



MANASADHARA TRUST ®

No. 77-45, 100 feet Road, A-Block, 1st Parallel Road,
Gopala Gowda Extn, Sagara Road,
Shivamogga - 577204

Annual Report 2025 - 2026

**Empowering Lives through Care, Education,
Rehabilitation and Inclusion**

Contact details:- 9448288484/85

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Message from Chairperson

It gives me immense pleasure to present the **Annual Report of MANASADHARA TRUST®** for the year 2025–2026. This report reflects our commitment to providing compassionate, quality, and holistic services to individuals with intellectual and developmental disabilities.

At Manasadhara Trust, we believe that every individual deserves the opportunity to live with dignity, independence, and acceptance. Our dedicated team of professionals, caregivers, therapists, staff members, and volunteers has worked tirelessly to provide services that enhance the physical, cognitive, emotional, and social well-being of our beneficiaries.

During the year, we continued to strengthen our rehabilitation programmes through therapeutic interventions, educational support, vocational training, family counselling, and community outreach activities. We have also focused on creating awareness about intellectual disabilities and promoting an inclusive society where every individual is valued and respected. The achievements highlighted in this report have been possible through the unwavering support of our beneficiaries and their families, our committed staff, well-wishers, donors, healthcare professionals, and partner organizations. Their trust and encouragement continue to inspire us to strive for excellence in our services.

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While we celebrate the milestones achieved during the year, we also recognize the challenges ahead and remain committed to expanding our programmes, adopting best practices, and reaching more individuals who can benefit from our services.

On behalf of the Trustees and the entire Manasadhara Trust family, I extend my heartfelt gratitude to everyone who has contributed to our journey. Together, we will continue to build a more inclusive, compassionate, and empowered community for persons with intellectual and developmental disabilities.

Thank you for your continued support and confidence in our mission

Dr. Rajani A Pai

Managing Trustee & Chairperson

MANASADHARA TRUST®

Rehabilitation Centre for the Mentally Challenged

Shivamogg

Our journey

Manasadhara Trust ® was established in the year 2006 by the Late Dr.K. A.Ashok Pai, a Psychiatrist, writer, film maker and thinker. Mental health in India is largely a neglected and stigmatised area. The population in need is very large as compared to the resources available for treatment. It is also true that the care for mental ill health varies from physical ailments in the fact that treatment protocols are different, the treatment continues for a long duration (in many cases) and rehabilitation which requires expertise and a sense of long-term commitment. The WHO recommends 3 psychiatrists per 100000 populations. Currently the Indian ratio is 0.85 to 100000. Due to this gap, we end up treating mainly acute ailments. Long term care, psychosocial rehabilitation and integration of people with special needs into mainstream society usually takes a backseat. It is this gap that Manasadhara Trust aims to fill. The aims of the trust were to work in tandem with professionals in acute care to design individual specialised programs for different mental health concerns and to personalise care.

The first institute which was started by the trust was a psychosocial rehabilitation centre called Manasadhara. When clients recover from chronic psychiatric illnesses, they would have lost their jobs, their cognitive faculties and their socialising ability. At Manasadhara, we care for such clients and work towards improving their social, cognitive and vocational abilities so that they can return as productive, functional and confident members of the society. We have a team of psychiatrists, clinical psychologists, psychiatric social workers, counsellors and special educators who cater to the needs of the patients.

Our vocational training programs are unique because they keep in mind the socioeconomic milieu of the community that the patients live in. We train patients in weaving, farming, mushroom cultivation, cooking and digital skills which they can use to make a living for themselves once they are out of the centre.

We help rehabilitate individuals with drug abuse with a special month-long program designed by the team of experts which involves detoxification, psychoeducation, counseling, psychotherapy and vocational training. In an effort to sustain abstinence from the drug habit, we hold alumni meets every year of former patients who have successfully quit their habit and have now

become respectable members of the society. This in turn motivates the current patients who are struggling with the same.

We work in collaboration with NGOs like Craftizen and Amba for life to help clients learn occupations like making Holi colours from left over flowers in the temples, crafts for gifting and digital skills which can then translate into an occupation once they are ready to go back home. Keeping in mind the financial difficulties of our clients' families (which happens commonly when the earning member of the family falls mentally ill for a long time), we have 15 % of the beds reserved for clients who will be treated at the expense of the trust (apart from their food costs).

After the covid pandemic, we realised the need for special rehabilitation services for the geriatric mentally ill. With the burgeoning geriatric population in India and the advent of nuclear and double income working families, older adults with mental illness are often side-lined and difficult to care for. Patients with dementia, stroke and chronic mental illnesses need extra care and support which is time consuming, expensive and causes burn out in the care takers. Hence, we started **Mukunda**, a 50-bed centre for geriatric patients with special needs with a team of dedicated, trained and caring staff.

A typical day at this centre is more laid back with sessions in light yoga, play therapy, physiotherapy, cognitive retraining, and community interactions by way of holding concerts and plays within the centre. The centre is surrounded by a well curated garden which gives the space a warm cozy feeling, something which we feel our older patients thrive in. We have collaborations with multiple centres in Shivamogga which perform dance, music, plays for the patients which helps bring them closer to the community as well.

Another area of the mental health spectrum that we have ventured into is children with special needs. Started in 2016,

Manaspoorthi, which started off as a resource center, is now a special school. The centre was started as provision for a safe space to children coming from economically vulnerable and dysfunctional family backgrounds. The center was equipped with a library, computers and counsellors who had the skills to help out in areas of career, behavioral problems and emotional distress.

India is among the few nations which has a huge population of young adults. But in today's world, children, teenagers and young adults are faced with myriad problems such as academic difficulties, drug abuse, addiction to technology and many others. Children who come from dysfunctional families where parental drug addiction fights and financial difficulties cause distress are largely left to fend for themselves.

At Manaspoorthi, we have two wings. One, to help children with intellectual difficulties and learning disabilities and the second, , a centre where children can come and spend time with counsellors and learn to use technology and have access to a well curated library which can help shape their future. We cater mainly to the children who come from difficult circumstances and hence most services are given at nominal costs and sometimes for free.

- We hold a 15-day free summer camp once a year in which we integrate children without any disabilities with children having special needs, which helps in cultivating a sense of inclusivity. We partner with organizations like Namma halli theatre, Agasthya foundation, Ishanya foundation, FM radio Shivamogga, Samanvaya and IMA Shivamogga to provide the children with varied, interesting and useful experiences during the time. We run programs of Jan Shikshana Samsthe (JSS) which trains our children in tailoring, mobile repair and Amba computers which trains them in digital skills so that they can be employed.
- We help train out of school children in appearing for their NIOS and KOS (open schooling programs) exams. We also conduct outreach programs for Government school teachers, students and CREs educating them about topics like identifying intellectual disability and learning difficulties, handling exam stress and good parenting practices. The centre has so far conducted more than 300 programs for the same.

As of today, statistics state that Shivamogga stands second in the number of child marriages and third in registration of POCSO cases in the state.

The trust is committed to scaling its services by transitioning from just clinical intervention to a holistic community integrated model. Future initiatives prioritise technological integration and providing tele-counselling services to the remote peripheries. The trust also remains dedicated to dismantling the systemic stigma and trying to ensure that every individual

with an intellectual disability or mental illness is treated with respect and dignity.

We are also planning to extend our services in the area of psychological interventions for patients suffering from chronic physical ailments and their caregivers.

Vision

To build an inclusive, compassionate, and mentally healthy society where every individual (including persons with mental illness, special needs, or chronic ailments, and their caregivers) is empowered to achieve their fullest potential with dignity, acceptance, and opportunity.

Mission

To nurture minds, empower abilities, and support healing. Through mental health care, developmental-disability services, mental health education, and psychosocial support for people affected by chronic ailments, the trust strives to transform lives, strengthen families, and build inclusive communities where every individual can flourish, regardless of illness, disability, or circumstance.

Providing support, rehabilitation and empowerment for individuals with mental health challenges and special needs.

- Promoting awareness, reducing stigma and fostering acceptance of mental health conditions and chronic ailments.
- Advancing education and training in and mental health for professionals, caregivers, students and the community.
- Supporting families through guidance, counselling and capacity building initiatives
- Encouraging research, innovation and evidence based practices in mental health care, special education and palliative care
- Building partnerships that create inclusive environments where every individual can thrive

Values:-

1. To promote mental health & emotional well-being through awareness programs, preventive interventions, counselling, treatment, rehabilitation & community- based mental services.
2. To support children & adults with developmental disabilities & special needs by providing educational, therapeutic, vocational & rehabilitative services that enhance their independence & quality life.
3. To advance education & training in mental health & developmental sciences for healthcare professionals teachers, students, caregivers & the general public.
4. To provide psychosocial support for individuals affected by chronic ailments & their families helping them cope with the emotional psychological, social, & practical challenges associated with diagnosis, treatment, survivorship & palliative care.
5. To reduce stigma & discrimination associated with mental illness, developmental disabilities through advocacy, awareness campaigns & community engagement.
6. To empower families & caregivers through education counselling, support, groups & building initiatives
7. To establish & support centres clinics, schools, rehabilitation facilities & outreach programs that serve the needs of vulnerable & underserved populations.
8. To encourage & undertake research, innovation, & publication in the fields of mental health, developmental disabilities, palliative care & community well- being.
9. To collaborate with governmental, non-governmental, academic, healthcare & community organizations to improve access to quality services & promote inclusive development.
- 10.To foster compassionate & inclusive society where every individual irrespective of mental health status, disability or illness can live with dignity

Organization Structure

MANASADHARA TRUST® functions through a well-defined organizational structure that ensures effective governance, transparent administration, quality service delivery, and coordinated implementation of rehabilitation, educational and elder care programmes. The Trust is managed by the Board of Trustees, supported by administrative personnel, professional staff, and service teams dedicated to the cause.

Board of Trustees

Sl. No.	Name	Designation
1	Dr. Rajani A. Pai	Managing Trustee & Chairperson
2	Dr. Preethi V Shanbhag	Trustee
3	Dr. Vaman M Shanbhag	Trustee



Dr. Rajani A. Pai has made significant contributions to the welfare and protection of children through her dedicated social service. She served as a **Member of the Juvenile Justice Board for two terms from 2003 to 2009**, contributing to matters concerning children in need of care, protection, and appropriate rehabilitation. Her experience in mental healthcare, child guidance, and psychosocial rehabilitation provided valuable insight into addressing the emotional and social needs of children. She has also been associated with child welfare initiatives and founded the District Child Welfare Committee in Shivamogga. Through her professional and social work, Dr. Pai has consistently promoted dignity, protection, rehabilitation, and social inclusion for vulnerable children and families.



Dr. Preethi V. Shanbhag is a distinguished Psychiatrist, Trustee of Manasadhara Trust, and a dedicated mental health professional with 18 years of experience in psychiatry, psychosocial rehabilitation, and community mental health. She serves as Consultant Psychiatrist and Administrator at Manasa Nursing Home, Shimoga, and Academic Director of the Manasa Educational Foundation for Mental Health. She is also the Founder and Director of the Kateel Ashok Pai Memorial Institute and Manaspoorthi initiative, promoting children's creativity and holistic development. Through workshops, awareness programmes, and public outreach, she actively advocates for mental health, psychosocial well-being, and inclusive community care.



Dr. Vaman M. Shanbhag is a distinguished Consultant Neurologist and Trustee of Manasadhara Trust, with over two decades of experience in Clinical neurology. He holds an MBBS, MD in General Medicine, and DM in Neurology, and is a Gold Medalist in General Medicine. He serves as Head of the Department of Neurology at Manasa Nursing Home, Shivamogga. As a Trustee since 2016, he provides strategic guidance to advance accessible, community-based mental healthcare, reduce stigma, and strengthen integrated neurological and mental health services.

ACTIVITIES

MANASADHARA



Client Activities Conducted at Manasadhara Trust

Manasadhara Trust regularly conducts a variety of therapeutic, recreational, and skill-development activities for its clients to promote their physical, emotional, social, and creative well-being.

The activities include:

Regular yoga classes which are conducted by **certified yoga instructors**, with sessions specifically designed to support improved outcomes for individuals with **psychiatric and neurological illnesses**. These sessions focus on promoting physical fitness, emotional balance, mental well-being, relaxation, and overall quality of life.

As part of this initiative, **Yoga Day was celebrated at Manasadhara on 21st June 2025**, with the participation of students from **Manaspoorthi** and patients at **Manasadhara**. The programme witnessed enthusiastic participation from students, faculty members, staff, beneficiaries, and guests, with approximately **80 participants** attending.

The celebration emphasized the importance of yoga in promoting **physical, mental, and emotional well-being** and marked the culmination of a **week-long yoga initiative**. The programme provided participants with an opportunity to practise yoga, understand its benefits, and develop greater awareness of yoga as a supportive practice for maintaining a healthy and balanced lifestyle.

- **Handicraft Activities** to enhance creativity, concentration, and fine motor skills.
- **Paper Bag Making** to develop vocational skills while promoting environmental awareness.
- **Festival Celebrations**, encouraging clients to participate in cultural and social events, including :-
 - **Ganesha Festival** – Preparation of eco-friendly Ganesha idols, decorations, and cultural activities.
 - **Diwali Festival** – Decorating and painting diyas (deepas), rangoli, and festive celebrations.
 - **Independence Day** – Flag hoisting, patriotic songs, cultural programmes, and craft activities based on the national theme.

These activities provided meaningful engagement, encourage social interaction, improve life skills, strengthen self-confidence, and promote inclusion while preserving cultural values.

MUKUNDA



Client Activities Conducted at Mukunda

Mukunda regularly conducts therapeutic and recreational activities for its clients to promote their physical, cognitive, and social development.

The activities include:

Regular yoga classes which are conducted by **certified yoga instructors**, with sessions specifically designed to support improved outcomes for individuals with **psychiatric and neurological illnesses**. These sessions focus on promoting physical fitness, emotional balance, mental well-being, relaxation, and overall quality of life.

As part of this initiative, **Yoga Day** was celebrated at **Manasadhara** on **21st June 2025**, with the participation of students from **Manaspoorthi** and patients at **Manasadhara**. The programme witnessed enthusiastic participation from students, faculty members, staff, beneficiaries, and guests, with approximately **80 participants** attending.

The celebration emphasized the importance of yoga in promoting **physical, mental, and emotional well-being** and marked the culmination of a **week-long yoga initiative**. The programme provided participants with an opportunity to practise yoga, understand its benefits, and develop greater awareness of yoga as a supportive practice for maintaining a healthy and balanced lifestyle.

- **Cognitive Activities** to enhance colour recognition, concentration, visual perception, and cognitive skills.
- **Activities** to foster creativity, fine motor skills, hand-eye coordination, and self-expression.
- **Indoor Games and Group Games** to encourage social interaction, teamwork, communication, problem-solving, and overall recreation.

Trips Taken:- Clients were taken on regular recreational trips once every month to provide opportunities for relaxation, social interaction, community participation, and enjoyment outside the institution. The trips included

- **Mudinakoppa Tree Park, Shivamogga:** Clients were taken to the park to enjoy the natural surroundings, fresh air, and greenery. The visit provided an opportunity for relaxation, recreation, and interaction with one another in an open environment.
- **Raggi Guda Temple, Shivamogga:** The visit provided clients with an opportunity for spiritual engagement, peaceful surroundings, and participation in a community-based outing.
- **Sacred Heart Church, Shivamogga:** Clients visited the church as part of their recreational and spiritual activities. The visit encouraged social participation and provided a peaceful and meaningful experience.
- **Hindu Mahaganapathi Temple, Shivamogga:** Clients were taken to the temple to spend time in a calm environment and participate in a spiritual and community-oriented outing.

- **Shivappa Nayaka Palace, Shivamogga:** The visit provided clients with an opportunity to explore a historical site, learn about local heritage, and enjoy an educational and recreational experience outside the institution.
- **Christmas Celebration and visit to Sacred Heart Church:** Clients participated in the Christmas celebrations and visited the church, allowing them to enjoy the festive atmosphere, socialise with others, and take part in a meaningful community activity.
- **Gudekal Shri Balasubramanya Temple, Shivamogga:** Clients visited the temple as part of their regular recreational outings. The visit provided relaxation, spiritual engagement, and an opportunity to spend time together outside the institutional setting.

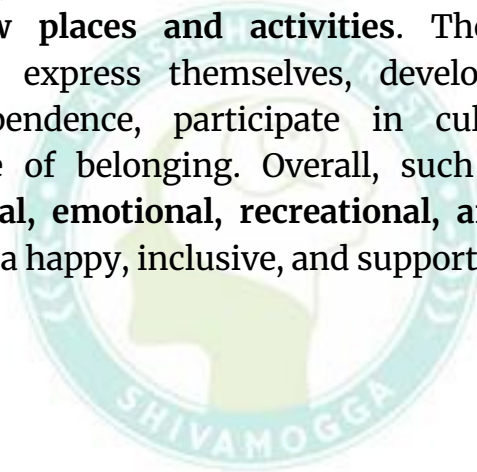
Cultural Programmes and Celebrations:-

- **Cultural Programme by Ms Sahana Chetan and Team** – Regular cultural programmes were organized with music, dance, and other recreational activities, providing clients with an enjoyable and engaging experience.
- **Raksha Bandhan Celebrations** – Clients participated in Raksha Bandhan celebrations, promoting the values of love, care, bonding, and togetherness.
- **Independence Day Celebration** – Clients participated in the Independence Day celebration with patriotic activities, cultural performances, and flag-hoisting ceremonies.
- **World Senior Citizens' Day Celebration** – The day was observed to recognize and appreciate the contribution and dignity of senior citizens, with activities promoting respect, care, and social inclusion.
- **Cooking Without Fire – World Nutrition Week** – A creative cooking activity was conducted as part of World Nutrition Week. Clients participated in preparing simple nutritious dishes without using fire, promoting awareness of healthy eating, creativity, and practical life skills.
- **Republic Day Celebration** – Republic Day was celebrated with patriotic activities, flag hoisting, cultural performances, and participation by clients and staff.

Festival Celebrations

- **Krishnashtami Celebrations** – The celebration included devotional and cultural activities, encouraging clients to participate in traditional customs and enjoy the festive atmosphere.
- **Ganesha Chaturthi Celebrations** – Clients participated in the festive celebrations through prayers, decorations, cultural activities, and community participation.
- **Sankranti Celebrations**– Clients participated in traditional Sankranti activities, enjoying cultural programmes and celebrating the festival together.

These monthly outings and cultural celebrations helped break the routine of institutional life and provided clients with opportunities for **relaxation, social interaction, community participation, cultural and spiritual experiences, and exposure to new places and activities**. These programmes also encouraged clients to express themselves, develop social skills, build confidence and independence, participate in cultural traditions, and strengthen their sense of belonging. Overall, such activities contributed positively to their **social, emotional, recreational, and psychosocial well-being**, while promoting a happy, inclusive, and supportive environment.



MANASPOORTHI



Students Activities Conducted at Manaspoorthi School

During the academic year, various educational, cultural, and co-curricular activities were conducted for the children.

- **Handicraft activities** were taught to help children develop creativity and fine motor skills.
- **Makara Sankranti** was celebrated by making beautiful rangoli designs, and Yellu-Bella was distributed to the children.
- **Krishna Janmashtami** was celebrated with great enthusiasm. The children dressed up as Lord Krishna and Radha and participated in a cultural programme.
- Yoga sessions were conducted daily to promote physical fitness and mental well-being.
- **Independence Day** was celebrated with patriotic activities.

- **Environment Day** was observed by planting saplings to create awareness about environmental conservation.
- Children participated in a **Quiz competition**, and certificates were awarded to all participants.
- Parents were given training on making paper flower crafts to encourage creativity and skill development.
- For **Deepavali**, children made decorative lamps (diyas) and coloured them beautifully.
- **Summer Camp:-** A Summer Camp was organized, lasting for 15 days during which children were introduced to various sports and recreational activities. This camp was special because this integrated specially abled children with children from Government schools in learning arts, dance and craft. The camp ended with a three hour cultural extravaganza program conducted for the parents and general public.
- **Spoorthi Vaibhava:-** Our school proudly hosted “Spoorthi Vaibhava – 2025–26,” a district-level cultural event with participation from 10 special schools across Shivamogga District. The vibrant celebration featured music, dance, and cultural performances. Three specially-abled sportspersons with national and international achievements were felicitated, inspiring children to recognize their talents, overcome challenges, and pursue their dreams
- **Embroidery & Tailoring:** - A training programme in Embroidery and Tailoring was inaugurated for trainees at Manaspoorthi, organized by Manasadhara Trust (R.) in collaboration with Jan Shikshan Sansthan(JSS). The programme was inaugurated by **Smt. Arunadevi**, while **Dr. Rajani A. Pai** presided over the programme. The initiative aims to empower trainees with practical vocational skills and promote self-reliance and livelihood opportunities.
- **Cooking Competition for parents & Cooking without fire Competition for Students:** - A Cooking Competition for Parents and a Cooking without Fire Competition for Students were organized. The competitions provided an enjoyable platform for parents and students to showcase their creativity, culinary skills, teamwork, and confidence. The event witnessed enthusiastic participation and created a joyful and engaging learning experience for everyone.
- **Hand Embroidery and Tailoring Training Programme:** - In collaboration with Manaspoorthi Special School (R.) and JSS, Shivamogga, a three-

month Hand Embroidery and Tailoring Training Programme was conducted for parents of children with special needs from Monday to Friday. Upon successful completion of the training, written and practical examinations were conducted for 20 trainees, marking an important milestone in their skill development, confidence, and self-reliance

Beneficiary Statistics

Manasadhara Admissions, Discharges & Concessions for the year 2025-26	
Admission	502
Discharge	426
Current no. of Beneficiary	123
Concessions Given to	32

Mukunda Admissions, Discharges & Concessions for the year 2025-26	
Admission	24
Discharge	13
Current no. of Beneficiary	21
Concessions Given to	11

Manaspoorthi Admissions, Discharges & Concessions for the year 2025-26	
Admission	28
Discharge	75
Current no. of Beneficiary	67
Concessions Given to	103

Donations

The details of the donors are given below.

2025 & 2026 Donors List	
Donor	Donation Amount
M/s.Elite Pharma Pvt. Ltd.	30,000
M/s.Krishna Leela Trust	1,48,890
Mr.Shridhar H	5,000
Mr.Dhamodhar	50,000
Total Donations	2,33,890

Staff Details

The total staff strength of Manasadhara Trust is 71, which includes:

Manasadhara	:	47
Mukunda	:	09
Manaspoorthi	:	14

Gallery Manasadhara



Mukunda



Manaspoorthi



Future Vision:-

As we look towards the future, our vision is to build an organisation that responds with compassion, innovation and commitment to the evolving needs of individuals, families and communities. We aspire to strengthen and expand our work in mental health, cancer care, special needs and education, while creating meaningful opportunities for people to live with dignity, independence and purpose.

A key focus for the coming years will be empowering individuals with disabilities towards greater independence and sustainable livelihoods. We plan to develop skill-building and livelihood programmes that equip clients with practical, vocational and life skills, enabling them to explore suitable employment and income-generating opportunities. Special emphasis will be placed on identifying and facilitating job opportunities for individuals with intellectual disabilities, while working with employers and the wider community to promote inclusive workplaces.

We also envision developing a dedicated programme addressing the psychological and emotional needs of young adults living in child care institutions. The programme will focus on emotional well-being, life skills, resilience, relationships, career readiness, transition to independent living and preparation for adulthood, helping young people navigate the challenges of this important stage of life.

Another important area will be strengthening services for children with special needs. We aim to develop structured, individualised and evidence-informed curricula that address not only academic learning but also communication, social skills, emotional development, functional abilities, independence and vocational preparedness. Alongside this, we will conduct awareness and sensitisation programmes for parents, teachers, healthcare professionals, institutions and the wider community to promote understanding, acceptance and inclusion.

Our future plans will also include strengthening preventive and early-intervention mental health programmes, expanding community outreach and developing greater awareness about mental health and holistic well-being. We will continue to explore innovative approaches and build partnerships with healthcare institutions, educational organisations, government agencies, employers and community groups.

Finance Report

FINANCIAL STATEMENTS

NAME : **MANASADHARA TRUST**

ADDRESS : #77/45, 100 Feet Road, 1St Parallel Road, A Block,
Gopala Gowda Extn. Shivamogga
Karnataka-577204

PAN NO. : **AABTM8702E**

STATUS : **REGD. TRUST**

AY : **2026-27**

FY : **2025-26**

UNIT-A : **MUKUNDA OLD AGE HOME**

Mangala Mandira Road, [Left Side] Alkola
Vinobanagar, Shivamogga
Karnataka -577204

UNIT-B : **MANASPOORTHY**

Learning & Training Center
JPN Road, 1st Cross, Shivamogga
Karnataka-577201

MANASADHARA TRUST
#77/45, 100 Feet Road, Sagar Road, 1st Parallel Road, A Block,
Gopala Gowda Extn. Shimoga 577204

PAN:-AABTM8702E

A.Y. 2026-27

COMPUTATION OF TOTAL INCOME FOR THE FINANCIAL YEAR 2025-26

I INCOME FROM OTHER SOURCES

Gross Receipts	4,60,54,969.00
Interest Excess as per AIS	1,64,573.00
(-) Revenue Expenditure excluding Donation.	4,22,24,137.70
Surplus	39,95,404.30

Add: Disallowed Expenses not paid in the above at the end of march 2026(as per SCF)	34,66,814.00
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Expenses not allowed as application at the end of <u>march 2025</u>	34,88,338.00
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Application of Income

1) Capital Expenditure	6,50,072.00
2) Loan	
Loan As On 31/03/2024	-
Loan As On 31/03/2025	-
	<u>6,50,072.00</u>
- 11(2): Amount accumulated for specified purpose	-
	<u>33,23,808.30</u>
Accumulated upto 15%	33,23,808.30

Total Income	-
Excess of expenditure of earlier years	-
Taxable Income	-
Tax on Total Income	-
Add: Surcharge	-
Add: Cess	-
Add: Interest	-
(-) TDS/TCS	2,59,940.00
Balance Tax Payable / (Refundable)	(2,59,940.00)

MANASADHARA TRUST
#77/45, 100 Feet Road, Sagar Road, 1st Parallel Road, A Block,
Gopala Gowda Extn. Shimoga 577204

CONSOLIDATED BALANCE SHEET AS ON 31-03-2026

LIABILITIES	Rs.	RS.	ASSETS	Rs.	RS.
Corpus Fund			Fixed Assets		
Opening Balance	6,46,90,390		[Asper Sch]		2,23,30,943
Add: Net Income	12,09,048	6,58,99,438			
Current Liabilities			Current Assets		
Provisions			Other Current Assets		
Tds 194C Contract	7,511		Mescom Deposit	51,334	
Tds 194J Prof. Charges	44,335		Rent Advance	3,00,000	
Tds 194I Rent	8,000	59,846	TDS	5,39,519	8,90,853
Employee State Insurance	18,280		Deposits [Asper Sch]		4,30,62,340
Employee Provident Fund	88,710				
Employee Professional Tax	800	1,07,790	Loans and Advances		
Salary	12,47,364		[Asper Schedule]		16,76,600
Stipend	42,022				
Professional Charges	3,98,269	16,87,655	Sundry Debtors		
Rent Payable			Patient Yet to Code		3,69,605
Dr. Rajani A Pai	54,000		Manasa Pharma [Medicine Advance]		16,028
Dr. Preethi Vaman Shanbhag	32,400	86,400	Cash In Hand		
Sundry Creditors			Manasadhara Trust	55,967	
(As per Schedule)		15,25,123	Mukunda Old Age Home	7,422	
Patient Yet to Code		29,74,674	Manaspoorthi	6,364	69,753
			Bank Balance		
			Axis Bank SB: 362010100013235	26,37,381	
			Axis Bank SB: 921010013247837	5,19,815	
			Axis Bank SB: 923010034352541	2,73,631	
			Bank of India SB: 845010110001063	2,13,231	
			Canara Bank SB: 19152010065902	2,80,746	39,24,804
TOTAL		7,23,40,926	TOTAL		7,23,40,926

Date: 15-09-2026

Place: Shivamogga

Vide my report of even date

Rajani A. Pai

Dr. Rajani A Pai
Managing Trustee

Dr. Preethi V Shanbhag

Dr. Preethi V Shanbhag
Trustee

N. Ramachandra

N. Ramachandra
Chartered Accountant
UDIN:26014030PZXMQ5839

MANASADHARA TRUST (H)
1st Parallel Sagar Road
Behind Lagana Kalyana Madira
Opp. Income Tax Office
Gopala Gowda Extn. SHIMOGA-577 204

MANASADHARA TRUST (H)
1st Parallel Sagar Road
Behind Lagana Kalyana Madira
Opp. Income Tax Office
Gopala Gowda Extn. SHIMOGA-577 204

MANASADHARA TRUST
#77/45, 100 Feet Road, Sagar Road, 1st Parallel Road, A Block,
Gopala Gowda Extn.Shimoga 577204

I&E Page No-01

Consolidated Income & Expenditure Account For The Year Ended 31-03-2026

EXPENDITURE	MANASADHARA	MUKUNDA	MANASPOORTH	TOTAL	INCOME	MANASADHARA	MUKUNDA	MANASPOORTH	TOTAL
Food Expenses	68,56,295	18,69,665	-	87,25,960	Inmates Receipts	3,37,57,145	72,25,367	-	4,09,82,512
Inmates Expenses	43,91,420	3,28,516	-	47,19,936	Activity Income	5,38,405	-	16,080	5,54,485
Professional Charges	31,19,801	17,42,922	94,757	49,57,480	Adm & Center Fee [KOS]	-	-	15,96,966	15,96,966
Activity Expenses	2,19,247	2,500	44,483	2,66,230	Summer Camp Receipts	-	-	39,400	39,400
Advertisement Charges	-	25,000	-	25,000	Interest on FD	-	-	-	-
Audit Fee	76,700	-	-	76,700	Axis Bank Ltd	19,37,324	-	-	19,37,324
Bank Charges	3,862	3,562	2,067	9,490	Bank of India	2,26,458	-	-	2,26,458
Bio Medical waste management	2,50,852	-	-	2,50,852	Canara Bank	2,61,097	-	-	2,61,097
Building Repairs & Maintenance	-	-	-	-	Interest on SB	-	-	-	-
Centre Maintenance	13,76,248	2,15,991	1,21,015	16,39,754	Axis Bank Ltd	73,342	18,132	6,223	97,697
Computer Maintenance	30,315	1,825	47,515	35,592	Bank of India	5,529	-	-	5,529
Dobhi Charges	50,342	41,427	3,452	91,769	Canara Bank	3,510	-	-	3,510
ECG Maintenance	974	797	-	1,771	Interest on IT Refund	13,146	-	-	13,146
Electrical Repairs & Maintenance	6,18,619	2,17,095	22,144	8,37,337	Donation	3,24,890	-	-	3,24,890
Electricity Charges	5,06,657	1,85,955	1,46,867	8,39,479	Other Receipts	15	-	11,940	11,955
EPF	1,87,990	71,725	53,884	3,13,599	-	-	-	-	-
ESIC	-	-	1,925	1,925	-	-	-	-	-
Exam Fees	-	-	8,800	8,800	-	-	-	-	-
Function Expenses	11,538	4,448	-	24,786	-	-	-	-	-
General Insurance	45,505	-	-	45,505	-	-	-	-	-
Generator Maintenance	86,470	95,538	-	1,82,008	-	-	-	-	-
Internet Charges	-	16,270	3,179	19,449	-	-	-	-	-
KPME Certificate Charges	50,000	-	-	50,000	-	-	-	-	-
Labour Welfare Fund	9,090	-	-	9,090	-	-	-	-	-
Leave Encashment	1,40,996	49,741	27,923	2,18,660	-	-	-	-	-
Lift AMC Charges	95,580	32,214	-	1,27,794	-	-	-	-	-
Medicines & Disposables	3,22,642	1,80,042	-	5,02,684	-	-	-	-	-
Municipal Tax	-	1,002	-	1,002	-	-	-	-	-
Paper & Periodicals	3,785	8,550	-	12,335	-	-	-	-	-
Postage	4,945	-	-	4,945	-	-	-	-	-
Printing & Stationery	52,982	7,906	28,921	89,809	-	-	-	-	-
Professional Tax	2,500	2,500	2,500	7,500	-	-	-	-	-
Rent: Dr Preethi V Shanbhag	4,24,800	-	-	4,24,800	-	-	-	-	-
Rent: Dr Rajani A Pai	7,08,000	-	-	7,08,000	-	-	-	-	-
Repairs & Maintenance	4,74,488	73,707	-	5,48,195	-	-	-	-	-
Rounded off	-	(1)	-	(4)	-	-	-	-	-
Salary	95,00,581	26,87,218	20,90,538	1,42,78,337	-	-	-	-	-

Cont.....

MANASADHARA TRUST
#77/45, 100 Feet Road, Sagar Road, 1st Parallel Road, A Block,
Gopala Gowda Extn. Shimoga 577204

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Consolidated Income & Expenditure Account For The Year Ended 31-03-2026

EXPENDITURE	MANASADHARA	MUKUNDA	MANASPOORTHY	TOTAL	INCOME	MANASADHARA	MUKUNDA	MANASPOORTHY	TOTAL
Staff Bonus	2,43,000	57,300	64,500	3,74,800					
Staff Welfare	47,581	2,375	-	49,956					
Stipend	5,05,097	-	-	5,05,097					
Spooorthi Vaibhava Expenses	-	-	96,391	96,391					
Staff Food Expenses	-	-	7,020	7,020					
Summer Camp Expenses	-	-	1,99,716	1,99,716					
Telephone Charges	33,931	16,094	-	50,025					
Television Recharge Charges	7,399	2,550	-	9,949					
Travelling Expenses	885	-	-	885					
Vehicle Maintenance	7,24,645	-	-	7,24,645					
Water Charges	4,725	-	-	4,725					
Web Site Charges	10,000	-	-	10,000					
Depreciation	24,91,247	1,01,691	-	26,21,783					
Net Income	★ 34,49,130	★ (8,12,626)	★ (14,27,456)	★ 12,09,048					
Total	3,71,40,861	72,43,499	16,70,609	4,60,54,969	Total	3,71,40,861	72,43,499	16,70,609	4,60,54,969

Date: 15-09-2026

Place: Shivamogga

Rajani A Pai

Dr. Rajani A Pai
Managing Trustee

MANASADHARA TRUST (R)
1st Parallel Sagar Road
Behind Lagana Kalyana Madira
Opp. Income Tax Office
Gopala Gowda Extn. SHIMOGA-577 204

Dr. Preethi V Shanbhag

Dr. Preethi V Shanbhag
Trustee

MANASADHARA TRUST (R)
1st Parallel Sagar Road
Behind Lagana Kalyana Madira
Opp. Income Tax Office
Gopala Gowda Extn. SHIMOGA-577 204



N Ramachandra
Chartered Accountant
UDIN:26014030PZXIMVQ5839

