



An Initiative  
*Touch Your Soul*

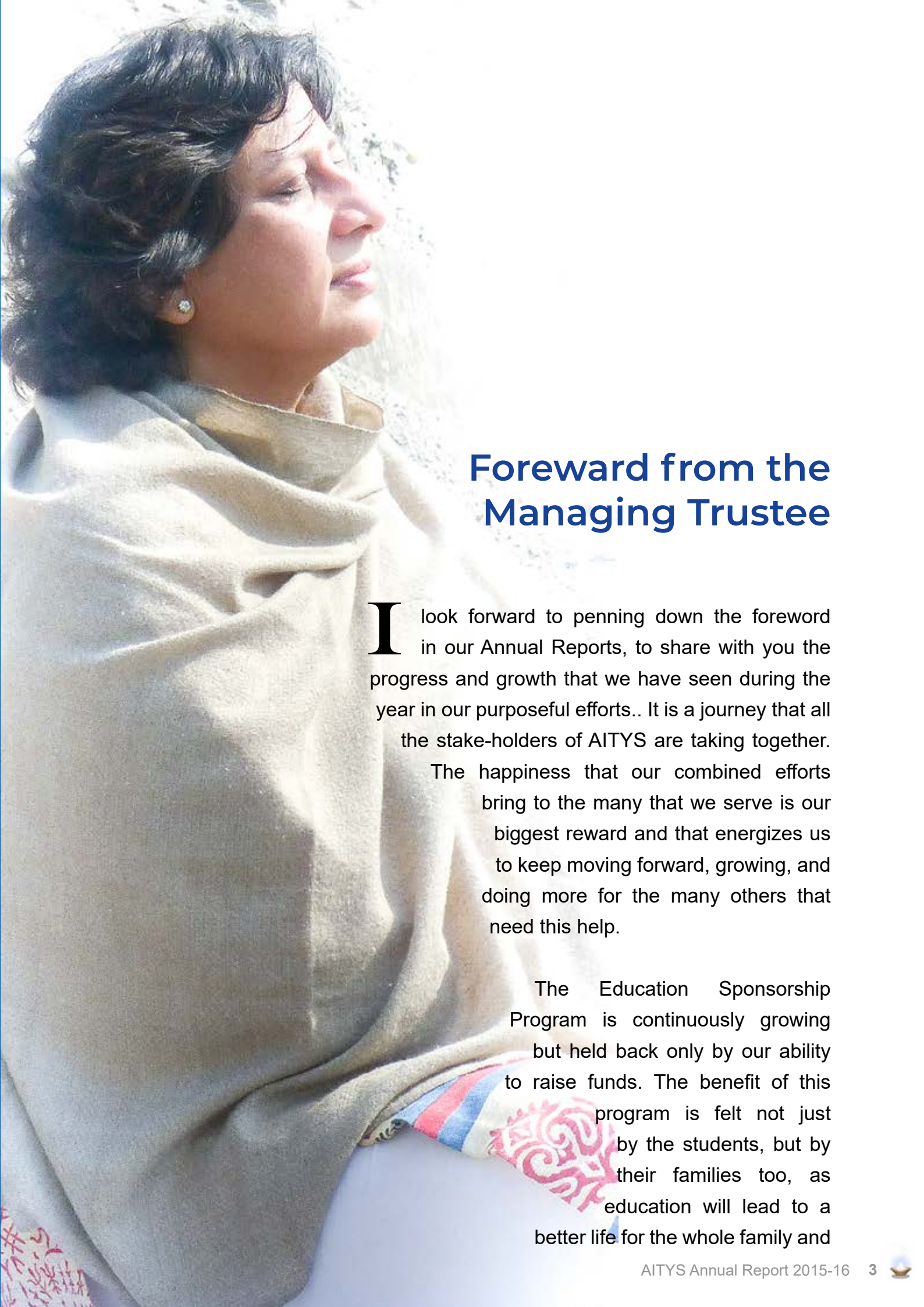
# Annual Report 2015-16

[www.aitys.in](http://www.aitys.in)



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## Foreward from the Managing Trustee

**I** look forward to penning down the foreword in our Annual Reports, to share with you the progress and growth that we have seen during the year in our purposeful efforts.. It is a journey that all the stake-holders of AITYS are taking together.

The happiness that our combined efforts bring to the many that we serve is our biggest reward and that energizes us to keep moving forward, growing, and doing more for the many others that need this help.

The Education Sponsorship Program is continuously growing but held back only by our ability to raise funds. The benefit of this program is felt not just by the students, but by their families too, as education will lead to a better life for the whole family and



the benefits will eventually be felt by the entire community. As the Medical Camps and Education Sponsorship complement each, so do their benefits for the community.

Our Medical Camps are a regular feature and keep us connected to the villagers in the region. The older folk keep expressing their gratitude for the relief from their joint aches & pains, which probably helps them the most, in this area of bad connectivity and rugged terrain. Our doctors feel that the majority of problems are simple and it's a pity that the people have to suffer these ailments for days before seeking help, as even the expense of travelling an hour to the nearest chemist shop and buying the medicines is often unaffordable. It is their gratitude and blessings that really encourage us and make us want to keep going back to them. The feedback that we get from school teachers is that, for many students the attendance has actually increased on account of improved overall family health. With the higher number of attendees and hence the longer hours at the medical camps, we may soon have to increase the number of volunteers at these camps so that we continue to treat the expanding number of patients seeking help.

Our Education Sponsorship Program is growing rapidly. PROJECT 6400 has the maximum focus from our side as it directly helps ensure that no child, wanting to study, drops out of school due to economic reasons, after Government sponsored free-education stops at Class 8. As a pilot project, we have started working closely with a Government High School to identify deserving students and ensuring continuity of education. While our other Education Sponsorship programs continue, our prime focus will be on expanding PROJECT 6400 in the region. We can see, how this project is giving hope to children who would otherwise have had to quit their schooling.

Without our generous donors, we can achieve nothing. Most of our donors are family and friends, who know and appreciate our work and the fact that our organization works far from cities and ploughs every penny received directly to the beneficiaries, with no administrative or other costs coming out of their donations. Hence our donors spread the word about us and new donors keep coming forward to help. We have made efforts to request companies to help us under their CSR plans, but have not been very successful in raising funds from corporates so far. We intend going in for an independent audit this year, as it is a requirement by some corporations before they allocate any funds to us.

I would like to sincerely thank the board, our volunteers, funding sources and well-wishers. We also thank those who allow us to serve them.

**Madhu Chowdhry**

Managing Trustee



*Perfection is in the moment!  
Unfortunately we are never with  
the moment and are usually  
either ahead or behind our perfect  
moment.*

**- MADHU CHOWDHRY**



# About An Initiative- Touch Your Soul

**An Initiative Touch Your Soul (AITYS)**, an NGO, evolved from Madhu Chowdhry's spiritual work and workshops ***www.touchyoursoul.in***. The objective being to help the underprivileged and work towards assisting them with their education and health care.

## Vision

No one should be deprived of basic necessities because of poverty or lack of opportunities.

## Mission

To inspire hope and help the underprivileged living the rural State of Uttarakhand to achieve their true potential.







# Transforming Lives in Uttarakhand



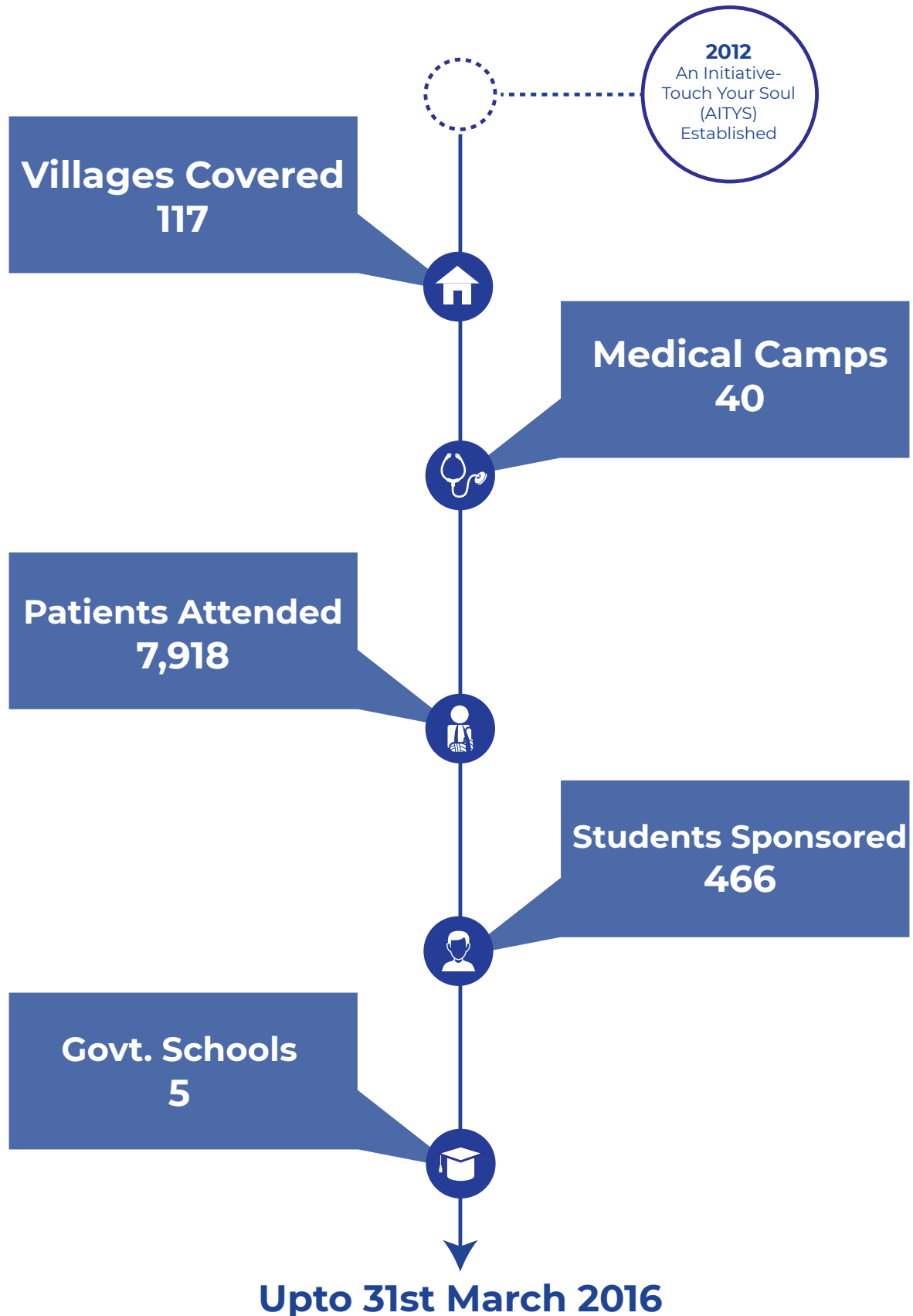


# Area of Operation



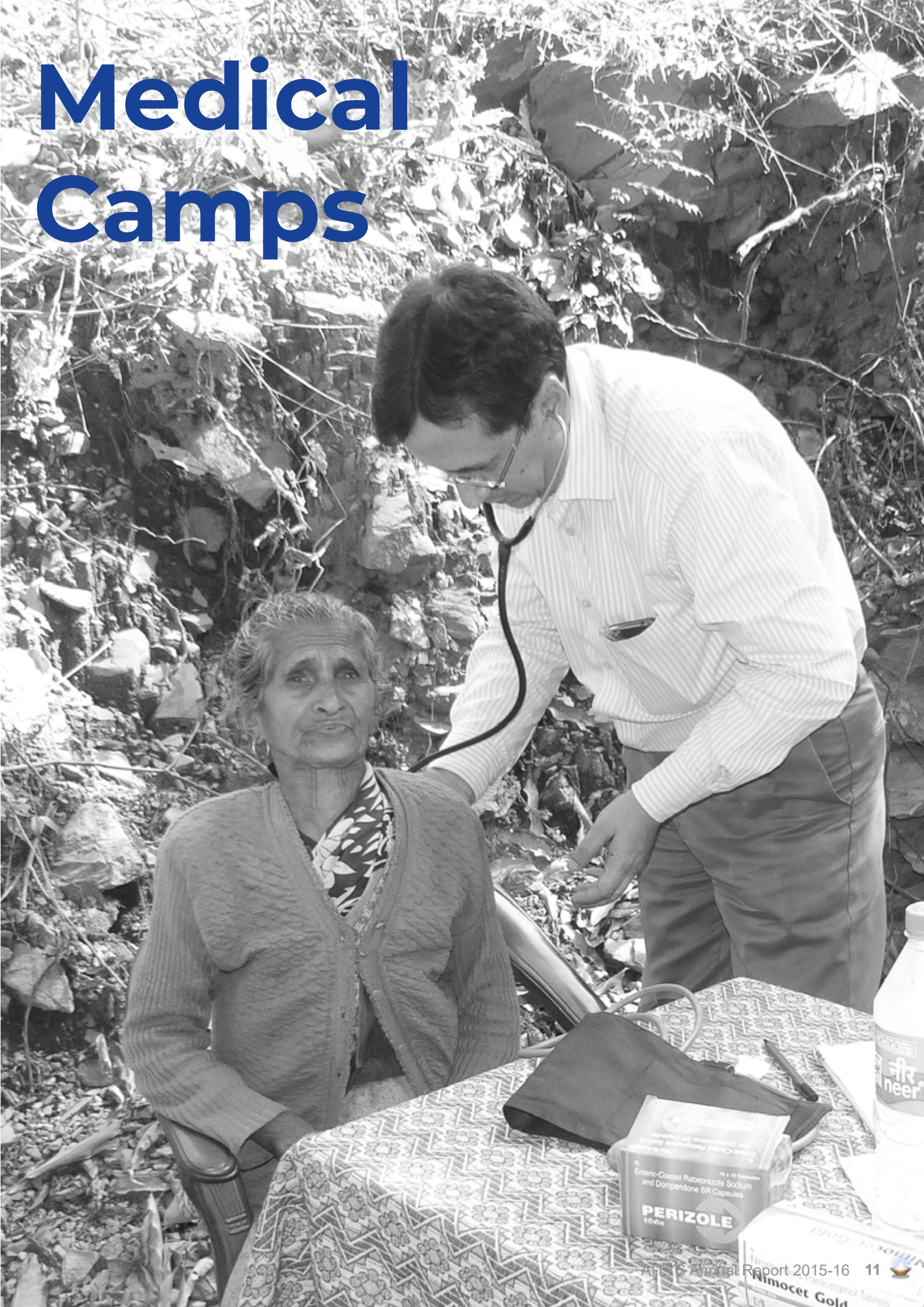
Located partly in the Gangetic plain and partly in the northern Himalayas, Pauri Garhwal district encompasses an area of 5,230 square kilometers in the northern state of Uttarakhand, India. AITYS area of operation has its epicentre in the area between Devaprayag and Pauri.

# Achievements since 2012





# Medical Camps







Our regular medical camps, being conducted for the last 5 years, are our main conduit with the people of the remote part of Uttarakhand that we primarily work in. Unlike our other projects, which have a direct impact on a specific demographic group only (although indirectly, the whole family benefits), the medical camps help people across all demography. These camps, are much needed in this region and the villagers have conveyed to us that they look forward to them as they have seen visible benefits to their health. It is not just the free consultation and medicines that they look forward to, but also the compassion with which the doctors and the rest of us interact with them. Over the last 5 years, we have seen the villagers warming up to us, looking forward to our camps and they have started to seek our advice on their various day-to-day problems of life.

***“We conduct an average of 10 medical camps per year”***

There is abundance in this universe for all of us. It just has to be tapped into. In a sense, these villagers are tapping into it now, perhaps in a small way. We are happy that the philosophy of our spiritual work is percolating into our NGO work.

We continue to ensure that centralized locations are identified for the medical camps, thus maximizing the number of villagers benefiting from each camp. Some of these camps continue to be held in village schools to make it easier for students to also attend the camp and interact with our team members.

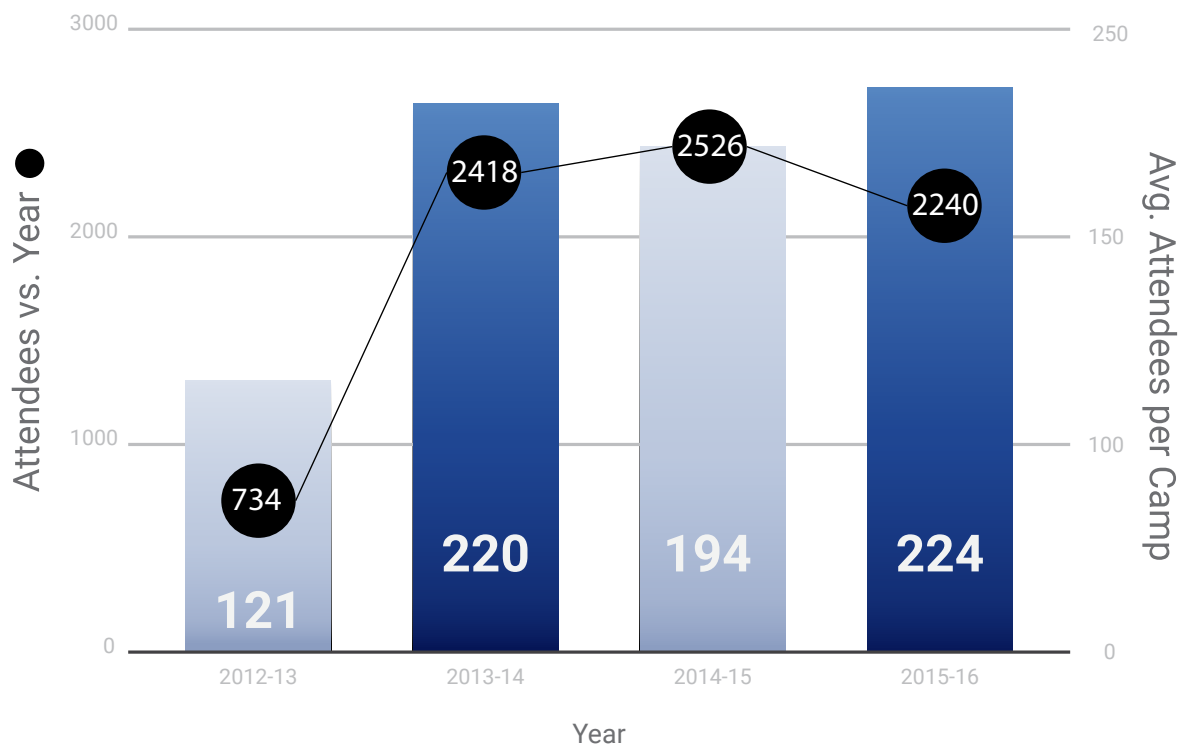
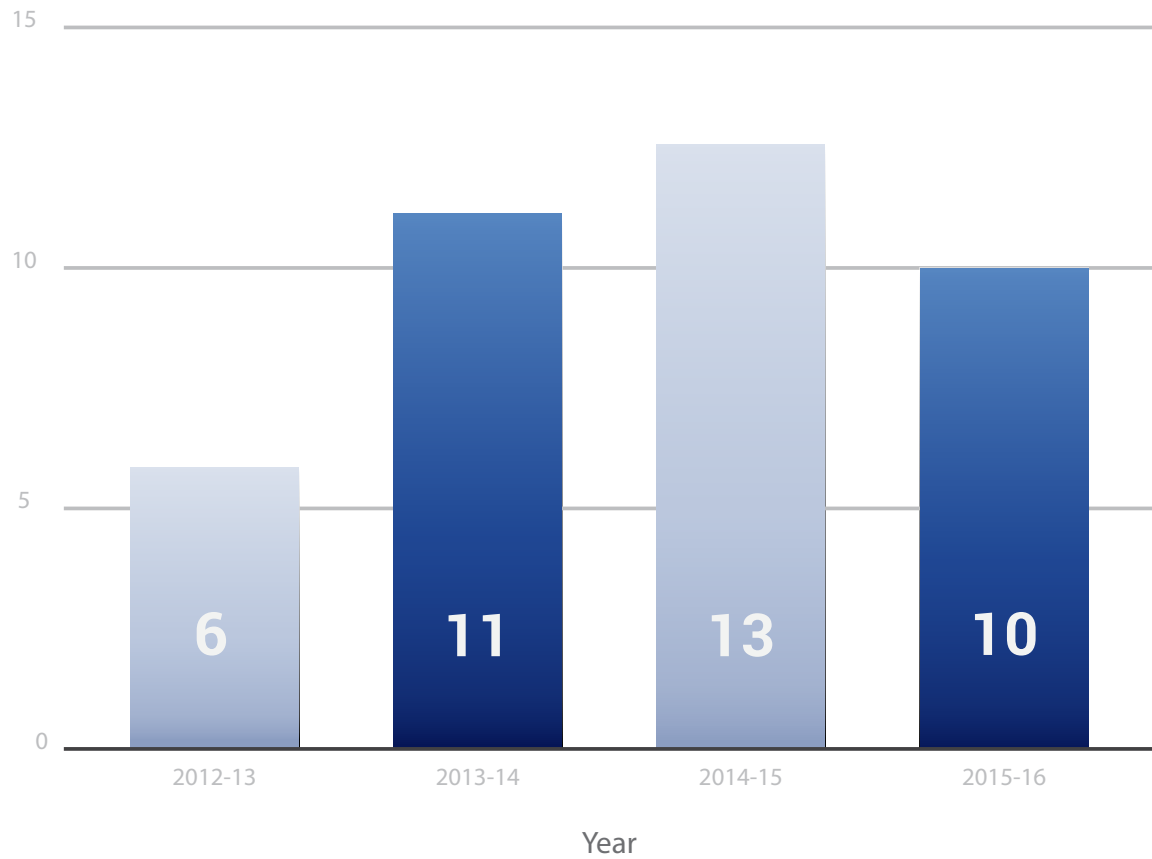
In the past financial year, we held 10 camps instead of our usual 12. This anomaly was due to camps being held just before the beginning and just after the end of the financial year. So, the last financial year had 14 camps and this one had 10, which retains our average of 12 camps a year.

## Medical Camps 2015-16

S.No.	Dates	Location (Villages/Area)	Attendees
1	04 May 2015	Danda Nagraj Temple	129
2	05 May 2015	Vyas Ghat Chakki Area	136
3	15 Jun 2015	G.I.C. Saddarkhal	243
4	16 Jun 2015	Salda Village	253
5	28 Sep 2015	G.I.C. Sabdarkhal	278
6	29 Sep 2015	Salda Village	309
7	13 Dec 2015	Vyas Ghat Chakki Area	179
8	14 Dec 2015	G.I.C. Sabdarkhal	235
9	26 Feb 2016	G.I.C. Kinsur	211
10	27 Feb 2016	Jamnikhal Village	267

Table 1

## Medical Camps vs. Year





## Highlights

- Consultation with Doctors and free distribution of medicines
- Camp dates communicated well in advance by putting up posters/banners in the area and informing village heads
- Number of people seeking medical attention and advice are steadily & continuously increasing and there are frequent requests for additional camps at other locations.
- Conducting regular camps in rural schools for the benefit of students

## Future Plans

- Continue to work towards holding regular camps at varied locations to serve a larger population on rotation basis
- Consult with villagers on the dates and location of each camp as per their requirements

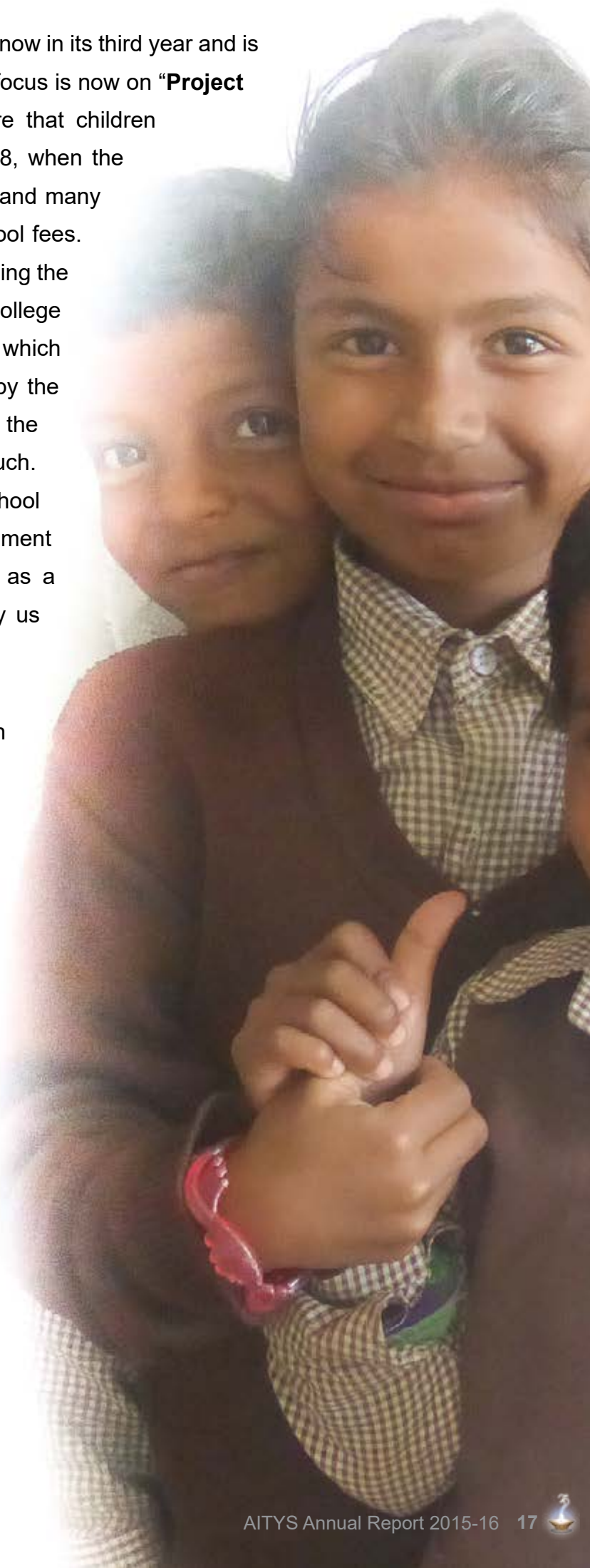
# Education Sponsorship



Our **Education Sponsorship Program** is now in its third year and is growing steadily. Within the program, our focus is now on “**Project 6400**” (a.k.a. EDU-02) as it helps ensure that children continue with their schooling after Class 8, when the free Government education benefit stops and many village families are unable to pay the school fees. Subsequent to that, the focus is on increasing the number of students being sponsored for college (EDU-03). The number for EDU-01, which primarily helps those who were affected by the floods of 2013 and those who don't fit into the other program criteria, has not changed much. The sponsorship for the private Primary School (EDU-04) has just ended, as the Government opened a Primary School in the vicinity as a result of which the school sponsored by us was no longer required.

The following programs were running in 2015-16 :

1. **EDU-01** – For those affected by floods and other needy families
2. **EDU-02 (Project 6400)** – For children in classes 9th - 12th in Village Government High Schools whose families need financial help.
3. **EDU-03** – For a selected few who need economic help for their college education, especially women doing B.Ed. etc.
4. **EDU-04** – Supporting a private Primary School





Strict economic and academic criteria is applied, to ensure that only those who are both deserving and needy are sponsored.

Our experience of running the program over 2 years, helped us manage this year with the same number of volunteers as last year, more efficiently.. With the assistance of our volunteers, we were able to monitor this program while keeping administrative costs to the minimum. However, for the next year we will have to expand our volunteer base to help sponsor a larger number of students.

As earlier, the ever-increasing paperwork and related administrative work is handled with the help of dedicated volunteers, who multi-task and assist with many varied activities and needs of our Trust. We are blessed that there is an ever increasing number of people who would like to volunteer their

services. Almost all of these people are attendees of Mrs. Madhu Chowdhry's meditation/ spirituality workshops and understand the importance of doing seva. An increasing number of such volunteers are also helping spread the word about us and helping us raise additional funds for this noble cause.

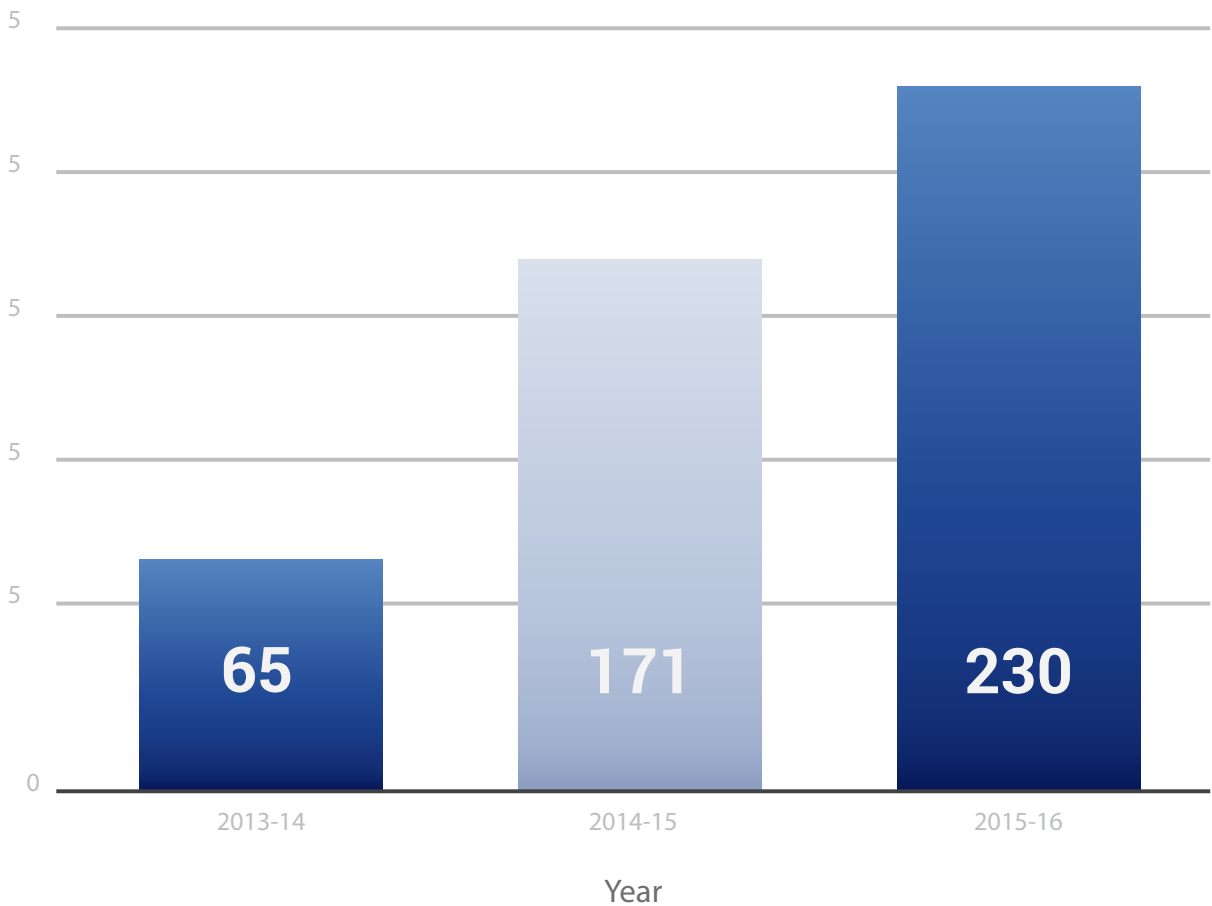
We see ourselves actively and continuously expanding the **Education Sponsorship Program** in scope and numbers, in the coming years. The trustees and volunteers are continuously making efforts to collect additional funds through donations to help accomplish our objectives.



**Total number of students sponsored in the Academic Year 2015-16**

S.No.	Program	Students
1	EDU-01	28
2	EDU-02	178
3	EDU-03	07
4	EDU-04	22

# Students Sponsored vs. Year

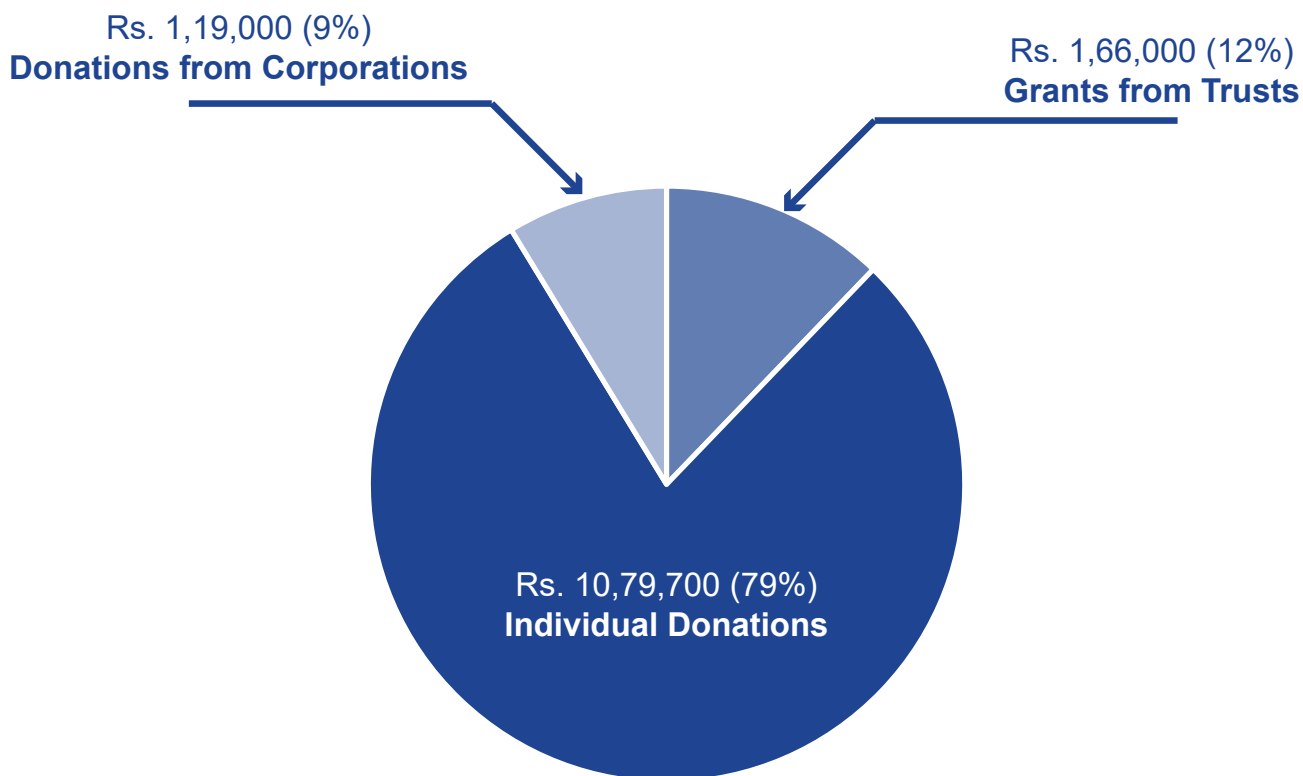




# Volunteers & Donors







This last year was a challenging one for fund-raising. Donations were about one-third lower than the previous year. Grants by funding agencies stopped completely on account of their own compulsions. We had already been reaching out to extended family and friends in the last couple of years, this source of funding also started slackening. Our efforts in tapping CSR funds has yet not borne fruit as most corporations seem to be focusing on Government initiatives or prefer to bring about change in the vicinity of their own factories and not in a remote, un-related area of Uttarakhand.

This paucity of funds for our initiatives made us dig into our meagre corpus so that running projects would not suffer and continuity would be ensured. Importantly, it has also made us re-think our entire approach towards fund-raising. We now understand what corporations and trusts are looking for and hence we need to take a different approach, if we want to tap them for funds. We hope that our efforts in this direction will show results in next year's funding efforts.

We currently do not provide the exact figure donated by any donor as we believe that no donation is big or small and each individual, given their own constraints, gives what they can. All donations are accepted with immense gratitude.

# Financials



# Credibility & Transparency

Payments to Trustees			
Name	Designation	Amount	Remarks
-- NIL --	-- NIL --	-- NIL --	-- NIL --

Payments to Other Staff/Volunteers			
Name	Designation	Amount	Remarks
-- NIL --	-- NIL --	-- NIL --	-- NIL --

No one receives any salary or other payments. Certain expenses incurred by villagers in helping organize our medical camps are reimbursed.

## Board Members

A.I.T.Y.S. Board Members	
Chairperson	Mrs. Madhu Chowdhry
Treasurer	Mrs. Shamita Sharma
Secretary	Ms. Manisha Chowdhry



# Audited Accounts 2015-16

## AN INITIATIVE - TOUCH YOUR SOUL

97, Mount Kailash, East of Kailash, New Delhi - 110065

Balance sheet as at 31st march 2016

Particulars		As at 31.03.2016 ( )	As at 31.03.2016 ( )
<b>Liabilities</b>			
<b>Corpus Fund</b>			
Balance		1,110,000	1,110,000
<b>Current Liabilities &amp; Provision</b>			
Amount Payable		29,075	27,930
Excess of income over Expenditure			
Opening Balance	520,243		
Surplus For the year	110,817	631,060	520,243
<b>TOTAL</b>		<b>1,770,135</b>	<b>1,658,173</b>
<b>Assets</b>			
Current Assets, Loans & Advances			
Accured Interest		48,235	34,705
Recoverable From Revenue Authorities		2,421	2,421
<b>Cash and Bank Balances</b>			
Cash in hand		1,252	14,569
Cash at Bank		518,227	706,478
Fixed Deposit		1,200,000	900,000
<b>TOTAL</b>		<b>1,770,135</b>	<b>1,658,173</b>
<b>Significant Accounting Policies and Notes forming an integral part of accounts (Schedule-I)</b>			
As per our report of even date for <b>KUMAR MITTAL &amp; CO</b> Chartered Accountants <b>FRN : 10500N</b>		For AN INITIATIVE - TOUCH YOUR SOUL	
<b>(Amrish Gupta)</b> Partner <b>M.No: 090553</b>		<b>(Trustees)</b>	

## AN INITIATIVE - TOUCH YOUR SOUL

97, Mount Kailash, East of Kailash, New Delhi - 110065

Income and expenditure account for the year ended 31st March 2016

Particulars	Current Year AMOUNT ( )	Previous Year AMOUNT ( )
<b>Income</b>		
Donation Received	1,365,100	1,999,201
Interest Income	111,198	80,320
<b>SUB TOTAL A</b>	<b>1,476,298</b>	<b>2,079,521</b>
<b>Payments</b>		
<b>Medical Camps</b>		
Medicine Expenses	148,414	182,270
Camp Expenses	313,852	364,260
Fooding Expenses	41,020	73,405
Transport Expenses	35,000	40,250
Printing Expenses	5,355	2,830
Volunteer Support	29,200	24,000
Other Expenses	-	11,497
<b>Assets</b>	<b>764,465</b>	<b>783,148</b>
<b>Administrative expenses</b>		
Website design and maintainence	-	14,450
Accounting Charges	13,800	13,680
Books and Periodicals	-	6,120
Printing and stationary	-	5,785
Audit fees	14,375	14,250
Office Running expenses	-	6,498
<b>SUB TOTAL B</b>	<b>1,365,481</b>	<b>1,542,443</b>
<b>Surplus for year (A-B)</b>	<b>110,817</b>	<b>537,078</b>
<b>Significant Accounting Policies and Notes forming an integral part of accounts (Schedule-I)</b>		
As per our report of even date for <b>KUMAR MITTAL &amp; CO</b> Chartered Accountants <b>FRN : 10500N</b>	For <b>AN INITIATIVE - TOUCH YOUR SOUL</b>	
<b>(Amrish Gupta)</b> Partner <b>M.No: 090553</b>	<b>(Trustees)</b>	



## AN INITIATIVE - TOUCH YOUR SOUL

97, Mount Kailash, East of Kailash, New Delhi - 110065

Income and expenditure account for the year ended 31st March 2016

Particulars	Current Year AMOUNT ( )	Previous Year AMOUNT ( )
<b>Opening Balance</b>		
Cash in hand	14,569	55,057
cash at bank	706,478	88,928
Fixed Deposit	900,000	800,000
<b>Receipts</b>		
Donation	1,365,100	1,999,201
Interest from Bank	97,668	66,208
<b>SUB TOTAL A</b>	<b>3,083,815</b>	<b>3,009,394</b>
<b>Payments</b>		
<b>Medical Camps</b>		
Medicine Expenses	148,414	182,270
Camp Expenses	313,852	364,260
Fooding Expenses	41,020	73,405
Transport Expenses	35,000	40,250
Printing Expenses	5,355	2,830
Volunteer Support	29,200	24,000
Other Expenses	-	11,497
<b>Education support to poor &amp; orphan student</b>	<b>764,465</b>	<b>783,148</b>
<b>Administrative expenses</b>		
Website design and maintainence	-	14,450
Accounting Charges	13,800	13,680
Books and Periodicals	-	6,120
Printing and stationary	-	5,785
Audit fees	14,375	14,250
Office Running expenses	-	6,498
<b>SUB TOTAL B</b>	<b>1,365,481</b>	<b>1,542,443</b>
<b>CLOSING BALANCE (A - B)</b>	<b>1,719,479</b>	<b>1,521,047</b>
<b>Represented by</b>		
Cash in hand	1,252	14,569
cash at bank	518,227	706,478
Fixed Deposits	1,200,000	900,000
<b>Significant Accounting Policies and Notes forming an integral part of accounts (Schedule-I)</b>		
As per our report of even date		
<b>for KUMAR MITTAL &amp; CO</b>		
Chartered Accountants		
<b>FRN : 10500N</b>		
<b>(Amrish Gupta)</b>		
Partner		
<b>M.No: 090553</b>		
<b>(Trustees)</b>		



# Reach Us

Address	97, Mount Kailash East of Kailash New Delhi - 110 065
Email	<a href="mailto:contact@aitys.in">contact@aitys.in</a>
Website	<a href="http://www.aitys.in">www.aitys.in</a>
Facebook	<a href="https://www.facebook.com/aitysindia">https://www.facebook.com/aitysindia</a>



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