



ANNUAL REPORT

2025-26
March 2026

A Message from the President, Nishchintha



Dear Nish-Chintha Family Members,

As I conclude my term as President, I reflect on our shared purpose i.e. to build a self-sustained, family-driven residential community that ensures lifelong care, dignity, and meaningful living for our intellectually disabled children, especially beyond our own lifetimes.

Our model was never about simply living near each other. It was about collective ownership, shared responsibility, and creating a structured, nurturing environment through a self-managed charitable society. At its core are holistic care, emotional security, rehabilitation, and a clear answer to the question that unites us all: “What after us?”

We continue to face challenges with resilience and clarity of purpose. While progress has begun, more families need to relocate to our campus and greater community participation is essential. Delays in establishing the residential care home remain a concern for many ageing parents. By strengthening our fundraising efforts, we can draw greater support from CSR partners, philanthropists, and skilled professionals. This will allow us to reach more deserving people and amplify our social impact. Together, let us move forward with determination, unity and hope.

We gratefully acknowledge the continued guidance and support of regulatory authorities. Their cooperation is essential in ensuring that our work remains compliant, transparent, and aligned with statutory and ethical standards. It is our collective responsibility to uphold this trust through disciplined governance and accountability.

The residential care home is not merely an infrastructure project; it is a promise of security for our children and peace of mind for parents.

To realize this vision, we need stronger participation, deeper voluntary engagement from members, reliable financial and legal safeguards for each child with special needs, and shared leadership, since this responsibility cannot rest on any single office-bearer alone.

I sincerely thank the Executive Committee and all our Members for their continued trust, commitment and perseverance.

Let me conclude with gratitude and confidence in our collective strength. Together, with renewed unity and unwavering resolve, we will continue building a lasting, caring community for our children.

P.K. JAYARAM
PRESIDENT

Nish-Chintha: A Village of Hope and Togetherness



Since December 2014, Nish-Chintha has been dedicated to building a compassionate home for

families of neurodiverse children. We provide a supportive environment designed for both parents and individuals to flourish with dignity. By blending professional expertise with the warmth of community, we help families journey together towards a future of belonging and hope.

The Heart of the Village: Our Centralized Kitchen



At the heart of Nish-Chintha is our Centralized Kitchen, a foundation for the well-being of our entire community. We

believe that sharing nutritious, wholesome meals does more than promote physical health—it fosters a true sense of belonging. To ensure everything runs smoothly, we utilize *AnnaSree*, a custom-made app designed to make ordering and operations effortless for everyone.

A Safe, Nurturing Environment

The 2023 launch of the National Centre for Assisted Living and Skill Development (NACALS), staffed by trained caregivers from local villages marked a transformative milestone in our journey toward holistic care.

Today, our children thrive under the guidance of dedicated caregivers within a structured and supportive environment. From therapeutic arts and crafts to specialized play-based interventions, every program is intentionally designed to nurture individual growth, foster independence, and unlock each child's full potential. This environment fosters both independence and togetherness, enabling special needs individuals to flourish with dignity.

Looking forward

Nish-Chintha remains steadfast in its mission to create inclusive, sustainable living spaces designed for the long-term rehabilitation and empowerment of special needs individuals within a nurturing family setting. Our focus is dedicated to enhancing the quality of life for our residents and providing a definitive answer to the question that unites us all: “What after us?”.

By seamlessly blending professional care with the warmth of community living, Nish-Chintha aspires to be a definitive role model for neurodiverse communities worldwide—demonstrating how collective ownership and shared purpose can build a future of lifelong security, dignity, and hope.

Through compassion, care, and community living, Nish-Chintha ensures that every child gets the opportunity to lead a fulfilling and enriched life.

Major Achievements (2025-2026)

Strengthening Our Foundation: Bye-law Amendment

Following the passage of our amended bye-laws in February 2025, we are pleased to report their formal approval by the authorities in December 2025. This significant milestone was achieved after three years of dedicated effort, including navigating complex legal hurdles and is a testament to the organization's resilience and our unwavering commitment to a mission-driven future.

Securing Sustainable Growth: Property Tax Exemption

In a significant win, Nish-Chintha secured an annual property tax exemption of INR 1.5 lakhs and a waiver of the arrears of INR 5.2 lakhs by a special government order from Government of Kerala for the NACALS building. This milestone was reached after sustained advocacy over years and serves as a reaffirmation of the wider community's support. This enables Nish-Chintha to redirect critical resources to pursue its core objectives.

Securing Sustainable Growth: Income Tax Exemption

Nish-Chintha has secured 80G approval through March 31, 2031, and 12AB approval through March 31, 2036. These approvals empower Nish-Chintha to mobilize resources effectively, scale its societal goals, and deliver a deeper, more sustainable impact.

ESI for employees: Employer of choice

Effective November 2025, Nish-Chintha has implemented ESI coverage to provide comprehensive medical support and security for our employees during health exigencies.

Nish-Chintha Care Home

A Special General Body (SGB) meeting on December 20, 2025, focused on establishing a Care Home for Nish-Chintha's special needs individuals, culminating years of planning and discussion. The SGB took the following decisions:

- Build a centralized Care Home near NACALS with separate wings for boys and girls.
- Develop Phase 1 in 2026 with capacity for 43 residents (22 girls, 21 boys), with future expansion to 64 (Phase 2 timeline to be decided).
- Fund the project through contributions from all Nish-Chintha members.
- Entrust project execution to the incoming Executive Committee.

Holistic Care at Nish-Chintha

2025 is a landmark year for Nish-Chintha as we evolve from providing shelter to building a thriving community. Our mission remains clear: to create a sanctuary of growth and long term rehabilitation for the special children of Nish-Chintha.

Advancing Care & Capability

At NACALS, we have transitioned from basic care to fostering true capability. Our programs—ranging from vocational activities and socialization to crisis intervention and de-escalation—are tailored to individual needs, ensuring even low-functioning children find enrichment and empowerment.

New Frontiers in Support

- **Sensory Integration:** With our new state-of-the-art **Sensory Room**, we are providing vital support for children with sensory processing needs.
- **Respite Care Service:** The launch of our Respite Care Service reinforces our commitment to a holistic model that supports the entire family unit.
- **Special Education:** As the heartbeat of Nish-Chintha, our school—led by dedicated caregivers and special educators—remains focused on unlocking the potential of every student.

While our primary goal for the next phase is the establishment of a **Permanent Care Home**, this year’s milestones prove that in the right environment, every individual can thrive.

Classroom for Girls at NACALS



A dedicated classroom for girls was completed on the first floor of NACALS. Featuring direct access to a private washroom, the space was thoughtfully designed to ensure safety, privacy, and convenience. This reflects Nish-Chintha’s commitment to dignity and full participation of girls in all developmental activities.

Sensory Room at NACALS



Through the generous support of Federal Bank, a dedicated Sensory Room has been established at NACALS. This specialized facility is designed to address the emotional, sensory, and behavioral needs of children by providing a secure environment for sensory integration and self-regulation. Equipped with tactile materials, visual aids, ambient lighting, and interactive tools, the room encourages exploration and helps children improve focus, develop motor skills, and effectively manage sensory processing challenges.

Service Extension at NACALS

Residential Respite Care Service

On 26 May 2025, Nish-Chintha launched its Residential Respite Care Service, designed to provide essential temporary relief for primary caregivers of individuals with special needs. Since its inception, the service has been utilized **33** times, with stays ranging from **2 to 21 days**. Feedback has been overwhelmingly positive, highlighting a safe, engaging and enjoyable experience for the children. By offering a nurturing environment that fosters independence and well-being, the service meets a vital community need and strengthens Nish-Chintha's commitment to holistic care.

Psychological Assessment and Individual Education Program

In December 2025, Nish-Chintha undertook a campus-wide psychological assessment to identify each child's unique strengths and developmental needs. Led by Ms. Nima, a Clinical Psychologist formerly with the P. K. Das Institute of Medical Sciences, the evaluation spanned cognitive, emotional, social, and behavioral domains. The findings have directly shaped individualized training programs, overseen by our resident psychologist, who ensures ongoing monitoring and timely adjustments to interventions. This marks Nish-Chintha's first structured transition from baseline assessment to the implementation of **Individualized Education Programs (IEPs)** for each child.

Weekly Music and Art Classes

Children at Nish-Chintha attend weekly music classes led by Mrs. Priya Menon, a renowned musician and Mulanjur resident. This new initiative is in addition to the classes taken by Mrs. Mallika. Music helps our children develop rhythm, melody, and confidence in a joyful, expressive environment thereby enhancing overall development.

There is a weekly Art class being conducted by an external experienced art teacher.

Daily motor-skill exercises to improve mobility and physical health.

Skill Development Program

Food processing: In collaboration with Jana Shikshan Sansthan (JSS), Palakkad, Nish-Chintha recently concluded a 50-day Skill Development Program in food processing. The initiative trained 20 participants—including Nish-Chintha residents, caregivers, and local women—in making pappads, pickles, and masala powders. By integrating these products directly into our kitchen, the program has already begun fostering self-reliance. This partnership successfully bridged the gap between our residents and the wider community, promoting inclusive growth and mutual respect through shared learning.

Vocational Training: Our children engage in specific vocational activities, e.g., candle making, paper bag creation, floor mats and soap making to foster a sense of purpose and financial independence.

Children In NACALS

Regular : 29

Non Regular: 8

Infrastructure Improvements

Construction of 50,000-Liter Clarifier Tank



Our new 50,000-liter clarifier tank enables automated distribution, ensuring a safe, reliable campus-wide water supply—advancing sustainability and long-term resource security.

Raised the height of 5,000-Liter Water Tank for Gardening



By elevating a 5,000-litre garden water tank, we improved irrigation with a reliable supply - supporting a healthier landscape and sustainable campus management.

25 KVA Generator For NACALS



To strengthen infrastructure and ensure uninterrupted operations, Nish-Chintha installed an automatic 25 KVA generator at the NACALS building to provide reliable backup power during electricity outages.

Construction of Pathway Connecting B3,B4 and B5



In 2025, Nish-Chintha completed a dedicated, wheelchair-accessible walkway connecting Apartment blocks B3, B4, and B5 to the main campus pathway strengthening a safe, inclusive and connected campus for all residents.

Construction of Campus Incinerator



Nish-Chintha strengthened its waste management system by constructing a dedicated campus incinerator for the safe disposal of non-recyclable waste, complementing existing segregation practices. This ensures controlled disposal, improved cleanliness, reduced environmental impact, and hygienic conditions for residents and staff.

Conference Room



A new conference room has been established on the first floor, allowing the ground floor to be repurposed as a dedicated sensory room. This modern workspace serves as a versatile venue for classrooms and training sessions, fully equipped with a projector and an integrated audio unit to facilitate high-quality video conferencing.

Kitchen Extension and Waste Management Facilities

In 2025, Nish-Chintha undertook the enclosure and extension of the Campus Kitchen adding dedicated spaces for efficient environment friendly waste management. The extension includes separate enclosures for kitchen waste, plastic waste, and paper waste to improve hygiene. The extension also doubles up as an expanded dining area during community events, enhancing functionality and convenience.

Water Connection to Security Post

Nish-Chintha established a dedicated water connection to the Security post. This ensures reliable access to essential facilities for the staff, improving both comfort and operational efficiency.

Enhanced Security: CCTV Expansion at NACALS

We have expanded the CCTV network at NACALS to strengthen overall safety and security. With 26 additional cameras and over 1,000 meters of cabling installed, we now have full surveillance coverage in B Block and improved monitoring in A Block. This upgrade is a key step towards ensuring a safer and more secure environment for the special needs individuals at Nish-Chintha.

Flora at Nish-Chintha



Our agricultural initiatives reached key milestones this year. We harvested around 50 kilograms of passion fruit, while newly planted jackfruit, guava, and mango trees have begun to bear fruit—a promising sign of future abundance. To further enhance long-term sustainability, we planted approximately 110 coconut trees in the campus wetland areas.

Plant	Count	Plant	Count
Mango	218	Passion Fruit	110
Guava	50	Coconut	47
Sapota	45	Jackfruit	30
Water Apple (Chambakka)	12	Lemon	10
Papaya	8	Blackberry	8
Drumstick	8	Custard Apple	7
Gooseberry	6	Pomegranate	5
Rambutan	4	Cherry	2
Lubika	2	Cashew	1
Grape	1	Breadfruit (Kadachakka)	1
Star Fruit	1	Others	10

Events and Celebrations



From the colors of Vishu and Onam to the warmth of Eid and Christmas, life at Nish-Chintha is a tapestry of celebration. Residents, children, and caregivers come together to enjoy traditional foods and spirited performances that bring the campus to life. More than just events, these gatherings make our community a truly vibrant home of togetherness.

Activities In campus



Nature Outing: In January 2026, our children, parents, and caregivers enjoyed a revitalizing trip to Kanjirapuzha Dam, focusing on relaxation and building deeper personal connections.



Community Exhibition: At the Rotary Club Exhibition-cum-Sale in Ottapalam, children and staff proudly presented products from NACALS—ranging from handmade soaps and doormats to fresh passion fruit juice and stationery.



Kalotsavam: Our children, parents, and caregivers joined the Grama Panchayat's *Kalotsavam*, celebrating local culture and highlighting the creative talents of the Nish-Chintha community.



Temple Outing: A peaceful visit to the Mulanjoor Devi Temple provided our children and caregivers with a refreshing day in nature, strengthening our bonds of friendship and joy.



A Pooram-Themed Celebration for World Disability Day

The spirit of Thrissur Pooram filled the air at Nish-Chintha on December 3rd as we celebrated World Disability Day. Through music, dance, and a colourful themed display, our community came together to honour the unique talents of every individual. We were honoured to host the local MLA, Panchayat Members, and our partners from ESAF Bank and the Ottapalam Rotary Club who sponsored the event.

Awards and achievements



19th Metro Food Award: On World Food Day, the Nish-Chintha Community Kitchen was honored with the 19th Metro Food Award for "Most Innovative Community Kitchen." This prestigious accolade was presented by Metro Mart in association with the Thiruvananthapuram Chamber of Commerce and Industry and the South Kerala Hoteliers Forum.



Panchayat Felicitations: Nish-Chintha was officially felicitated by the Lakkidi-Perur Grama Panchayat during the "Vikasana Sadassu." The honor was conferred in recognition of the Nish-Chintha's dedicated service and significant contributions to society.

Membership Status

Total Members : 91

New Joined : 5

Resigned : 3

Status of Construction in Campus

Completed Villas : 42

Completed apartments : 43

Apartment block to be constructed : 1 (B3) with 8 Apartments

Overview of Finances

Financial Stewardship and Infrastructure Development

Sound financial management remains the cornerstone of our organizational success. We extend our heartfelt gratitude to the parents and donors whose generous contributions have been instrumental in meeting our operational and developmental needs.

Liability Management: As of April 2025, our outstanding loan stood at approximately ₹89 lakhs. Through disciplined management, we repaid ₹45 lakhs during the year. Several well-wishers graciously converted their loans into donations. These combined efforts have reduced our total liabilities to approximately ₹44 lakhs, significantly strengthening our financial position without compromising liquidity.

Capital Expenditure: Major infrastructure investments exceeding ₹41 lakhs were undertaken this year. Key projects included the construction of a Water Clarifier tank, 25 kVA backup generator facility, setting up of a Sensory Room, separate Girls' Class room, extension of CCTV systems and revamp of audio/video conferencing equipment.

Governance and Compliance: To uphold the highest standards of transparency, an internal audit team has been established to monitor all financial activities. Financial statements for the period from April 1, 2025, to December 31, 2025, have been submitted for external audit to ensure the timely filing of statutory returns.

Message from the Secretary



Dear Nish-Chintha Members,

I am proud to have served as the Secretary of Nish-Chintha for the past two years. During this time, my goal has always been to bring happiness and better opportunities to our children.

My primary focus was to improve the overall functioning of Nish-Chintha and enhance the quality of caregiving. As part of this effort, we worked towards meaningful solutions, including appointing a special educator and psychologists. We also made significant progress in improving the infrastructure of Nish-Chintha. It is also gratifying to note that we could secure tax exemption for NACALS building through a special GO from the Government of Kerala.

One of our biggest dreams was to establish a Care home. While we were able to take important steps toward this goal, it could not be fully realized during our tenure and has now been entrusted to the next committee.

I truly believe that if we continue to work together with unity and determination, we can achieve this vision and build a secure and bright future for our children. Thank you very much for the continuous support and encouragement you have given during our tenure.

Jinesh K Joseph
Secretary

In Memoriam

We deeply mourn the passing of two of our esteemed members, **Shri Kunjambu Nair** and **Shri D.V. Iyer** in 2025.

Leadership Team Every two years new Executive Committee (EC) is elected by the general body, and the executive committee selects office bearers.



Jayaram P K
President



Jinesh Joseph
Secretary



Shirly Mathew
Treasurer



Maj Sudhakar Pillai
(Rtd)
Vice President



S Mallika
EC Member



Prabhirlal R
EC Member



Raji R
EC Member



Ramdas K P
EC Member



Ravindran Parole
EC Member



Sangeetha P M
EC Member



Sekhar
Narayanaswamy
EC Member



Sreekumara
Menon V
EC Member



N Sugunachandran
EC Member



Unnikrishnan
EC Member



C.V. Vijayakumar
EC Member

EC Highlights

Fourteen EC Meetings and three Special General Body Meetings were held till date since the last GB meeting held on 29-03-2025.

The activities of the sub-committees are being reported by the respective conveners and reviewed in the EC meetings periodically.

In Gratitude

To our Members and families	Thank you for your continued love, support, and dedication! You strengthen our community every day.
To our donors	Thank you for your generous funding support in developing Nish-Chintha!
To our Staff	Thank you for helping us in effectively running the organization!
To our well-wishers	Thank you for being part of our journey! We are deeply grateful.