

2022-23

**NAV PRABHUTHI
TRUST**



ANNUAL REPORT



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ABOUT US

Nav Prabhuthi Trust (NPT) is a registered vocational skills training centre for young adults with autism and other intellectual developmental disabilities. The Centre was started in the year 2013 and has been successfully training its beneficiaries in various vocational and life skills.

BUILDING SELF-SUFFICIENCY AMONG INDIVIDUALS WITH AUTISM



TRAINING

We train students above the age of 18 in multiple vocational skills in textiles, tailoring, paper & technology.



EMPOWERMENT

We provide entrepreneurship programs to mothers to help improve their economic conditions.



PRODUCTS

Our hand made products are well appreciated and received by the community.

SERVICES

Vocational Skills Training

- Block Printing on fabrics
- Greeting cards
- Stitching cloth bags
- Diya painting and embroidery
- Data Entry

Life Skills Training

- Communication Skills
- Money Management

WHAT IS AUTISM?

Autism is primarily a neurological disorder that affects the functioning of the brain. It is a complex condition that causes impairments in social interaction and development of language and communication skills combined with rigid, repetitive behaviours & body movements (hand flapping, rocking).

According to the latest diagnostic criteria from DSM 5, autistics have impairments in social communication and have fixated/restrictive interests.

According to a study in 2018 (Gulati et al, 2018), the prevalence of autism in India is about 1 in 89. Awareness about the condition seems to have improved with increased knowledge about autism among the medical community, educational institutes and the general public.

Individuals with autism hold potential for employment but there are some challenges:

- **Lack of vocational training centres in India:** There are only a handful of vocational training centres in Bangalore which cater to all intellectual disabilities and even lesser particularly to train individuals with autism.
- **Lack of vocational training initiatives and ideas:** There is a need for developing new products according to the demands of the market. This includes developing new methods of creating products and maximise the potential of what the individual can create. This requires expert advice and manpower training.
- **Training is expensive:** Vocational training is expensive as it often needs one-on-one training, certified Special Educators and long durations of training.

Nav Prabhuthi Trust aims to build skills and empower individuals with autism to become independent and self sufficient.

ACTIVITIES

The year started off with student training activities composed of vocational skills training and life skills training.

The vocational skills taught were:

- Hand Block Printing
- Tailoring
- Making paper bags
- Embroidery
- Painting : Greeting cards, canvas painting and diya painting
- Computer skills: Data entry, typing etc.

The life skills taught were:

- Communication
- Time management
- Money Management
- Personal hygiene and grooming
- Yoga and sports



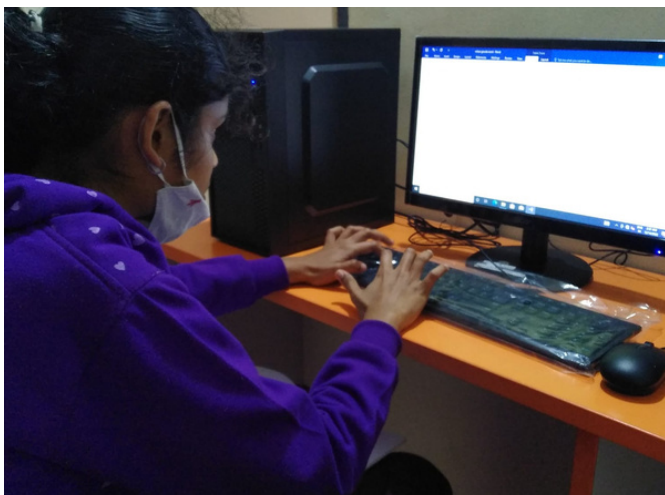
BLOCKPRINTING

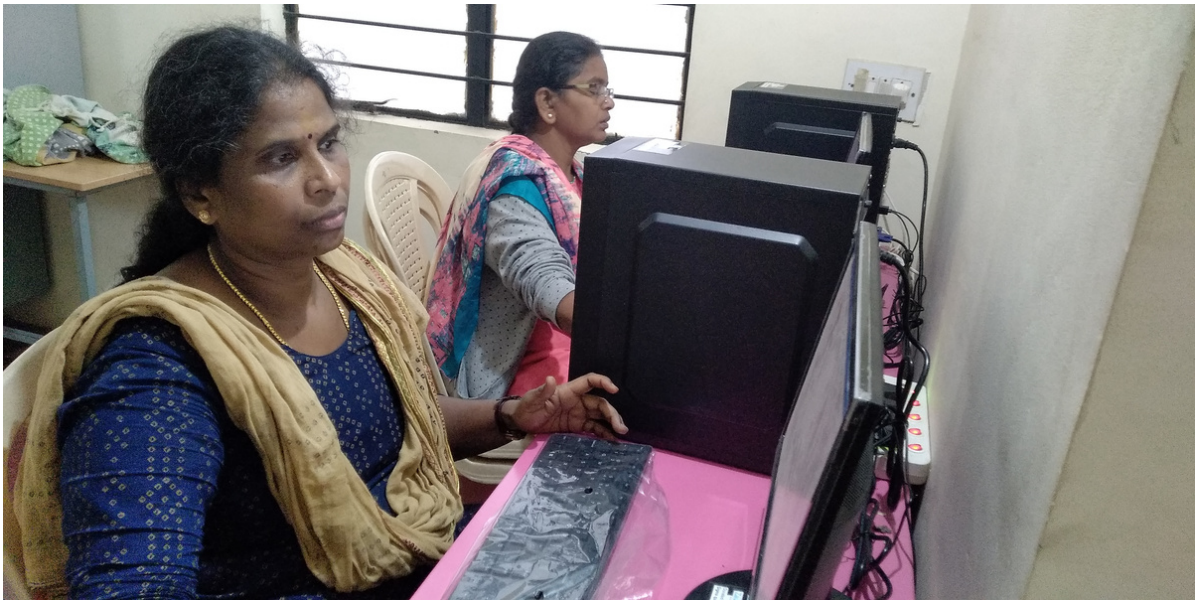
Block printing is one of the major vocational skills training activity at Nav Prabhuthi. The students are making good progress and are learning to print with great accuracy.



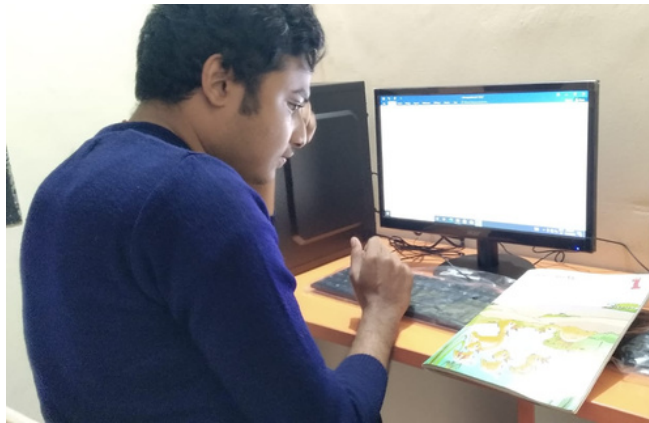
COMPUTER SKILLS TRAINING

Computer skills training is another vocational skill activity at Nav Prabhuthi. The students are taught data entry and basic designing.





Computers were used by the teachers to create training plans as well as support the trainees in their daily training sessions.



HOSPITALITY TRAINING

The training at Nav Prabhuthi also included training in hospitality, especially serving food to guests. The trainees served lunch items to guests at an event at Nav Prabhuthi.



BLOCKPRINTING TRAINING FOR WOMEN

Nav Prabhuthi Trust in association with Academy for Severe Handicaps and Autism conducted a training for 12 women in the diverse applications of block printing. The training began in November 2022 and is in progress till mid 2023. The 12 women were trained in preparing the paints, how to block print on various mediums and were given practical training.



GARDENING

The trainees were also taught about plants and how to grow them. The trainer explained to them the pre-requisites of potting a seed, materials needed and explained step by step how a seed germinates, how to prepare the soil, choosing a pot for a particular plant and how to care for a plant.



The trainees appreciated the joy of experiencing a living thing grow and regularly watered the plants and herbs they grew.

The resource persons from Nav Prabhuthi conducted a rakhi making workshop for trainees. This seasonal product is popular and is a good product to create. The complexity in making the rakhis depends on the design and raw materials to be used.

YOGA

The trainees are trained regularly in yoga to maintain good health and flexibility. The trainees like the yoga sessions as it's a good time for them to relax and get ready for the day.



VISIT

A team from Global Autism Project visited Nav Prabhuthi to understand the work we do and how to improve our services. The team gave some good feedback and suggestions about our range of products.



CORPORATE ENGAGEMENT AND PRODUCT ORDERS

A company, Lastminute.com had a block printing and bottle art activity as part of their employment engagement program.

Nav Prabhuthi Trust received product orders from Pink Maharani (Metta Musse) for pouches, diya and stoles.



Nav Prabhuthi Trust product showcase at Lastminute.com's office.



Students from M.S. Ramaiah University collaborated with Nav Prabhuthi Trust and gave their suggestions about our products and steps to improve.



Members from Inner Wheel, Vijayanagar celebrated Christmas with all our trainees and staff. The event included fun games, distribution of gifts and cake.

OUR IMPACT

24

young adults trained every year
since 2013

200+

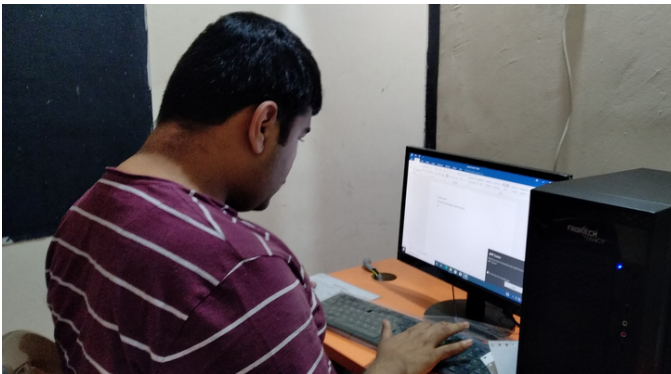
parents supported with information

4

organizations partnered with

20

product categories



**24 STUDENTS TRAINED
IN COMPUTER SKILLS
AND OTHER
VOCATIONAL SKILLS**



OUR IMPACT



**12 WOMEN
EMPOWERED
THROUGH BLOCK
PRINTING TRAINING**



**NEW PRODUCTS
CREATED AND
SHOWCASED**



OUR PRODUCTS



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