



The Rehabilitation Centre at Kureekad re-opened after a month long summer break for the academic year 2011-2012 on 1st June 2011. “Pravesnoltsavam” was organized to welcome all the children. This year we have a large inflow of students to our centre; 18 children have already been registered so far.

The end of 2010 marks the end of the first full decade of Adarsh of its existence. Simultaneous with this analysis and appraisal of the positive aspects, it was felt that an appraisal of factors that helped in the growth and pace of growth and of the precise direction in which the institution should grow in future. Such an appraisal follows:

Disabilities	Number as Students as on		
	01/01/2001	01/01/2011	01/06/2011
Cerebral Palsy	23	89	87
Multiple Disabilities (started in Dec.2005)	30	70	72
Autism (started in July 2003)	07	39	45
Learning Disorder (started in Feb2008)	12	36	17
Down syndrome (started in July 2008)	05	09	12

We continue to provide a very advanced training programme for these children. Intensive physiotherapy, occupational therapy, special education, speech therapy, hippo therapy, hydro therapy, behaviour therapy, early developmental therapy etc., form a part of the curriculum they follow under the supervision of a committed team of professionals.

A strict follow up is done in all the cases with regular meetings at various level right from individual classes to general meetings. All the related professionals attending to that particular group take part in all these meetings. This has enabled us to take corrective actions where ever necessary. As a result of this effort we were instrumental in sending 51 children to pursue normal stream of education, so far. Last year three children from Adarsh were able to seek admission to normal schools and are presently pursuing their studies in these schools.

Staff

The present strength of staff with details is noted below to bring out how staff strength has increased consistent with the growth in the number of children:

Category	Number of staff as on date		
	01/01/2001	01/01/2011	01/06/2011
Medical Doctors	1	2	2
Psychologists	-	1	1
Developmental Therapist	-	1	1
Physiotherapist	1	11	10
Speech Therapist	-	3	3
Occupational Therapist	-	-	1
Social Worker	-	1	1
Special Educators	1	16	17
Teachers	-	13	14
Teacher Assistants	1	18	19
Parent Support Staff	-	19	18
Bus In Charge	1	6	7
Drivers	-	6	6
Office Staff	-	8	10
Cook	-	1	1
Total			111

Apart from these staff, there are 4 voluntary staff working in the centre.

Challenges: Due to an increase in the number of children, and since our aim is to provide the best training without any compromise in the quality; inadequacy of staff has been felt.

CHILD DEVELOPMENTAL EVALUATION INTERVENTION AND RESEARCH CENTRE (CDEIRC)

This is a project which was started on the World Disability Day, 2007. It has now developed as a good evaluation centre. 172 children with developmental problems have been assessed during the reporting period. There is a team comprising a Consultant Developmental Paediatrician, Psychiatrist, a Clinical Psychologist, Physiotherapist, Speech Therapist, and 3 Special Educators. Many children assessed here, join our main rehabilitation centre. Last year, special software was introduced especially to help children with learning disorders and this special project is now functioning at CDEIRC.

The full benefits of the software, when realized can benefit many more children. We have shifted our evaluation centre to new premises in Vytilla from June 1st 2011.

New contact address:

No.29/943 A1 Shine Road,

Near WelCare Hospital, Vytilla.

Tel No: 0484 2389448/3112686.

The most important activity here is helping children with Learning Problems. While they attend mainstream schools, they are not able to get the full benefit of education without concentrated attention to their problems.

Community Based Rehabilitation Projects

The major activities under the CBR Projects are as under:

1. Home Based Rehabilitation
2. Risk Baby Unit
3. New Born Hearing Screening
4. Surgical Assistance
5. Nero Visual Developmental Therapy



Home Based Rehabilitation Scheme

Introduced in November 2008 and supported completely by BPCL-KRL and its Executive Director Shri. E. Nandakumar, the project now covers 74 children in 9 panchayats. We were also able to help in arranging surgery for 8 children. We were able to provide 23 children with Special Assistive devices, Orthosis and mobility aids. At present the above facility is extended to 9 Panchayats around Kureekad where our main centre is located.

The intention is to extend this project to the whole of Ernakulam District over a period of 3 years. **At present the entire work is supported financially by BPCL Kochi Refineries.** A contribution of Rs. 40,000 was given by Mohanlal Fans and Welfare Association to the home based project to provide with aids and other supports to the children whom we visit now for rehabilitation at their residences.

A third team, perhaps in Vypin area may start working soon if we are able to locate a benefactor and with the support of well-wishers.

Risk Baby Unit

This is yet another ambitious project of Adarsh. At present this is provided in 3 hospitals. Under this project a Developmental Therapist spends 2 or 3 days in a week at the hospital, assessing particularly “at risk” babies i.e. those born prematurely or with low birth weight, or babies who have a high potential of risk of some disability as they grow. The therapist is able to evaluate about 50 children per month.

New Born Hearing Check Unit

The new born screening unit set up as a joint project of Adarsh and India Academy of Paediatrics and Childhood Disability Group is working on identifying new-borns with hearing related problems at 6 hospitals in the district. Many parents are taking the advice of the unit and are following up with hospitals for correction.

Neuro Visual Developmental Therapy

The scheme is intended to help children with visual and other problems like CP, Autism etc. This is a project which has not so far taken off as expected. Unfortunately they do not get attention now either in special schools or Braille schools. A project of this kind will cost about Rs 3.0 lakhs annually. Fortunately for Adarsh, Renjini Eye Hospital has offered us both technical support and has already provided space.

Academic Training

As a part of comprehensive rehabilitation programme we have been providing academic training to those children who we feel, are able to pursue the same. During the reporting period a total of 118 children had undergone academic studies under NIOS scheme at 3 levels (A, B & C Levels). For the first time 5 out of 7 students from Adarsh appeared for NIOS secondary level examination and all of them have cleared 4 out of 5 papers. With one more paper, they would clear the whole examination and be eligible for the SSLC certificate. It is to be noted that ours is the only centre accredited for appearing in the NIOS examination and 11 special schools have registered with us in the special school category. Last year, 147 students from Adarsh and other registered schools appeared for the examinations at our centre. Of which, A level-72 students, B level – 53 and C level-22 appeared for the exams.



FUTURE PROJECTS

We have of course lot of good projects in our mind connected with the services which we are extending now. Our priority is to extend the Home Based Management programme to the entire District of Ernakulam. We have fixed a target of three years for this and we are hopeful that by 2015 we should have covered the entire District of Ernakulam in this project. Needless to say this requires much more financial support than we have been receiving so far.

Hydrotherapy is very effective in children with disabilities. Now we are taking these children to Rajiv Gandhi Indore Stadium for this. Appreciating this excellent gesture from the authorities of Rajiv Gandhi Indore Stadium we would like to have this facility though in a small manner in our own premises. More than saving time, this will ensure continuity and give more focus on the training under the guidance of our therapists and teachers.

