Soul) Special School

Children born with developmental disability are invisible. Recent survey shows 1.5% of children are suffering with mental retardation, 1% Autism, 9.6% learning disability, 11% with attention deficit hyperactive disorder (ADHD) of varying degrees of severity. For these children, medical help will reduce or control their aggression and epilepsy. In the case of autistic and ADHD children, the medical help and focused training will develop their concentration. But more essential aspects are training in various skills. If training is started at a very early stage, good improvement can be achieved. With early intervention many have been shifted from special education to main stream inclusive schools. Athmalayam (which means the Temple of Soul) is a special school to deliver such valuable benefits for the needy children. AASAI has been privileged to support the construction of Athmalayam <https://www.athmalayam.org/> and its activities.

Early Intervention Program



Secondary Section (11 to 15 years)



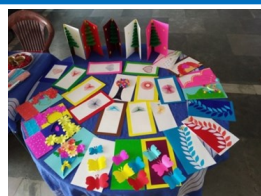
Athma Special School nurtures and develops each student's potential and abilities by providing Individualized Learning programs for our diverse population, allowing every student to learn in caring, supportive and enriching environment.

Our Individualized Learning program is supported by,

- Individualized Education Program.
- Onsite therapist (Speech language, physiotherapist, psychologists, physical trainer)
- Close links with families and communities through daily contact, school wide events.

Our Goals are:

- ◆ To educate and train the children to enable them to achieve their maximum personal, social, emotional and vocational adjustment and a rightful place in society.
- ◆ To develop life skills, cleanliness and personal hygiene.
- ◆ To achieve social adjustment through group experiences and activities.
- ◆ To improve communication skills
- ◆ To develop motor coordination through therapy.
- ◆ To evolve positive attitude towards learning.
- ◆ To instill self-confidence



Primary Section (6 years to 10years)



Prevocational (15-18 years)



Vocational (Above 18years)



*Giving voice to the voiceless....
... Listening to the voices not heard*

Athmalayam (Temple of Soul) Special School

Speech Therapy



- We are doing field surveys to identify more disabled children & give the benefits of Athmalayam. We have identified special children in the nearby regions (40 children at Manaparai taluk and 15 children in Ramjinagar) who are housebound due to lack of transport and access to care. We are working hard to buy a new bus & bring those children to our stream by January 2020.
- To make good progress in children with autism, cerebral palsy with muscular rigidity we have made a plan for a hydro therapy unit at Rs. 25 lakhs (\$36000) and sent proposal to sponsors.

Following is a progress update from Dr. Ramakrishnan, Chairman, Athma Research and Special Education Foundation:

- Ever since Athma Special School was started in 2009, we have made sincere efforts for the upliftment of the disabled children. The new campus, constructed largely by the noble contribution by AASAI is functioning well and social minded people are looking at this as a model school. At present 55 students are getting the benefits of focused, individualized training plans. We also have added a physical education trainer with a vision to make our children to participate in Paralympics. Our students participated in various sports activities and had won many medals. They are doing excellent in cultural activities too. The credit goes to the team of trainers at Athmalayam.



Sensory Integration Therapy



- “Who after me?” for the parents of special children, the residential care building at 13000 Sq. ft is under progress. If we get funds we hope to complete the building by June 2020. We will be admitting 50 adult mentally challenged boys.
- Since the school is running in charity we need funds to run smoothly. We request noble minded people to sponsor a child scheme at \$750 a year. The progress details of the adopted children will be periodically sent to the donors.

Physiotherapy



We extend our gratitude to AASAI, for continuously patronizing us to make our vision to reality.

*Giving voice to the voiceless....
... Listening to the voices not heard*

Physical Education



Aasai "N" Kudumbam-Home for Destitute Women



Aasai "N" Kudumbam is now a reality. With your generosity 2 apartments each around 750 sq. feet of space was constructed over our Pudhumai Store. One apartment is fully completed and the second one is being finished. Each apartment has 2 bedrooms with attached bath, small kitchenette and a common hall in between. Each apartment will house 6 women for a total of 12 women. These rehabilitated women who have no place to go will now have secure roof over their head and will receive loving care and training by dedicated staff to lead an independent life as much as possible. We deeply appreciate your support.



Our chairman L. Raghavan and his wife Jothi inaugurated the Aasai Kudumbam on January 10, 2020. This is an additional resource for Rehoboth home.



Easwari, 34, Rehoboth resident for the last 5 years will be a resident in the Kudumbam. She provides help at the hospice center of Rehoboth home. She looks forward to living in her independent apartment.



Rukmani, 37, Rehoboth resident for the last 6 years will be a resident and hopes to learn and lead an independent life soon. She is very grateful for the apartment.



AASAI participates in Sevathon – 2019

India Community Center, Milpitas, CA. is a non-profit organization to make a positive difference in the community; to promote awareness and understanding of the Indian-American subculture in the mainstream as well as provide a bridge to India. Sevathon is an annual event organized by the ICC to help scores of NGOs like AASAI to gain visibility and raise funds. <http://www.indiacc.org/mission/>

Sevathon-19 activities included several events like half marathon, 10K and 5K runs, Yogathon, etc. Booths were set up for qualified NGOs. AASAI volunteers participated in several of these events. Our sincere thanks to the many who donated their time as well as funds for the various AASAI projects and initiatives. AASAI received the “**Spirit Award**” in recognition of the causes we serve and the commitment of the volunteers. We look forward to participating in Sevathon-20 as well as even more active and enthusiastic support from every one.



Shantananda Trust



Temple of Service: A group of volunteer doctors and staff provide medical services with love and free of cost to the poor. The founder is Swami Shantananda Saraswathi, disciple of His Holiness Swami Sivananda of Rishikesh.

In Chennai, Temple of Service provides medical care through **2 outpatient clinics** - a pediatric clinic in Nesapakkam, and a family clinic in Chetpet. A team of 9 doctors provide free consultation at the clinics in the fields of General medicine, Pediatrics, Cardiology, Diabetology, Psychiatry, Dentistry and Siddha medicine. Medications and immunizations are also provided free of cost and hospitalizations are sponsored when the need arises.



The clinics have been functioning for the past 24 years and have averaged 10,000 outpatient visits per year. In addition a '**Milk program**' provides school children with a glass of milk and a multivitamin tablet daily. This service benefits 50-60 children per day. All the activities are executed through 'Siva Shantha Trust' and sustained by public donations. Donations in India are tax exempt under Section 80G. Your support and encouragement will help continue this service in the true spirit of hope and healing.

Network Transforms Energy To Synergy - Beneficiary to Resource



Totally free medical care to Rehoboth residents

Totally free medical care to deserving patients from the Kalanjiyam sponsored areas

Voluntary Health Service
General financial support

Phenol Soap
Mop

Bed Sheets
Pillow



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Rehoboth Home

Pudhumai store
Livelihood Program
Phenol Project
Tailoring

Kalanjiyam
General financial support
Bicycles to children to reduce school dropouts
Women livelihood program



Professional medical care to the women and special children

Shantivanam
General financial support,
Goshala (Cow farm),
biogas plants for cooking gas,
Organic fertilizer production,
Athmalayam (Temple of Soul)
Special School



AASAI's unique model provides resources for self sustainability of individual NGOs to do what they do best. Their skills and resources are shared with other NGOs in AASAI's network to promote effectiveness and efficiency through synergy. Please share your views with us and help us better. Please support

Shanthivanam



Shanthivanam (which means “Garden of peace”) is a non-profit organization established to rescue, recover and rehabilitate the destitute who wander off into the streets and away from their families due to their mental illness. With divine grace and support of noble-hearted people, Shanthivanam completed 14 years of service and marching ahead. The entire credit goes to the dedicated staff of TRUST and Athma hospitals.

Till date, Shanthivanam has rescued 610 patients from streets and happily reintegrated 512 of them to their families. Every rescue and reunion is a big story and an event. Words cannot express the hurdles faced by their staff, legal issues etc. But we could see light at the end of the tunnel in every case. This makes the team charged to move further. They have planned to rescue at least 100 people this year. The mantra for success is active acute care, emergency treatment, continued supervision, medicines and rehabilitation. Shanthivanam which started with 5000 Sq. ft building, now has 5 blocks with 25000 Sq. ft construction.



Shanthivanam also stand apart from other NGOs in rehabilitation services through agro-based projects & handicraft works. AASAI Ghosala and the Areca Plate Manufacturing are the brainchildren of AASAI. These projects are conceived and developed consistent with the AASAI working model to support and foster self-sustaining projects of benefits to NGOs like Shanthivanam.

With the growing concern for recycling and efficient use of natural resources there is a move to use bio-degradable plates and cups for serving food. The Govt. of Tamil Nadu has also banned the use of plastics for these purposes. This creates an opportunity to produce plates and serving dishes using Arecanut leaves. AASAI has supported two Areca leaf units to be established at Shanthivanam. This also creates opportunities for employment for rural poor as well as rehabilitation activities for the residents at Shanthivanam.



Shanthivanam reports net revenue of \$1200 per annum through Areca plate sales, which is used to subsidize the care and support for the destitute residents. More than that, the patients are trained in life skills, their cognition & concentration improves and they socialize better with their surroundings.

Nambikkai- occupational Training Centre – run at Shanthivanam – engages 50 mentally ill and challenged people in meaningful jobs. They get a stipend for their work and gain dignity and self-respect through their work and participation.



Shanthivanam is grateful to philanthropists of AASAI for their unflinching support over a decade & this generosity motivates us to reach out the innocent homeless mentally ill.

Mahaveer Trust

AASAI supports Mahavir Foundation Trust (MFT) run by Mahavir International



MFT is a collective of leading citizens of Vadodara who have excelled in life and in return have been striving through their efforts towards the upliftment of the weaker sections of society. The group includes accomplished professionals from all walks of life – all dedicated to the cause and willing to contribute both time (very precious!) and money. Since its inception, MFT has strictly adhered to the five Guiding Principles viz. **Personal assessment** of beneficiaries through house visits, **No religion, caste or gender-based Discrimination, Continuity of Support, No administrative expenses** (admin expenses being met directly by members) and upholding **Self-respect** of beneficiaries.



Kayakalp batch 2018-19



Asha Deep Students at Khodiyarnagar



Asha Deep students under Lalbaug flyover

Major Initiatives of Mahavir Foundation Trust at a glance.....

ADOPTED SCHOOLS:

Since 2001 supporting, encouraging & guiding 500 students from nine schools that cater to under-privileged sections of our society.

SAMVEDANA:

Collection of clothes, toys and household items from well-off / concerned citizens and distribution to beneficiaries (over 20,000 persons) without impacting self-respect.

OPEN SCHOLARSHIP:

About 3,800 students from 8th Standard to graduation with total scholarships worth Rs 1.20 crores annually, after scrupulous personal assessments and re-assessments of beneficiary students.

ASHA DEEP:

Unique Street-to-school initiative, where schools are set up under flyovers, footpaths & slums. This initiative brings the schools to the place where these children live! It supports over 450 children through 16 centres. Children are also enrolled in nearby schools, when feasible.

Asha Deep Mentoring Scheme (ADMS):

Mentoring 84 bright and needy Asha Deep students from 1st to 8th Standard; Student : Teacher ratio of 10:1 to ensure full attention.

KAYAKALP:

This initiative aims at complete transformation of bright & needy students through regular schooling and Kayakalp daily special classes (over 3 hours) at Baroda High School, Danteshwar (Includes personality development, Spoken English etc.). This program targets over 150 students from 9th to 12th standard. Transportation, study material, uniforms etc. are also provided free of cost.

SANITARY PADS INITIATIVE:

Focus on health & hygiene issues of young girls & women from economically weaker sections. This program strives to educate the benefits; then regular distribution of sanitary pads to over 500 girls & women.



Please visit us at WWW.AASAI.org It has been revamped and substantially upgraded. You can read about many more stories and updates and see a Gallery section with photos of the many projects and activities carried out through our partner NGOs.

Please visit the website for detail on our Vision, Mission and Approach. The website includes a well-illustrated video clip highlighting our unique approach in the selection and management of projects.

You can now make donations On-line. Also make every purchase count for a small donation to AASAI using Amazon smile. For details go to <http://www.aasai.org/donations>. Email: Mail4AASAI@gmail.com

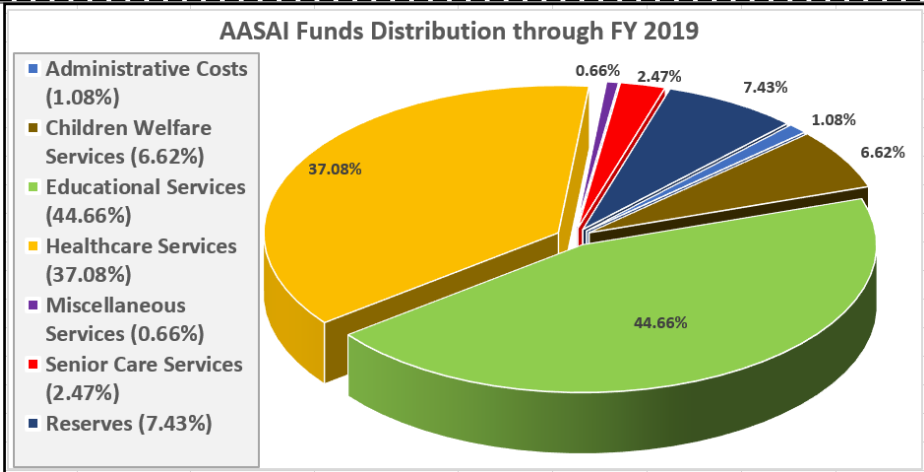
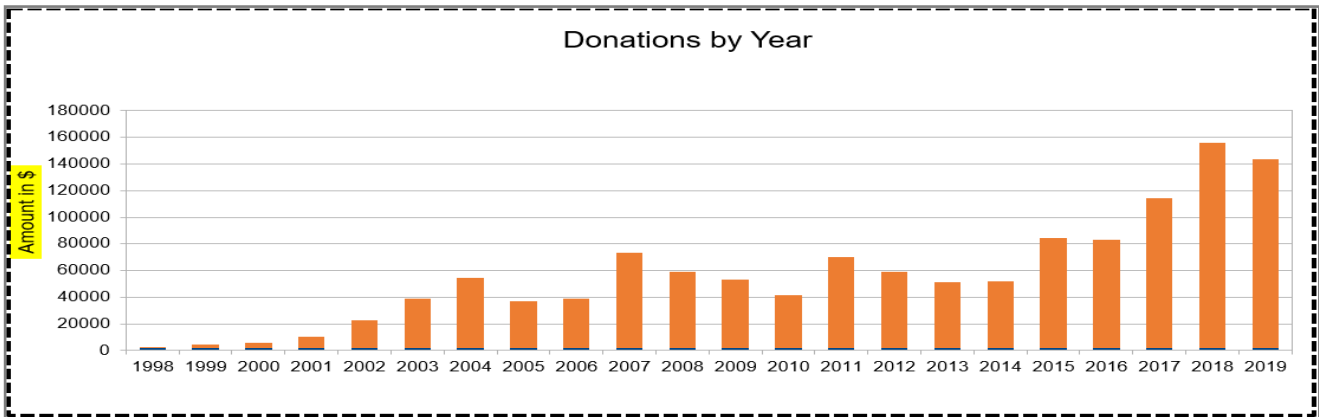
AASAI - Our Board

L. Raghavan	Chairman
Dr. K. Subramanian	President
Logachander Natarajan	Treasurer
Dr. C. Gopinath	Secretary
Nalini Gopinath	Director
R Muralidharan	Director
Abirami	Technology &
Balasubramaniyan	Communication

Committee Members

Dr. Durga Subramanian	Donor Relations
Jothi Raghavan	Cultural Affairs

AASAI Funding Report through Fiscal Year 2019



American Association for Social Advancement of India, Inc.
11136 Lake Breeze Drive, N. Potomac, MD20878, USA
Web: <https://www.aasai.org>
Email: Mail4AASAI@gmail.com

Yes I would like to become a member. Annual dues \$120

Yes I would like to contribute \$ _____

My address:

Email:

Telephone:

Our Projects:

Education

- Mahavir International—Vadodara Kendra
- Srividyaasram– Aduthurai Rural School for poor children
- Shree Parashara Gurukulam - Modern education through traditional values
- Avvai Home - Girl's English medium school
- Kalanjiyam - Rural Village development
- Kaigal – Tribal Community Development

Children Welfare

- Balavidyalaya - School for hearing speech impaired children
- Atma School for Autistic Children
- Kalanjiyam - Rural Village development
- Kaigal – Tribal Community Development

Health

- Voluntary Health Services- medical needs of the poor and middle-income groups
- Shantivanam, Trichy - Home for destitute mentally ill
- Rehoboth Home -Home for mentally challenged and battered women
- Omayal Aachi College of Nursing - Women health Screening
- Shiv Santananda Trust—Free Health care for poor
- Kaigal – Tribal Community Development

Vocational Training / Livelihood Development

- AASAI Jyothi Tailoring School at
- Rehoboth Home –Employment for mothers of special children
- Kalanjiyam - Employment for Village poor women
- Kaigal – Tribal Community Development
- Nambikai (Shantivanam)—Employment for rehabilitated mental patients

“Goodness is the only investment that never fails” - Thoreau

Your Donation can help

Here are some of the examples:

Projects	Expense
One housing unit for rehabilitated destitute women: Please see AASAI "N" Kudumbam	\$5000
Production of bio-degradable plates and cups (for serving food) using Arecanut leaves.– One production unit: These units employ rural poor; also offer professional rehabilitation work for mentally ill destitute (after their recovery, treatment and rehabilitation)	\$5000
One Bicycle for a student in rural India: (Improve attendance at school and not be limited by poor bus transport)	\$70
One Sewing Machine: (to empower one rural poor woman to become economically self-reliant) after tailoring education	\$100
Salary for caretakers: In rehabilitation facilities for mentally ill and destitute women	\$1000 to \$3000 / Year
Adopt care for one destitute person:	\$500 / Year
Provide food for all residents at a destitute rescue, recovery and rehabilitation center:	\$150 / day
Contribute to Corpus fund ⇒ Food Medication ⇒ Equipment for treatment and rehabilitation ⇒ Education and training of rural poor ⇒ Cancer screening for rural poor women ⇒ Health care for poor children ⇒ Education for children with special needs (e.g. Autism), etc.	\$100 to higher

American Association for Social Advancement of India
....help others so they can help themselves....



- ❖ Let none lack opportunities to excel
- ❖ Let all have equal access to health care to prosperity
- ❖ Let elders lead a secure and dignified life
- ❖ Let all minds realize its full potential
- ❖ Let women be empowered to lead a life without fear, discrimination and abuse
- ❖ Let us wipe out tears from every eye
- ❖yes, together we can achieve....

“Goodness is the only investment that never fails” - Thoreau