



BEST NGO AWARDED BY KERALA SOCIAL JUSTICE DEPARTMENT 2020-21

MIND TRUST ANNUAL REPORT

2022-23

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WHAT IS MIND?

Mobility in Dystrophy (MIND) Trust is a nascent fellowship of persons with Muscular Dystrophy (MD) and Spinal Muscular Atrophy (SMA) in Kerala. MIND was formed in May 2017 in Thrissur. Awareness, Education, employment, rehabilitation and research are the goals pursued by MIND. Continuous actions for the upliftment and well-being of its beneficiaries have been carried out for the past years through 17 projects.

Best NGO awarded by Kerala Social Justice Department 2020-21





VISION

The vision is to identify people with Muscular Dysrophy and Spinal Muscular Atrophy, and make them mentally and physically self- independent through education and rehabilitation.

MISSION

To create a good environment for people with SMA and MD through Awareness, education, employment, rehabilitation, and research.



PROJECTS AND ACTIVITIES

ORIDAM



“A space for love, hope and care”

Oridam, the Research and Rehabilitation center- A Space for love, hope, and care is a dream project of MIND Trust. A place to live quietly and happily is the dream of any ordinary person. Rather being within the four walls, ‘Oridam’ becomes the strength of the minds of those who are confined to themselves without knowing what happens outside. It is a meeting place where like-minded people, going thru the same situation, see the vast, open sky of happiness together and conquer their new dreams.

The goal of this project is to wipe out the frustration and fears that naturally enter the lives of anyone with Muscular Dystrophy or Spinal Muscular Atrophy and to pave the way to explore all possibilities and enable them to enter a new home where they can empower themselves to accept the challenges they face. A new community of happy and healthy people is being formed here, where the continuing learning opportunities and self-employment opportunities, including nursing care and physiotherapy unit, come together under one umbrella.

When one enter the vast space of freedom, greenery and flowers from the physical state, everything that is stationary there will begin to move again.....All it takes is ‘Oridam’ ... a vast space with no isolation an where love, care, life and sharing take place. It’s a place of compassion.



ACTIVITIES

MIND trust has been in search of land for Oridam since a year ago. We have met with many people and organizations for the same and have many positive outcomes.

By first week of May 2023, we will acquire the land and lay foundation stone for the building.





NAIPUNYA



“My savings my pride”

Naipunya is a vocational training program. Through this employment program, members are trained to perform various professional jobs and opportunities to earn their livelihood.

ACTIVITIES

- Through this programme our members are equipped for self-employed, able to support their family. and they became financially independent. 20 beneficiaries was appointed as trainees by Fragomen Immigration Services India (Pvt) Ltd, Infopark, Kochi. 39 beneficiaries was appointed as tele callers by Reliance Jio Infocomm Ltd. 1 person was appointed as senior coordinator-TSC at Cognizant Technology Solutions India Private Limited. 2 beneficiaries got job at Amazon India. 1 beneficiary was appointed as Admission Manager at Universal Study. 1 beneficiary working at Arike foundation. One beneficiary working at Meesho as a tele caller and some of other members were working in various fields.

- We conducted online classes for 15 beneficiaries who are interested in learning MS office from February 10, 2022 for 3 months. It was inaugurated by Mr. Asif T, Co-founder/Managing director at eHackify Cybersecurity training. Was a Verified Educator at Unacademy Plus.

Certificates were issued to all who are successfully completed the course.

- Those who are interested to learn umbrella, nettipattam and paperpen making were given training for the same.



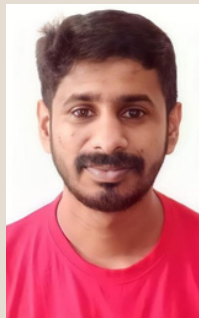
- Introducing Reliance Jio Job Opportunities on June 16, 2022, Sri. K.C Narendran, State Vice President and State Head, Reliance Jio Infocomm Ltd. organized a webinar. Through this, 39 MIND beneficiaries got telecalling jobs with the help of Shri K.N Anand Kumar, National Chairman National NGOs Confederation.
- On 24 July 2022, details of 45 candidates were given to youth 4Jobs. They also provided all the training needed to get a job. Job opportunities are also shared with them. A beneficiary got a job through youth 4jobs.
- On 15 October 2022, the details of 16 candidates were given to Dr. Reddy's Foundation. They also provided all the training needed to get a job. Job opportunities are also shared with them. A beneficiary got a job through Dr. Reddy's foundation.

IMPACT

I am Radhika, 25 years old and I got a job at Fragomen in Kochi Infopark through MIND's Naipunya project. I got the job on 26 April 2022. First was as a trainee for 6 months. I am very happy that I am financially independent and I can support my family with my income. Now the contract has been extended for one year. Now working as process Assistant.



I am Prabin Prasad, I live in Idukki district. I am a person with muscular dystrophy for the past 13 years. My dream of getting a job was something I thought would never happen. But as a part of Naipunya project I got a job as Process Assistant in "Fragomen Immigration Services India Private Limited in Ernakulam Infopark on 2nd May 2022.



I am 32 year old Dhanya Rajesh and I am a housewife. Since I got a job like this while sitting at home, I don't have to depend on my husband for my needs. This job is very proud for everyone who has health issues like me. I got this job through Naipunya because of being a MIND beneficiary. I was able to buy a cake and gift for my husband's birthday with the income from this. A small saving is also possible. My thanks to MIND and Naipunya.





SAHAYATHRA



“A step to new life”

Sahayathra is a project started by the MIND Trust to provide mobility devices and related equipment to those who are in need, so that they became mobile. Due to the condition, most of the members require an assistive device. *Initial surveys* shows that most of the them belong to lower-income group. This makes it even more difficult for a Person With Disabilities to access such equipment. Not having a wheelchair not only affects their physical mobility but also their mental health/well-being.

ACTIVITIES

- Under this project, 4 commode wheel chairs, 3 normal wheel chairs, 94 Electronic wheelchairs, 2 patient transfer hoist and 4 recliner bed. Total 101 mobility devices were distributed to the beneficiaries from 2022 May to 2023 May
- With the help of well-wishers, partners MIND Trust has able to execute the project in a fine tuned way. The main partners are UST global, Club millionaire Financial service, Women's welfare syndicate, QBurst, sutherland, Goonj foundation and Manappuram foundation.

IMPACT

I am Vaisakhan P 47 years old staying in Kozhikode, used to sell lottery tickets in a tricycle, , since the diseases progressive, I was unable to drive a tricycle and was at home without any income almost for two years. When I got a electric wheel chair, I was more confident and motivated. Now I can do my business every day, and take care of my family like everyone else. All this is happens with the help of our Trust. MIND which is a treasure of love and good friends. Thank you MIND.



I am 23 years old Sajna from Kasargode, one of my biggest dream was to buy an electric wheelchair. When I joined the degree, I got a wheelchair from MIND. Later, I used to go college in the wheelchair. I was able to go to my favorite places with my friends, go to a place on my own all after getting a wheelchair. Wheelchair is the biggest reason I've changed so much mentally and physically. Wheelchair gave me the courage to dream and follow.





“Koot is a volunteers wing of MIND Trust”

Koot translates to a 'group'. In a nutshell, MIND Trust's Koot is also a group. But it has grown to be more than that. Koot is a volunteer force from all over Kerala. Koot offers its volunteers the opportunity to bring people who have been side-lined into the forefront of society. The 'Koot' volunteer team supports those who are alone and brings a ray of hope in their dark times through various volunteer activities. Koot has also greatly helped each volunteer to grow as human beings and nourish their personality development.

ACTIVITIES

- Celebrated New Year with Musical Program “KOODE 2K22” along with KOOT Volunteer Wing and MIND Trust beneficiaries on 1st January 2022 Saturday at 8 PM in Google Meet.
- As part of the Onam celebration, the team also conducted the Malayali Manga-Kerala Shri Man competition. Ms. Sindhu KS, Thrissur (Malayali Manga), and Kashyap Ram S, Malappuram (Kerala Shriman) are the winners of the competition. On 12, September 2022 posted the photo frames to the Kerala Sriman and Malayali Manga competition winners. On 14 October 2022, the competition winners received the frames.
- As a part of MIND Trust, the MIND Trust Family of Kannur district, Kerala Civil Defence Force (KCDF), and KOOT conducted an event called “Snehatheeram” on 16 October 2022 at Thalasseri Dharmidam Park and Muyppilangad Driving Beach.



- Trust's beneficiaries from Kozhikode held a get-together at Zamorin's Guruvayurappan College, Kozhikode with the help of koot & SIPC from Zamorin's Guruvayurappan College, 9 MIND beneficiaries, bystanders and 30 volunteers were attended the programme on 22 October 2022.
- As a part of MIND Trust, the Koot volunteer wing and FMNC NSS Unit, Fatima Mata National College (Autonomous), Kollam and MIND Trust Family of Kollam conducted an event called "Parayaam" on 20 November 2022, aimed to give families in the MIND Trust a day to be together, tell stories, and be heard. Also, the Koot volunteer wing and Paripalana pain & palliative care, Ernakulam and MIND Trust Family of Ernakulam conducted an event called "Santhvana Sparsham" on 18 December 2022, aimed to give families in the MIND Trust a day to be together, tell stories, and be heard.
- KOOT volunteers wing launched a cake challenge called "Box of Love 3.0" in conjunction with Christmas and New Year celebrations with an aim to raise funds for MIND's various project requirements.
- As a part of meet and greet MIND beneficiaries in Trissur had a get-together at Trissur Kerala Varma campus on 5th January 2023 with the support of Kerala Varma volunteers and koot volunteers wing of the MIND trust. About 27 MIND volunteers and their bystanders participated. In Thiruvananthapuram the mind beneficiaries meet at Napier Museum premises on Sunday 29th January 2023 at 10 am, MIND trust and Koot organized a meetup called Koodaam.
- On 11th February trust's beneficiaries from kottayam held a get-together at CMS College campus, with the help of koot & NSS volunteers from CMS College. 17 MinD members, bystanders, 35 volunteers were attended the programme.

IMPACT

A woman with dark hair tied back, wearing a green and white patterned dress with a white lace collar, is sitting outdoors on a wooden bench. She is smiling at the camera. The background shows a building with a red door and a white wall.



“We learn, and we move forward”

“Through this project each beneficiaries of the MIND and others are to resume their discontinued education. Under the auspices of the winners club, PSC coaching and through speakers club English Communication training classes were given.”

Prerana signifies inspiration, the passion to start a new. In the spirit of this idea, Mobility in Dystrophy (MIND) Trust launched the Prerana project to raise the standard of education for people with muscular dystrophy / spinal muscular atrophy and to refresh the comprehension of those who have dropped out. Challenges in traveling, lack of disability-friendly or wheelchair accessible environments, absence of people to help, difficulties in eating, and to top it all off, negative behavior, and teasing from teachers and children are the major obstacles that stand in the way of proper education for mobility impaired people. Prerana teams provide all day online education for children to improve quality and standard of education.

ACTIVITIES

- Through this project 7 students completed their education under the guidance of dedicated teachers of the project. Also, children celebrated Environment Day and children's day with different programmes.



- The “English, Hindi, Malayalam Aksharamaala Group” was started for the children who are facing difficulty in reading and writing the languages with the aim of making English, Hindi and Malayalam easy for those children. Prerana coordinators started class for 40-year-old woman named Ramla from Malappuram was interested in appearing for the 10th class equivalency examination.
- Felicitation ceremony conducted for the National and State award winners of MIND Trust beneficiaries on 8 January 2022. The chief guest was Dr. Baburaj, MG University Vice-chairman, Director of inter University Center for Disability Studies.
- A program was organized on July 3, 2022 to felicitate the students who passed SSLC and plus two examinations and their fellows.
- On November 14, 2022, in conjunction with Children's Day, an online quiz competition called Master MIND was conducted for children as part of Prerna Project.
- On 27 November, 2022, felicitation ceremony conducted for tenth and plus two equivalency exam winners. The guest was Smt. A.G Oleena, Director, Kerala State literary Mission, Thiruvananthapuram.
- Felicitation ceremony conducted for the fellows of Prerana for the academic year 2022-23 on 30 April, 2023.

IMPACT

I am 17 years old Anamika. I am the part of MIND's prerana Project. For me, it's very efficacious. I'm not able to go school for regular, and this is the only class which I get. I got in SSLC full A+. The real force behind my achievement was mind class. Thank you for your support. Hope it's got in our higher learning...



I am 35 years old Sheeja and I studied plus two at home. It was a situation where I could not go to the class and study, then I got the class of Perrana project through which I got good marks in the plus two.

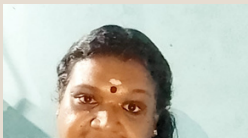


 we
Love. Hope. Care.

- WE conducted a program for writers. We members presented their articles in the program. WE, the women's wing of MIND Trust conducted a musical eve under the title 'Love beats' on 13th February 2022 through Google Meet.
- 'WE' conducted a debate on 7th February 2022 under the topic 'Is social media good or bad?'
- National Award winner MV Sathi released a booklet (collection of love letters) titled 'Ninakkai' on 08/03/2022 in an event related to International Women's Day.
- On International Women's Day (08/03/2022) the first short film named 'WE' was released by film actor Ms. Mala Parvathi.
- MIND handed over Rs 15000 as a wedding gift to Sangeetha. Out of Rs 15000, WE collected Rs. 10101.
- On 8/06/2022, Priya (MSW Medical and Psychiatry specialization with 2 years of experience) was joined as volunteers councillor of Dheera the women cell.
- 02/10/2022 members from we participated in a fashion show at Durbar Hall Kochi. Meera Pillai, a beneficiary of project WE, has connected all persons with disabilities across Kerala. About 100 persons with disabled participated in this.
- On 09/10/2022 an awareness webinar 'Mind your Mind' was held. Priya Prasad Mental Health Counselor MSW (Medical & Psychiatry) led the class.
- As a part of WE project and KOOT, members prepared a one-day excursion program for the members residing in Ernakulam on August 23, 2022.
- Valentine's Special Souhridaraavu was a program organized by MIND' WE Project on the occasion of Valentine's Day and around 55 beneficiaries participated in this one-and-a-half-hour online program.
- WE conducted an online meeting on march 11 and launched the new programme called 'Jawala'. The programme aims to make the women aware about their legal rights. The session was inaugurated by Adv. Athira , the Government pleader of Kozhikode . she spoke about the right and privileges for women in our country and also shared about the punishment for violence against woken in our country. 'Dheera' is the another programme under Project WE. DHEERA is constituted as women cell in MIND and it aims to provides emotional support , counselling and legal advice to its members. The programme 'dheera' was inaugurated by Miss Rekha Menon , an anchor in south Indian media..She also shared the views of society towards people with disabilities and women empowerment in the current scenario.

[illegible]

I am 49 years old Kavita S Murali from Ernakulam. I started writing poems and stories through the we project. Many works have been published in the magazine. I am preparing to put all the works together as a book. I danced for the first time in a dance video made as part of the we project. After that I started doing many videos on my own.

A portrait of Kavita S Murali, a woman with dark hair, wearing a yellow and pink sari, smiling at the camera.

I am 24 years old Vineesha and my hobby is painting. After joined to WE, I was able to display my paintings in an online exhibition called Canvas 21. Also participated in Talent Academy held in Thiruvananthapuram and Lalithakala Academy held in Kottayam and was able to draw pictures. It was only after joining to WE that I was able to resume my undergraduate studies which had been stalled.



I am Sajna, from wayanad and I love acting. But I didn't think that there would be such a situation in life. I acted beautifully in the projected short film WE. It was the happiest experience of my life and got good friends.



Vimala is one of the persons who made the most difference to Project We. A solitary nature without many friendships. But after starting the project called We, she got many friends. Working as telecaller in reliance Jio.





OPPAM

Oppam- a small word signifies 'we are with you'. Another unique project initiated by MIND is to provide steady monthly financial assistance to the needy. The project is in the initial stage only. We identified some beneficiaries, and potential donors, and we are confident we can execute the same. More proposals are submitted to various potential sponsors.

ACTIVITIES

- Financial assistance was given to five beneficiaries under this scheme. Trust provides about Rs.20,000/- as pension under this project every month. Some well-wishers also supporting for this project.

IMPACT

My name is Reeja S, lives in Thiruvananthapuram. I have only mother. Father is passed away. It's been a few years since I came to MIND Trust. MIND has been with me mentally and financially. Knowing my worries and problems, my mother comforted me not only financially but also mentally to go to the hospital and for other needs and stayed with me. I have seen many changes since joining the Trust. The MIND Trust supported me when I was mentally exhausted. I have a lot of love for everyone who supported me financially and mentally Thanks to MIND.





SAPHALYAM

“A Space of Happiness”



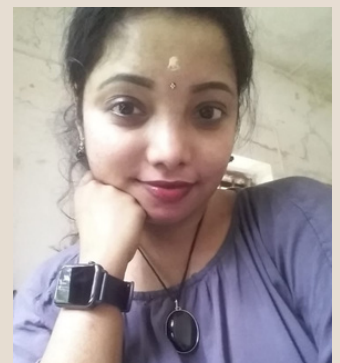
This ambitious project by MIND is to address the homeless beneficiaries of MIND Trust.

ACTIVITIES

- The house plan was prepared and purchased free of charge and the permit was issued. Identified the sponsors and assistance is guaranteed.
- Siya, a native of Thrissur, sponsored by MIND Trust beneficiary Ayush's father's friend built the ramp as part of the saphalyam project.
- Under Saphalyam project 7 lakhs (Act on Trust), 75000 rupees(sponsor), 50000 (Kochuouseph Chittappalli foundation) ₹10000, ₹15000 sponsored by MIND for building houses for 4 beneficiaries. For ramp 10000 sponsored by sponsor, 17000 rupees sponsored by MIND for 3 beneficiaries and two well wishers sponsored ramp for 2 beneficiaries.
- Ratheesh kumar's child from Trivandrum was involved in a scheme to get a house from the government. Coordinators assisted the office in its proceedings.

IMPACT

Hi I'm Siya. I have been in the MIND Trust for some time now. I am person with LGMD. 2 months back I got ramp from MIND Trust. I can still walk a little but can't climb steps. But after getting the ramp, now I don't have to depend on anyone to get out of the house by myself. At first it was my mother who raised the steps. Now I can go down the ramp very relaxed. Similarly, he goes up and down the ramp twice a day as exercise. Especially when leaving the house, there is a lot of happiness in my heart. The reason for my happiness is the MIND family. Many thanks to MIND family and especially our district coordinator Sindhu Chechi who worked for this cause.





SPEAKER'S CLUB



“Learn English feel English”

'Speaker's Club' is an initiative of MIND Trust to help and support people with Muscular Dystrophy (MD) and Spinal Muscular Atrophy (SMA), who wish to learn and improve their English language and speaking skills. Many people with MD and SMA lack the confidence to speak in public and it makes it nearly impossible for them to interact and improve their skills. Lack of practice in spoken English affects the possibility of better job opportunities, and further networking and affects their confidence.

ACTIVITIES

- In Speaker's Club conducted batch II certificate ceremony. And started third batch of Speaker's Club. The sessions were conducted through online.

IMPACT

I am 29 years old Jerin Johnson, I am beneficiary of MIND's English education program, Speakers Club. After joining this project, the main change for me is that I gained a little more confidence to speak in English. After participating in this project, I got the opportunity to communicate in English and thus acquired the ability to speak English confidently.



I am 24 years old Ameer Suhail, I feel much more confident speaking in English than I did before. I used to struggle with finding the right words and expressing myself in English, but now I feel much more at ease and able to communicate vocational program situations, both personally and professionally. With regular practice and learning new words have helped me build my confidence.



- Unarav is the project to create a Part of Palliative Care Day on 15th January 2022, KOOT Volunteers Wing in Association with NSS Unit of AJ College of Science and Technology Conducted a session “Talk on Palliative Care” at Google Meet with Dr. Anwar Hussain (Director, IPM Calicut) handled the session.
- On July, Unarv coordinators started a series of awareness about MD and SMA in the MIND Youtube channel. In channel The Fourth, Unarv coordinators conducted a discussion with a journalist to understand the challenges of a person with disabilities in public and at school. On September 29, 2022,
- On 7 June, 2022, At Kottayam Mount Carmel College of Teacher Education For Women, Prayan Coordinator Ms.Divya conducted an awareness session on Muscular Dystrophy and Spinal Muscular Atrophy.
- On 17 June, 2022 MIND Trust treasurer Prajith P gave a lecture on MIND, SMA and MD in a program called Kudamattam at Women Cell, KAHM Unity Women's College, Manjeri.
- On 12 February, 2023, Krishnakumar PS, Vice-Chairman of MIND Trust talked about the subject "What is the problem faced by Person With Disabilities" at CET College, Trivandrum.
- On 20 February, 2023, Mr. Balu, Trivandrum Coordinator of MIND Trust talked about the subject "What is the problem faced by Person With Disabilities" at CET College, Trivandrum.



- Mr. Mohammad Jabir, MIND Trust Joint Secretary, talks about the social life situation of people with SMA and MD at Najath College of Science and Technology, Karuvarakkundu.
- On 12 January 2023, MIND Vice-chairman Krishna Kumar P. S conducted a session on the topic "Differently Abled: Shortfalls in our Collective Consciousness" at the Kerala Literature Festival (KLF), Kozhikode.
- On 3 February 2023, MIND Vice-chairman Krishna Kumar P. S conducted a session on the topic "Kannuvenam, Njanggalilum" at Mathrubhumi International Festival of Letters (MBIFL), Thiruvananthapuram.

IMPACT

I am Snigdha. I am KOOT volunteer. Through the UNARV Project of MIND, I got more knowledge about what is MIND and SMA & MD disease and also, I understood more about the sufferings faced by them. Moreover, I came to know about what are the most challenges faced by them. Before implementing this project, I don't know much about SMA & MD, but now I know and also, I am able to give this information to my community. because I came to know more about them through this project. Further I came to know about the most difficulties faced by them when they are interacting with society and their travelling difficulties especially those places without ramp.



Hy I am Jyothi. I am a KOOT volunteer. Before joining the KOOT I was an NSS volunteer. During our NSS camp, I unfortunately met Kuttettan, and we had an interactive session with Kuttettan. After the NSS camp I contacted to Kuttettan and Kuttettan told me about KOOT volunteer wing and MIND Trust. Before joining KOOT I didn't know about MIND Trust and I didn't have any idea about SMA, MD. But after joined KOOT team I learned what is SMS, MD and what are the problems they are facing and their conditions. And later I tried to interact with some MIND members. So, I got more ideas about their lifestyle and health conditions. Now I am so happy that I am a KOOT volunteer. I participated some KOOT programmes and I am so proud that I am a KOOT volunteer.





AVANI



“Protect Earth save life”

Avani is a project launched by MIND in 2020 to protect the environment. Avani means Earth. We all live together on this earth's land and have the duty to nurture it, just as it has done to us. Protecting and safeguarding the earth and environment is the duty of every single human being and MD, SMA and people are no exception.

ACTIVITIES

- As a part of Avani Project, the coordinators conducted a session with Mr. Johnson Antony (Winner of the Youth Icon Award for Best Farmer) on the topic How to cultivate sitting in a behavior, on 9th January 2022, in Google Meet. Mr. Johnson handled throughout the session explained about the topic and clarified the members doubts and thoughts.
- In the summer of March, AVANI and KOOT started a campaign called “Neer Thullikal” to provide drinking water for birds. As a part of it, water was put in a bowl in the yard of the house and it helped to quench the thirst of the birds.
- Celebrated the first anniversary of 'The Farm Story', a nursery operating in the southern part of Chavara. Blissy Jose sponsored 50 plants, which won this year's Karshaka Tilak Award for Best Female Farmer as its Owner. Distributed plants on the occasion of June 5th Environmental Day as part of Avani project.
- MIND Trust chose seven people to be a part of the Avani project. Indoor plants were planted with them. Avani coordinators cleaned several areas, in between the cleaning they got rambutan plants from many places. All that was planted in Coco peat pot to be distributed to the needy.

- On 26th September 2022, Avani coordinator Lekshmi S Nai conducted a nature conservation awareness class for the children of class 5 to 9 of Mount Tabor Girls High School, Pathanapuram.
- Mind Trust beneficiary Hima Manukumar conducted an online session on 4th March, 2023 on “How to earn income through horticulture”.

IMPACT

I am 51-year-old Beena, from Ernakulam, since I was a child, I loved plants. I loved touching each new shoot and bud in the morning. But the sickness that grew in me discouraged me. But I was looking for how to grow plants indoors. That's when I got the electric wheelchair is my happiest moment. That's how I was able to reach my plants and touch them. It is possible to stir and fertilize them. I realized that it also had to make changes in me. Stress and tension are reduced. When I give them some water, their nodes seem to be thanking me. It all happened by Avani project thanks to Avani.





ITALK



“Speak and inspire”.

Mobility in Dystrophy's I Talk project is a creative initiative aimed to improve self-expression and developing the finest public speakers among MD/SMA patients. I Talk focuses on utilising specialised instruction to help each of them realise their full potential. People with speaking issues are, identified and trained to overcome their difficulties, and communication barriers are broken through this in-depth training program. They will be able to practice public speaking and develop into motivational speakers, orators, and storytellers.

ACTIVITIES

- On 21, 26, 30 March conducted I Talk session (Motivational Training Program). On 3, 6, 10, 17 and 24 April 2022 conducted the I Talk training program. Also assembled for the alumni group follow-up session.
- On July, distributed the 3rd batch certificate.
- Launched video series “Ariyam” on 24 July 2022.
- Launched video series “Re-MIND” on 13 December 2022.
- Launched video series “WE Talk ” on 16 February 2022.

IMPACT

I am 31 year old Shahina from Malappuram. After the first batch, I became one of the coordinators of project I-Talk. Anchored a function called Sneha sangamam conducted by MIND Trust for the "ORIDAM" project Hosted online programs conducted by mind trust for various occasions.





"The power of persistence with the space of creativity"

IDAM is an art and cultural project. "Idam" is an art and culture project of MIND. The MIND has an online monthly digital magazine named 'Idam' that aims to find, encourage, and promote MIND talents.

A number of activities are being carried out as part of this project, one of which is Idam magazine. Its first issue was published in November 2020 by famous writer and speaker Mr. Shaukath. The digital magazine has a special place as the stories, poems, articles, interviews, biographies etc, and all the work behind the scenes are carried out by persons with MD and SMA.

ACTIVITIES

- As a part of National Reading Day, Idam project of MIND Trust conducted a program "Idam Thedunnavar" with MINDs Writers on June 18th, 2022, through Google meet. In this meeting, the Writers of MIND shared their experiences as a Writer.
- August's magazine has been launched with a new cover image of a MIND member and useful information for MIND family members. In addition, every month an article by an outside writer was included with the aim of bringing the magazine to more readers, and this time Mr. Prasannan Champakkara's poem was also included. MIND Trust decided to accept submissions from outsiders.
- Idam magazine editor Anisha Ashraf contacted All Kerala Wheelchair Rights Federation (AKWRF) state working president Vasunni Pattazhi, who assured her that would accept submissions from writers within the organization people.



SUSHEELAM

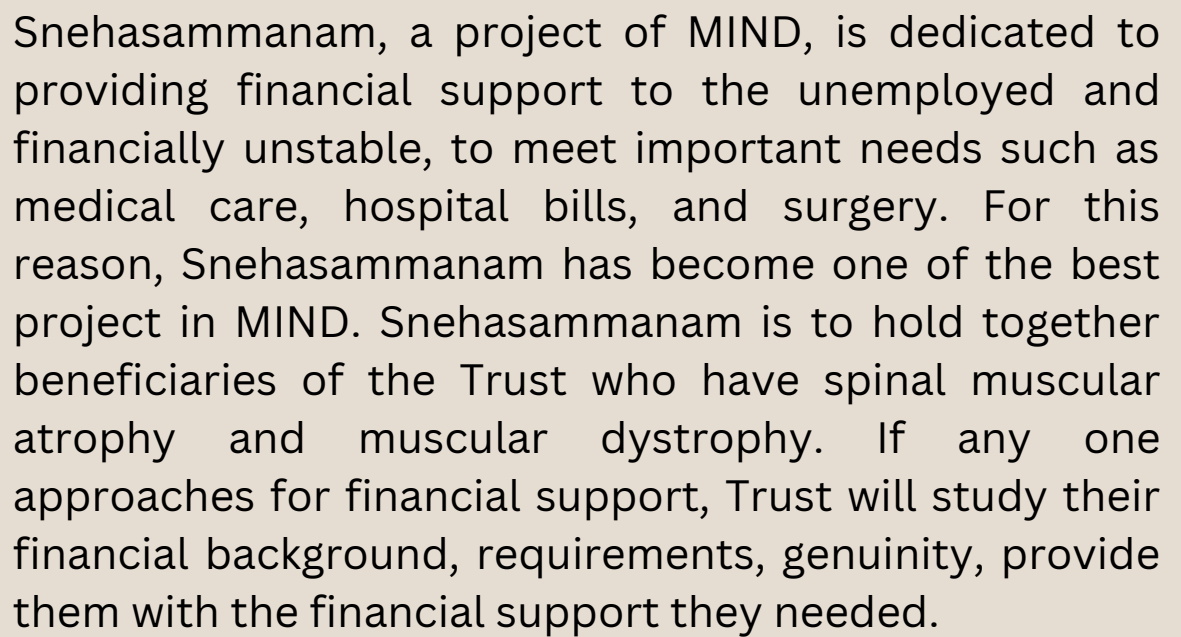


“Heals and enlight”

Through the 'Susheelam' program, it is possible to organize the daily routine of each person who is experiencing muscle wasting and facilitate some physical movements. People with muscular dystrophy and SMA from damage to each and every muscle of the body, including the lungs, heart, stomach, and other internal organs. Habits such as meditation, breathing exercises, and physical exercise can make their functioning smoother and reduce stress and create a healthier mental environment. Also, those who do not have access to the possibilities of physiotherapy can take advantage of the benefits of yoga.

ACTIVITIES

- As a part of International Yoga Day, Susheelam Project of MIND Trust conducted a Webinar on the topic “Yoga: everyone can do” led by Mr. Anand Narayan, (The art of living) Yoga Trainer with Ministry of AYUSH Certificate, Singer and television anchor.
- From November 27, an online physiotherapy session led by K Biju has been started for people with muscular dystrophy and SMA called PRAAN.



ACTIVITIES

- In Snehasammanam beneficiaries get financial support to meet their various requirements. Almost 133,000 lakhs spend for 19 beneficiaries like hospital expenses.



PRATIDI



“Come.. let’s repair the gene and start walking”

The Sanskrit word "pratidi" means "hope". As the name suggests, the MIND does some of the things that are needed to give hope to those who are going through such conditions in life. Treatment, physiotherapy, and assistive devices are needed to alleviate the physical discomfort of the sick person, as well as replacement of homes and public spaces at low cost in a disability-friendly manner. MIND helps in changing the vehicles for the disabled, how useful we can be with the help of artificial intelligence, employment, and education in the category of PRATIDI.

ACTIVITIES

- Pratidi coordinators conducted a webinar on the topic “Frequent weather changes can cause various health problems in people with neuromuscular disorders” on August 29th, 2022 at 7:30 PM. Prof. Dr. P. A Mohammed Kunju (Senior Consultant Neurologist KIMS health Trivandrum and Dean Faculty of the Medicine University of Kerala) was the resource person in the session.
- Under the Praditi project a booklet on Muscular Dystrophy and Spinal Muscular Atrophy is being prepared. It is in its final editing stage. The booklet is written with the help of doctors and other research groups. It will be published by next year.

ACHIEVEMENTS



Captain Volunteer Award 2022 -
Ahammed Razi, Koot Volunteer



Captain Volunteer Award 2022 -
Vipin, Koot Volunteer



Ujjwala Bhalyam Award 2022 -
Abdul Hadi, MIND beneficiary



Ujjwala Bhalyam Award 2022 -
Ramees Rahman, MIND beneficiary



PAT Award 2022 -
Anish Soman, MIND beneficiary



PAT Award 2022 -
Anisha Ashraf, Idam Coordinator



KSCSTE Award 2022 -
Anisha Ashraf, Idam Coordinator.



Kerala Social Justice Department's
Best Creative Talent Award 2022 -
Aana Sherin, MIND beneficiary



Kerala Social Justice Department's special mention from the Jury Award 2022 - Krishnakumar PS, MIND Vice-Chairman



Kairali TV Phoenix Award 2022 - Krishnakumar PS, MIND Vice-Chairman



Kerala Social Justice Department's Best Role Model Award 2022 - Jimi John, MIND beneficiary



Best Village Officer Award 2022- Radhakrishnan, MIND beneficiary



Best outgoing student of 2022-23 in his school - Navaneeth, MIND beneficiary



School first rank - Navaneeth, MIND beneficiary



Women's Day Special Mention Award from Prajaahita Foundation - Emi Sebastian, MIND Convener & Sathi Kodakkad, MIND beneficiary



22th National Para Swimming Championship Back stork 100m Gold, Back stork 50m Bronz, Frerstyle 50m Bronze - Sadiq, MIND beneficiary



Agratha Award 2022 -
Hima, Avani coordinator

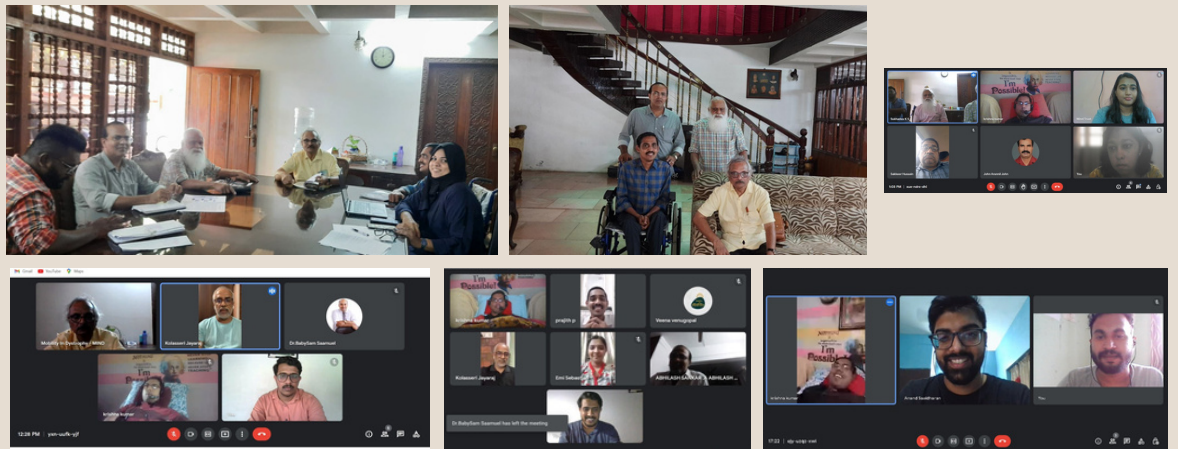


Agratha Award 2022 -
Renjini S, Naipunya Coordinator



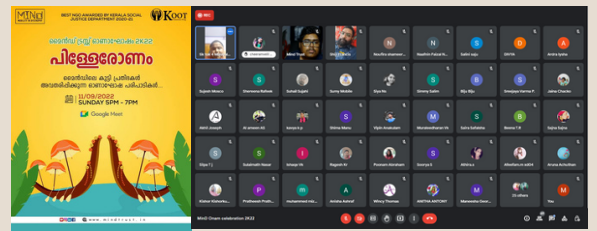
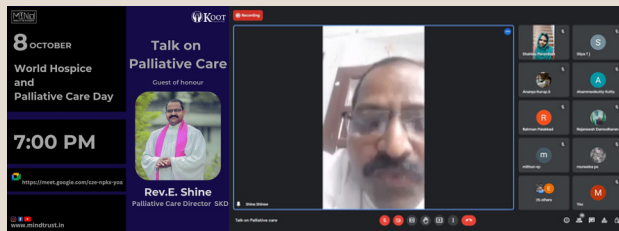
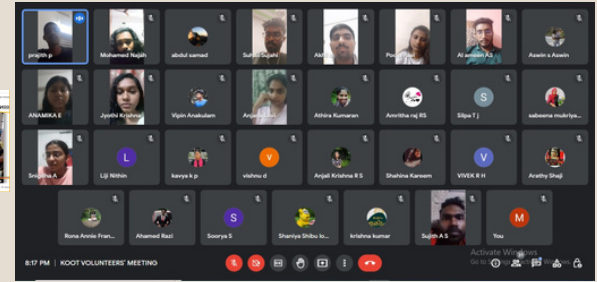
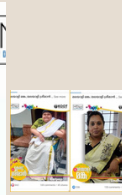
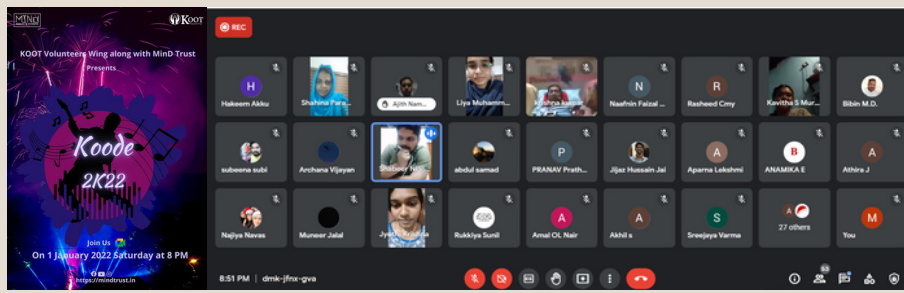
PHOTOS

ORIDAM

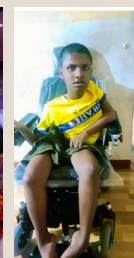


KOOT





SAHAYATHRA







PRERANA







HEARTFELT CONGRATULATIONS TO THE WINNERS OF THE MIND WHO HAVE SHOWN THEIR EXCELLENCE IN SSLC EXAMINATION



Aryan Pillai



Nivedkumar



Ajmal habeeb



Nikil



HEARTFELT CONGRATULATIONS TO THE WINNERS OF THE MIND WHO HAVE SHOWN THEIR EXCELLENCE IN SSLC EXAMINATION



Aana Sherin



Soyyog E



Vishak. R



Afeefa M. M



Ananthu. M



Naveen C. M



Anamika



K.S. Abhram



Mohammed Irshad



Adarsh M. P



Abdul Krishna



Vishnu C Shekhara

Best NGO awarded by Kerala Social Justice Department (2020 - 21)

Best NGO awarded by Kerala Social Justice Department (2020 - 21)

PRERANA
Best NGO awarded by Kerala Social Justice Department 2020-21

Set - A

1 ഇന്ത്യയുടെ ദേശീയ ഗീതം?

A വന്ദേമാതരം

B ജനഗണമന

C സാദര ജഹ്നുസ അർപ്പാ

D ജയ ജയ ജന്മഭൂമി

Veena Venugopalan

Shahina

Asma Sherin

www.pntrt.org


 MINDS MINDS OF THE FUTURE
 MINDS OF THE FUTURE

മെന്റലിസ്റ്റ് ആദിൽ
 മൈൻഡിലെ കൂട്ടുകാരോട്
 സംസാരിക്കാൻ വരുന്നു...

29 ഏപ്രിൽ, 2023
 ശനിയാഴ്ച
 3pm


 Google Meet

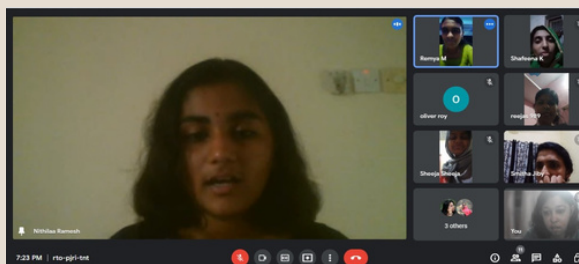
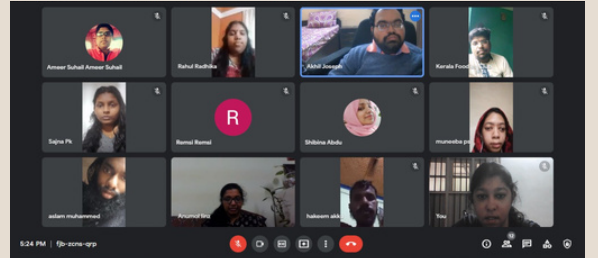
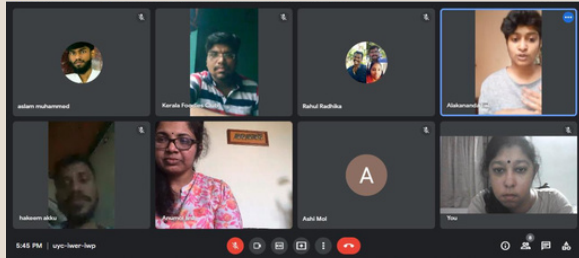
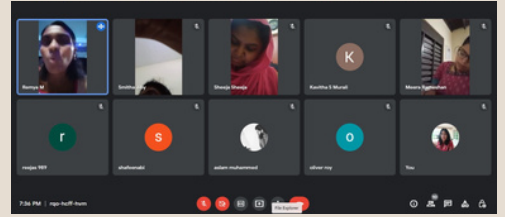
Mentalist Adhil
 (Magician & Hypnotist, Indian Asian &
 World record holder)

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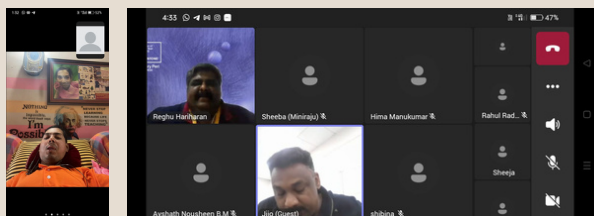
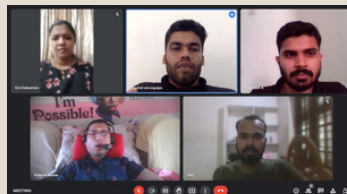
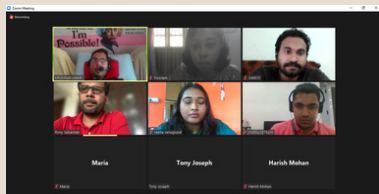
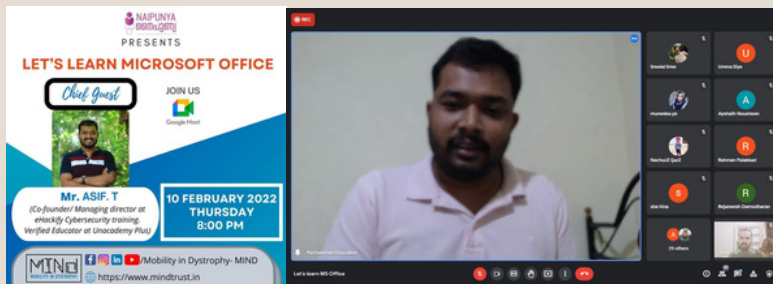
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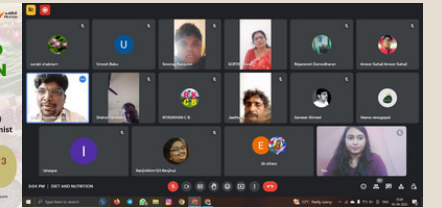
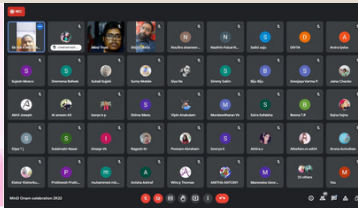
SPEAKER'S CLUB



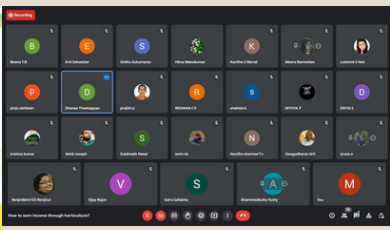
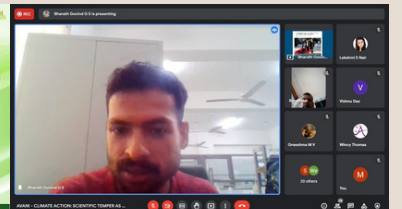
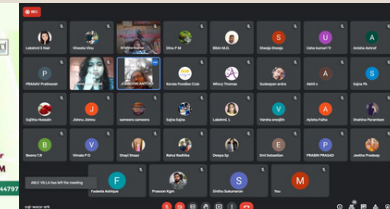
NAIPUNYA



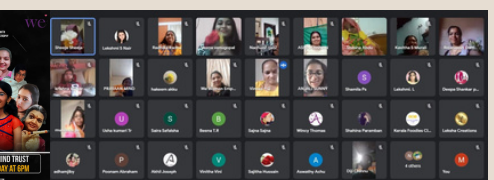
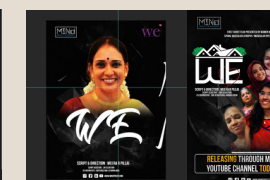
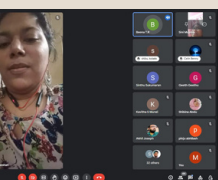
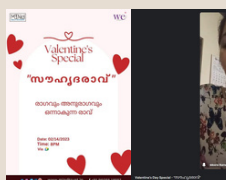
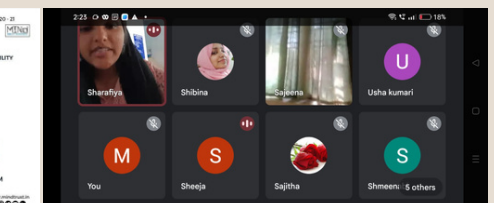
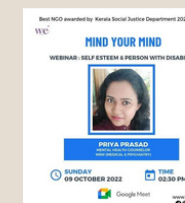
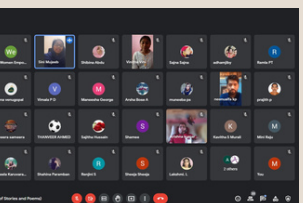
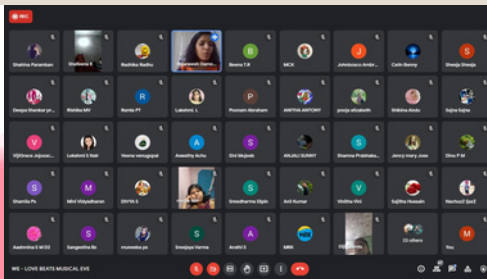
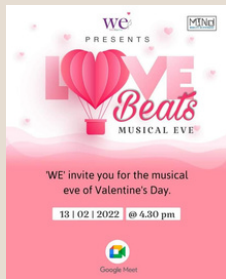
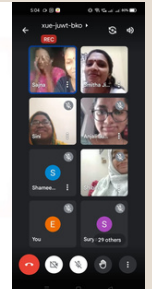
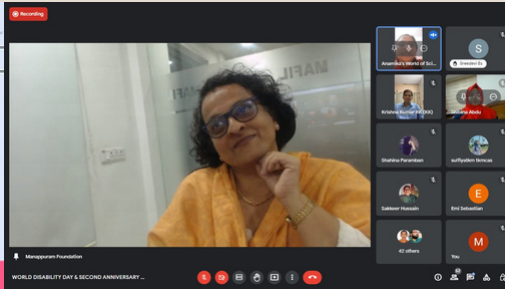
UNARV



AVANI



WE (WOMEN EMPOWERMENT)

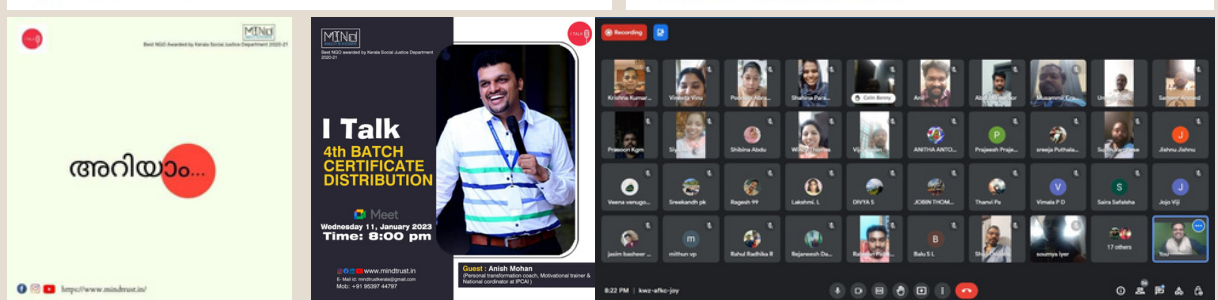
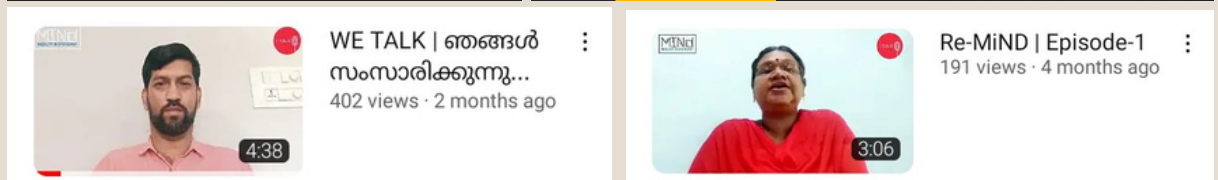
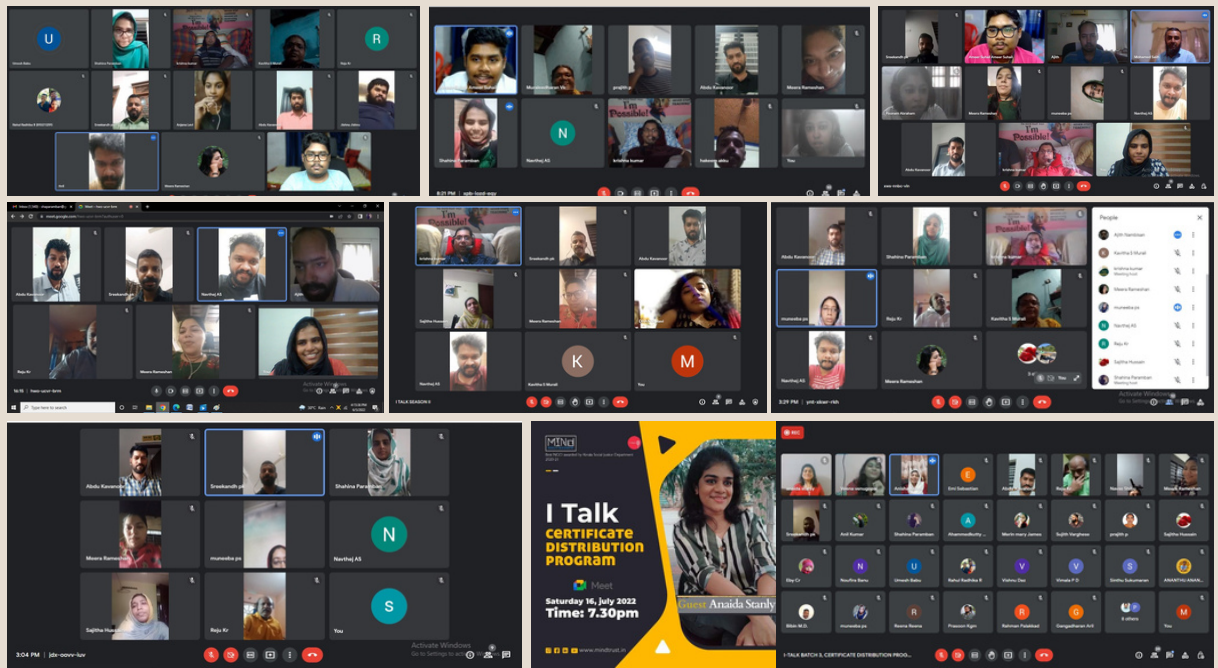


SAPHALYAM

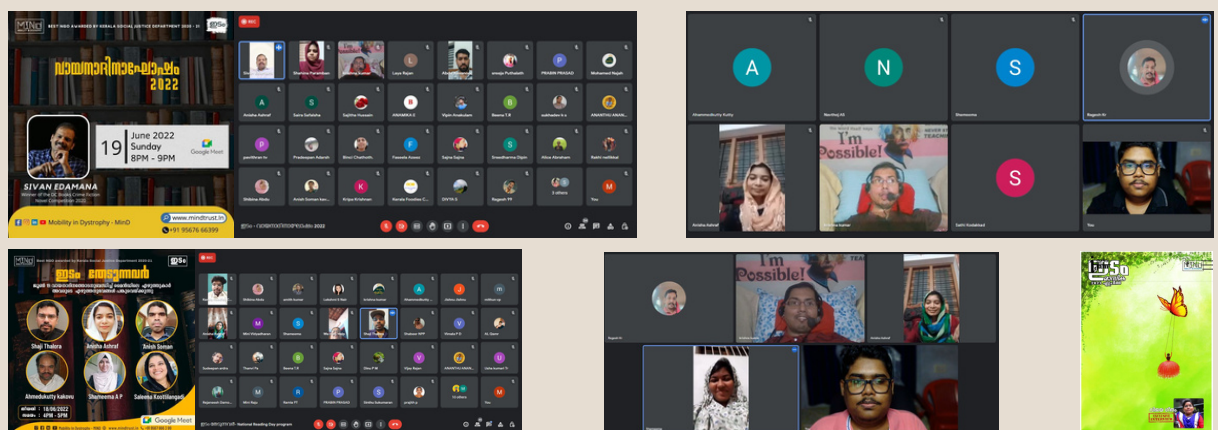
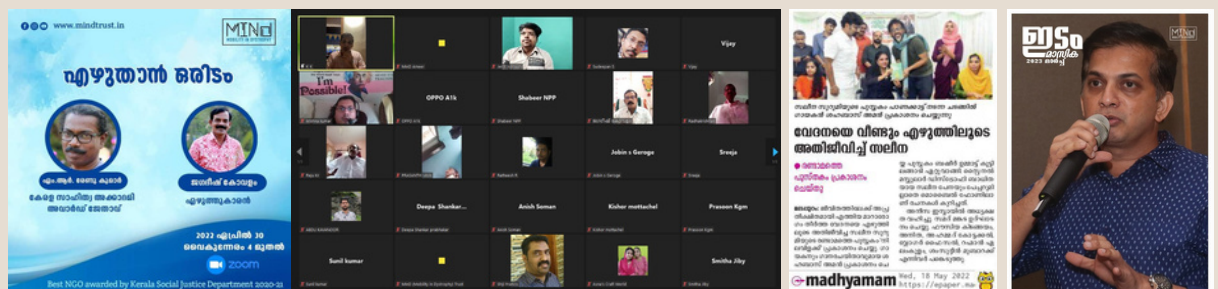




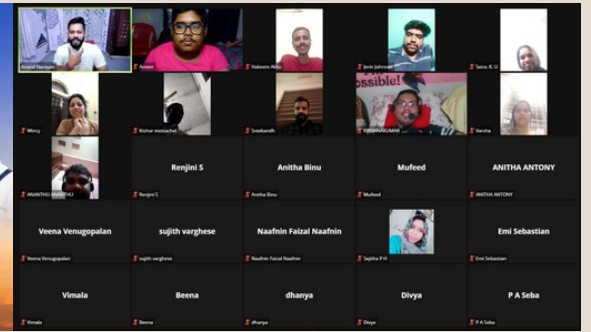
I TALK



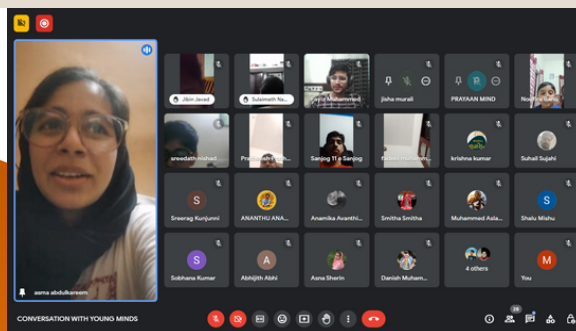
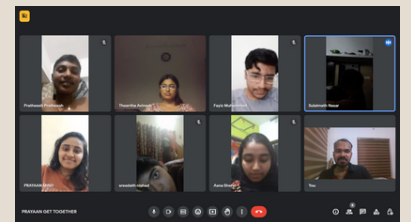
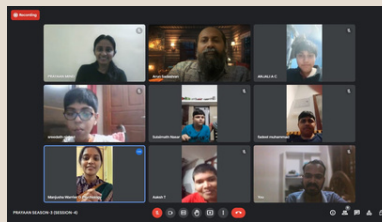
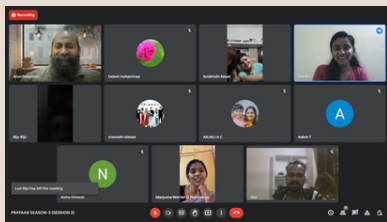
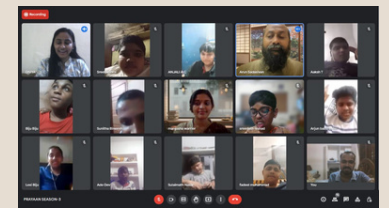
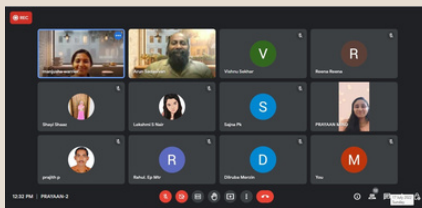
IDAM



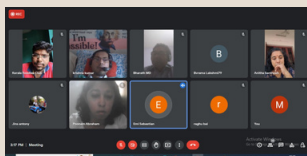
SUSHEELAM



PRAYAAN



PRAATIDI



MIND 5th Anniversary - Dyuthi

മുദ്രി 2022
MIND Fifth Anniversary 1 MAY 2022

Chief Guest: Dr. R. Bindu
Hon'ble Minister of Higher Education and Social Justice Government of Kerala
Inauguration 09:30 AM

Ms. Rekha Menon
Anchor in South Indian Media
Inauguration of women cell 11:30 AM

Dr. Muralee Thummarukudy
The Chief of Disaster Risk Reduction in the UN Environment Programme, ORIDAM Program Chief Guest
04:00 PM

Ms. Sayanora Philip
Paattum Varthamaanam Musical night 08:00 PM

Best NGO awarded by Kerala Social Justice Department 2020-21

Therapies being developed for DMD: Current and future trends

Chief Guest: Dr. Sudha Bhattacharya
Molecular Biologist
Co-founder WWGM

മുദ്രി 2022
MIND 5TH ANNIVERSARY
01 MAY 2022 - TIME 10:30AM
Best NGO awarded by Kerala Social Justice Department 2020-21

WE FOR WE
INAUGURATION OF WOMEN CELL AND AWARENESS PROGRAM - DHEERA

മുദ്രി 2022
MIND 5th Anniversary

GUEST
Ms. REKHA MENON
Anchor in South Indian Media

Time : 11.30 AM
Date : 1 May 2022

Best NGO awarded by Kerala Social Justice Department 2020-21

PRAYAAN
MIND 5th Anniversary

GUEST OF HONOUR
Mr. JESPER P KOTTAKUNNU
Mouth painting Artist
Discussion on: An Inclusive Society for Children with Disabilities

PANELISTS
Dr. Priya Ramesh Thomas, Associate Prof. @ NABHANS, Bangalore
Dr. Arjun Sankaranarayanan, Assistant prof. in Psychiatric Social work, Mest Nat Institute of advanced studies, Bangalore
Dr. Manjusha Varma G, Assistant prof. in Psychiatric Social work, Christ University Bangalore

Time 03:00PM
Date : 1 May 2022

Best NGO awarded by Kerala Social Justice Department 2020-21

ORIDAM
Panel Discussion: Community living and rehabilitation for person with disabilities

മുദ്രി 2022
MIND 5th Anniversary

CHIEF GUEST
Dr. MURALEE THUMMARUKUDY
Chief of disaster risk reduction in the UN Environment Programme

Mr. K.N. ANANDHA KUMAR
Executive Director Saligramam

Time : 04:00 PM
Date : 1 May 2022

Dr. S. RAJEEV
Secretary Nish. Chintala

Dr. HENA
Clinical Director, Peace Valley

MODERATOR
Ms. KAVITHA JACOB
Assistant prof. @ A.M College, Perumbavoor

Mr. PRAJITH, P
ORIDAM project coordinator and MIND Inauguration

Best NGO awarded by Kerala Social Justice Department 2020-21

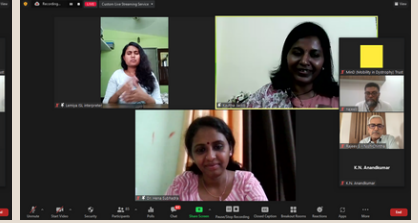
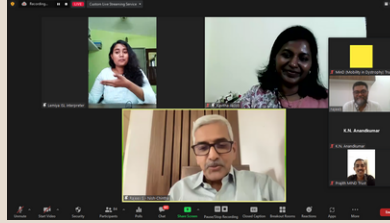
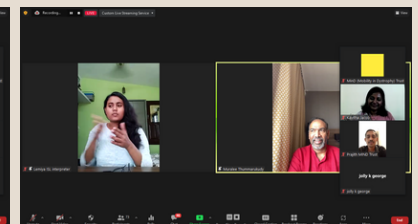
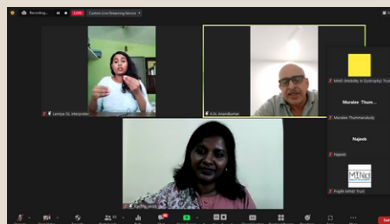
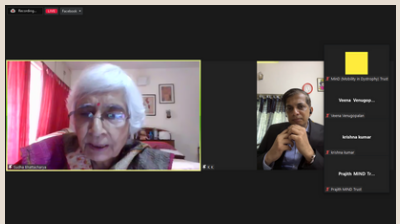
പാട്ടും വാർത്താമാനവും

Guests
Ms. Sayanora Philip & Ms. Anju Joseph
(Musicians)

Moderator
Ms. Sajna Sudheer
(Musician, Assistant professor at Govt. Women's college TvM)

മുദ്രി 2022
MIND 5TH ANNIVERSARY

01 MAY 2022 - 8:00PM
Best NGO awarded by Kerala Social Justice Department 2020-21



[illegible]



നമുക്ക് ഇവരെ സഹായിക്കാൻ പറ്റില്ലേ? Santhosh is a cancer patient; S...

8.9K views 11mo ago ...more

Food N Travel by Ebbin... 723K [Subscribe](#)

[CLICK HERE](#)



പ്രിയപ്പെട്ടവർ ഇല്ലാതായാൽ എത്രനാൾ? 'ഒരിടം' ഉത്തരമായി

[CLICK HERE](#)



Interventions

Blog of Women Cell, KAHM Unity Women's College, Manjeri

Home

Friday, June 17, 2022

Kudamattam: A Community Intervention Initiative



[CLICK HERE](#)

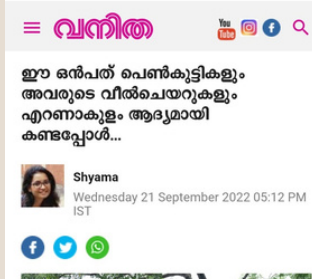


SMA ബാധിതർക്കായി 'ഒരിടം' ഒരുക്കുന്ന തിരക്കിലാണ് അനങ്ങാ...

1K views 6mo ago #Sma #SpinalMuscularAtrophy # ...more

Behindwoods Ink 178K [Subscribe](#)

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ഈ ഒൻപത് പെൺകുട്ടികളും അവരുടെ വീൽചെയറുകളും എറണാകുളം ആദ്യമായി കണ്ടപ്പോൾ...

Shyama Wednesday 21 September 2022 05:12 PM IST

[CLICK HERE](#)



കൂട്ട് കൈപിടിച്ചു, അവർ ആദ്യമായി കൊച്ചി കണ്ടു, കാഴ്ചകൾ കണ്ടു

By സുന്ദരം രാജീവ് 07 September 2022, 10:03 PM IST 2 min read

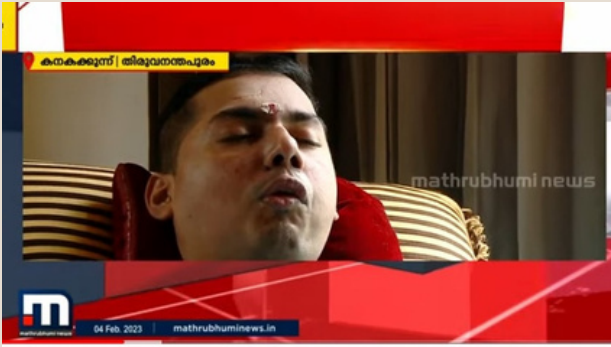
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Kochi Metro · Follow Aug 23, 2022 ·

Metro ride by the beneficiaries of Mind Trust organisation, an NGO working for people with muscular dystrophy and spinal muscular atrophy.

#Metrocares #kochi #kochimetro



അനേകം ജീവിതങ്ങൾക്ക് പ്രചോദനമായി PS കൃഷ്ണകുമാർ ...

2.1K views 2mo ago #Malayalamnewslive #Malaya ...more

Mathrubhumi News 3.51M



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SPECIAL MENTION

MIND has many well-wishers without notifying them the report will be incomplete. MIND's Oppam Project is one of the most significant project. As a mentioned Oppam Project is an initiative to provide financial assistance to the needy. Like others one of our member Mr. Anandhu receive Rs.2000 /- every month by a well-wisher.

SPECIAL EVENTS

- May 1, 2022, was the fifth anniversary of MIND Trust. DHYUTHI 2022 was one day program that started at 9:30 am with Inauguration. Then the presentation on the topic "Therapies being developed for DMD: current and future trends" was done by Prof. Sudha Bhattacharya (Co-founder WWGM). After, WE FOR WE, Inauguration of Women Cell and Awareness Program- Dheera inaugurated by Ms. Rekha Menon (Chief guest). Panel Discussion was done on the topic 'An inclusive society for children with a disability'. Dr. Priya Thomas, (Associate prof. NIMHANS, Bangalore), Dr. Arun Sadashivan, (Asst. prof. in Psychiatric social work, Montfort institute of advanced studies, Bangalore), Dr. Manjusha Warriar G (Asst. prof in Psychiatric social work, Christ University Bangalore) were the panelists. Another Panel Discussion was done on the topic "Community living and rehabilitation of person with disabilities." Chief Guest: Dr. Muralee Thummarukudy (Chief of disaster risk reduction in the UN Environment Program) Other Panelists, Mr. Najeeb Kuttipuram (Founder of ILA Foundation), Dr. S Rajeev (Secretary Nish-Chintha), Mr. K.N Anandha Kumar (Executive Director of Saigramam), Dr. Hena (Clinical Director, Peace Valley), Mr. Prajith. P (Oridam Project Coordinator and MIND Treasurer). Pattum Varthamanvum; Musical Program was the last event of the anniversary Ms. Saynora Philip (Musicians) was the chief guest.
- As a part of MIND Trust Activities, conducted a felicitation ceremony for the National and State Award Winners and Certificate distribution of digital marketing course of MIND Trust on 8th January 2022, in Google Meet 5 to 6 PM.
- The Chief Guest of the program is Dr. Babu Raj (Vice Chairman MG University, Director of Inter University Center for Disability Studies).

IMPACT

- MIND is an organisation with tremendous activities and valuable efforts of many people. Through the Projects of MIND, the organisers ensure the upliftment and wellbeing of its members. We believe we had a psychological, social, economic, and professional impact on 4000 people with MD and SMA.



FOUNDER'S NOTE



Mobility in Dystrophy or Mind is a WhatsApp community formed on July 1, 2016, by four people with muscular dystrophy in Kerala



The members of the group at the time were gradually adding people with muscular dystrophy and spinal muscular atrophy to their experience. The mental, physical and financial problems experienced by the members were constantly discussed in the group. Through such discussion, we recognized the need to form an organization and bring the problems of the sick of the attention of the government and society. For those who live within the four walls, it was a big challenge to see each other, even those in that group. However, such a strong desire led us to a gathering called 'Snehasangamam'. Through that gathering, we realized that the solution to our problems is activities that focus on the five goals of awareness, education, employment, rehabilitation and research. To that end, it was decided to form an organization and Executive committee was elected that day. The committee proceeded with the registration process of the organization and thus opened an office at Thrissur, Kallettumkara. Registered as a Trust under the name of Mobility in Dystrophy (MinD) at Kallettumkara sub-Registrar's Office under Register No.132/2017.



EXECUTIVE COMMITTEE



Sakkeer Hussain
Chairman



Emi Sebastian
Convener



Prajith P
Treasurer



Krishna Kumara P.S
Vice-Chairman



John A.J
Joint Convener



Mohamed Jabir P
Joint Convener



Renjini S
Executive Member



Poonam Rose Abraham
Executive Member



Shibina Abdu
Executive Member



Veena Venugopal
Executive Member



Rakesh
Executive Member



Ahammed Kutty
Mentor



ADVISORY BOARD



Padmashiri Dr. Rajagopal

Founder-chairman of "Pallium India" and the director of TIPS, The WHO Collaborating Centre at Trivandrum.



Dr. Suresh Chandran

chief coordinator & senior consultant department of neurology KIMS Trivandrum



Dr. Baby Sam Saamuel

Vice-Chairman & Director, Knowledge Oman & Founding President – Anjappam Charitable Trust



Dr. Arun Sadasivan

Assistant Professor
Head- MIAS Research Centre
MIAS – Program Coordinator
Montfort College, Bangalore.



Sajna Sudheer A

Assistant Professor
Dept of Music Govt. College
for Women Trivandrum



Adv. Sreekala

Government Employee. LLM



Prakash Mathew

Concept developer in textile and fashion, Trainer in palliative, Co- Founder of Yellowings – a production unit for specially challenge unit.



Sukhadev K.S

Founder/Chairman of Dream of us,
Coordinator of swapnachithra,
Sign language Facilitator,
Coordinator of green community.



Naasfin Faisal

Parent of Amina Yumna,
Beneficiary of MIND Trust.

AUDIT REPORT 2022

MOBILITY IN DYSTROPHY (MIND) TRUST REGNO.132/2017 MAVINCHOD AVITTATHOOR PO KALETUMKARA, THRISSUR-680683

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31.03.2022

EXPENDITURE	31.03.2022	31.03.2021	INCOME	31.03.2022	31.03.2021
Relief of Poor					
Charity					
Naipanya	27 870.00	81 000.00	Donation Received	89 21 098.07	2 17 838.00
Safalyam	30 000.00				
Prayan	1 000.00				
Pvrama	28 700.00		Sneha Sammanam	00	91 800.00
Avani	1 000.00				
Medical Relief					
Oridam	2 35 320.00				
Sahayathra	14 35 380.00				
Sneha Sammanam (Charity)	3 30 114.00				
Less: Application of Accumulated amount of PY	- 92 586.00	96 050.00	Bank Interest Received	54 534.00	16 305.00
Audit fee	19 96 798.00				
Bank Charges	8 000.00				
Meeting Expenses	847.97	80.04			
Printing & Stationery	1 535.00	6 136.00			
Renewal charges	8 000.00	350.00			
Salary	5 000.00				
Travelling Charge	21 000.00				
Excess of Income over expenditure	69 33 451.10	1 41 476.96			
	89 75 632.07	3 25 943.00		89 75 632.07	3 25 943.00

The accompanying notes form an integral part of this financial statements
Subject to our audit report of even date attached

Place : Thrissur
Date : 24/09/2022
UDIN : 12222 3623 AVF/14



For Mobility in Dystrophy Trust
For CHRISTINA & Co.
Chartered Accountants
Firm Reg. No. 018462S

CA Christina Samuel M.Com, FCA, DISA (ICA)
Membership No. 228823 | Proprietor

Treasurer

Mobility in Dystrophy Trust
Chairman



MOBILITY IN DYSTROPHY (MIND) TRUST REGNO.132/2017 MAVINCHOD AVITTATHOOR PO KALETUMKARA, THRISSUR-680683

BALANCE SHEET AS AT 31.03.2022

LIABILITIES	31.03.2022	31.03.2021	ASSET	31.03.2022	31.03.2021
CAPITAL FUND			CURRENT ASSET, LOAN AND ADVANCES		
Opening Balance			Cash in Hand		
Add: Excess of Income over Expenditure	6 63 687.97	5 22 211.00	Bank Account:		
Less: Application of Accumulated amount of PY	69 33 451.10	1 41 476.96	Union Bank of India A/c No:0008103	5 07 017.07	17 050.00
Less: Transfer to Oridam Project Fund	- 92 586.00				
Closing balance	- 70 00 000.00		Investment:		
	5 04 553.07	6 63 687.97	Union Bank of India FD A/c No.: 0001007	70 00 000.00	6 46 637.97
Oridam Project Fund	70 00 000.00				
Current liability	2 464.00				
	75 07 017.07	6 63 687.97		75 07 017.07	6 63 687.97

The accompanying notes form an integral part of this financial statements
Subject to our audit report of even date attached



Place :
Date : 24/09/2022
UDIN : 12222 3623 AVF/14

For CHRISTINA & Co.
Chartered Accountants
Firm Reg. No. 018462S

CA Christina Samuel M.Com, FCA, DISA (ICA)
Membership No. 228823 | Proprietor

For Mobility in Dystrophy Trust
Treasurer

Mobility in Dystrophy Trust
Chairman

