

2023-24

ANNUAL REPORT



www.navprabhuti.org



navprabhuthi@gmail.com



88619 68110



/navprabhuti



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 various media
- 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
- Art and Craft
- Computer skills: Data entry, typing etc.

The life skills taught were:

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

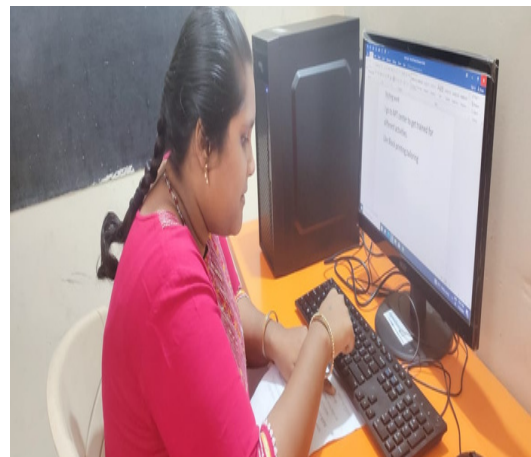
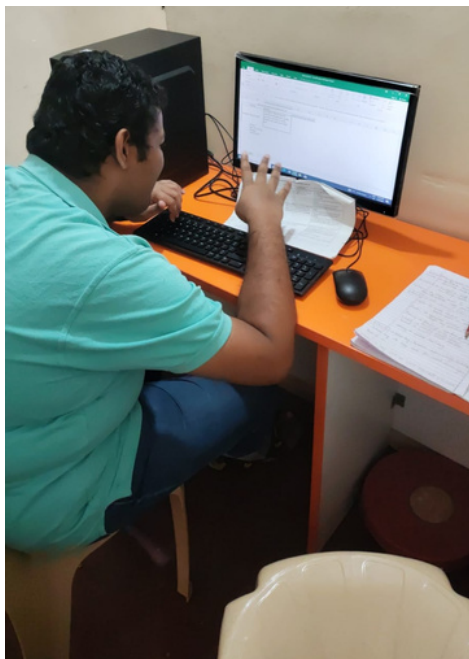
BLOCKPRINTING

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.





PAPER BAGS

Trainees are trained in making paper covers out of newspapers as well as brown paper. These bags are purchased by businesses to pack their products ready for sale.

TAILORING

Our trainees are trained in tailoring skills as well. Our trainees stitch the bags which are block printed by them. The finishing of the products are done by the trainers to ensure quality is maintained.



EMBROIDERY

Along with block printing, trainees embroider the materials, for added exclusivity.



ART AND CRAFT

Trainees are trained on bottle art where they taught to paint on greeting cards, frames and bottles by using different colours and designs.



HOSPITALITY TRAINING

Trainees are taught how to cook simple foods, maintain hygiene and serve food to guests during events and functions. This helps them be prepared for future opportunities in the hospitality industry, such as working in cafes, catering services, or assisting with food preparation and service in the community.

ASSISTED LIVING TRAINING

The training prepares trainees to cook, learn basic house-keeping, shopping and managing free time appropriately. Overnight stay program is also conducted for trainees of NPT.

- Life Skills Training
- Promoting Self-Sufficiency
- Confidence Building for Parents
- Clean and Supportive Environment

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.



WOMEN EMPOWERMENT

Nav Prabhuthi Trust in partnership with AWAKE – Association of Women Entrepreneurs of Karnataka conducted the Entrepreneurship Development Program from 1st to 14th February.

The program was inaugurated by Dr. Sujatha Ashok, Treasurer, Ms. Janaki M.G., Chairperson, Ms. Usha, Chairperson – Marketing, Ms. S. Rama, Chairperson – Zone 3 District and Mr. Sadashiva S. Head of Training, AWAKE on 1st February 2024 at AWAKE, Rajajinagar. A total of 19 women attended the training.

The sessions were on scope of entrepreneurship, communication, goal setting, finance, licencing, machinery and supplies, marketing techniques, market survey, taxation, book keeping. The participants also visited some successful businesses to observe their functioning and what makes them successful.



RESPITE CARE

A separate respite care facility has been established in Basaveshwarnagar and has been operational since July 2023. The objective of the respite care is to provide quality and affordable respite services for families if they need to travel or attend to something urgent. Also it's important for individuals with neurological conditions to stay away from their parents for a longer duration and develop skills to build independence.



The facility has been named Florence Home and activities conducted are structured according to the age and ability of the students. The students cook, socialise, go for walks, watch a movie and stay overnight as well. The facility is secure with CCTV, Wi-Fi, separate bedrooms, toilets and a fully equipped kitchen.



AWARENESS AND OUTREACH

Nav Prabhuthi Trust visited various corporate companies and community centres to spread awareness on capabilities of neurodiverse individuals and also conducted live activities to spread awareness. Following were the places visited:

1. Block printing at TCS
2. Stall at White House apartments
3. Bangalore International Centre
4. JLL
5. Jain University
6. Carelon Solutions
7. Canara Union
8. Anugraha Apartments
9. HSBC Bank
10. Park Hotel
11. Global Technologies Limited
12. Shristi Special Academy
13. Indian Institute of Fashion Technology

OUR PRODUCTS



NAV PRABHUTHI TRUST



#344, 5th Main, BEML Layout,
Basaveshwarnagar,
Bangalore 560079



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