



This report comes to you after the lapse of 4 months instead of the usual 3 months, as October was a month of important developments and we wanted to apprise you of those developments.

On Gandhi Jayanti, we arranged a meeting to get a feedback from the parents of children who are being attended to by the HBR teams. Twenty-nine children and their parents from both groups attended. It was gratifying and, in fact, touching to hear what the parents had to say about the work done by the teams, each consisting of a Physiotherapist and teacher/teachers. From 1 child starting to attend a mainstream school (she still needs help to walk from her house which is unapproachable by a vehicle for about 500 metres) to 6 others setting aside their difficulties and attending Adarsh, **their hopes having been rekindled**, the improvements range from being able to attend to their daily requirements to start learning a skill sitting at home or even assisting his father in his shop. We attach very great importance to the Home Based Rehabilitation work and thus this feedback was a great morale booster for us. The boost to our morale has been so high that we have launched the 3<sup>rd</sup> HBR team in October to operate from Cherthala in Alappuzha District. The preliminary work connected with identification of children, staff required for the team, finding a means of transport for the team etc., was more or less completed in October and the team will start in full swing from mid-November. **While the first two teams are sponsored by BPCL-Kochi, from the beginning, the 3<sup>rd</sup> will be by Shri George of Novelty Textiles, Kochi. Words cannot express our gratitude to both of them for their gracious help, which has enabled us to look after 100 children; the number will be rising to 120 soon.**

### A Major Project

Adarsh has come up with a very large, and perhaps ambitious, project of about Rs. 1.800 crores. There are 2 components, the first one of buying about 4360 sq. ft. of land ( 10 cents ) costing about Rs 50 lakhs. We have approached various agencies like CLSA, Mumbai, Shri C.K.Menon, our Chief Patron, Shri George of Novelty Textiles, Shri Kochouseph of V Guard Industries, Kochi etc., for financial support. The second component, equally important to us, is increasing the number of HBR teams to about 15, to take care of about 60 panchayats, and 600 children. For this, the intention is to approach individual donors who can support a team of HBR which costs about Rs 5 lakhs a year apart from an initial one time investment of Rs 3 lakhs or so. Shri A. Dutta, Executive Director of CLSA visited us on the 17<sup>th</sup> of October, took keen interest in all our activities and seems to have been satisfied with what he witnessed.

While all the individuals and corporate bodies whom we have approached for help have held out hopes of substantial assistance, you will appreciate that such a major project with a huge outlay will require help from many other sources as well. We are confident that, as in the past, we will receive such help from all of you, so that our *institution which all of us together have brought up so far with love and care will be able to grow further in the cause of helping children with disabilities and reach their maximum level of capability. We have launched this programme with that assurance that we will receive help from all our patrons and well-wishers.*

**A quick overview on the activities of Adarsh for the last 4 months. (July, August, Sept & Oct)**

At Adarsh Kureekad	Number of students as on 31/10/2011
Cerebral Palsy	87
Autism	48
Multiple Disability	69
Downs Syndrome	14
Total	218

At CDEIRC	Number as Students as on
Learning Disability	<b>21</b>
Physiotherapy/Speech and other training	<b>86</b>
Total	<b>107</b>

As there was an increase in the students, from 230 on 01/07/11 to 325 on 30/09/11, it became necessary to increase the number of staff for the smooth functioning of the departments and proper attention to the children, in various areas like, Occupational Therapy, Special Education, Teacher Assistants etc. Now we have strength of 122 staff, teaching & non-teaching, **an increase of 10 from 110 on 01/07/11.**

### **Autism Unit**

In this unit we have 43 children undergoing training in three sections namely Pre-Primary, Primary I and Primary II.

**Pre Primary** consists of 12 students of different age groups and who were not undergoing any rehabilitation training earlier. These children are given various programmes like Physical fitness, Yoga, Behavioural therapy, Music therapy, Sensory integration, Occupation therapy, Socialization skills, Academic training and Play therapy almost every day in a very systematic way. **Students who attended the sessions regularly showed improvement in attention span, socialization and motor skills.**

**Primary I & II:** 14 students in this division are undergoing training for the last two and half years. All of them follow a timetable at their homes as in the class as part of their training. Children following regular training, diet and proper medication have been showing **good improvement in communication skills and socialization.**

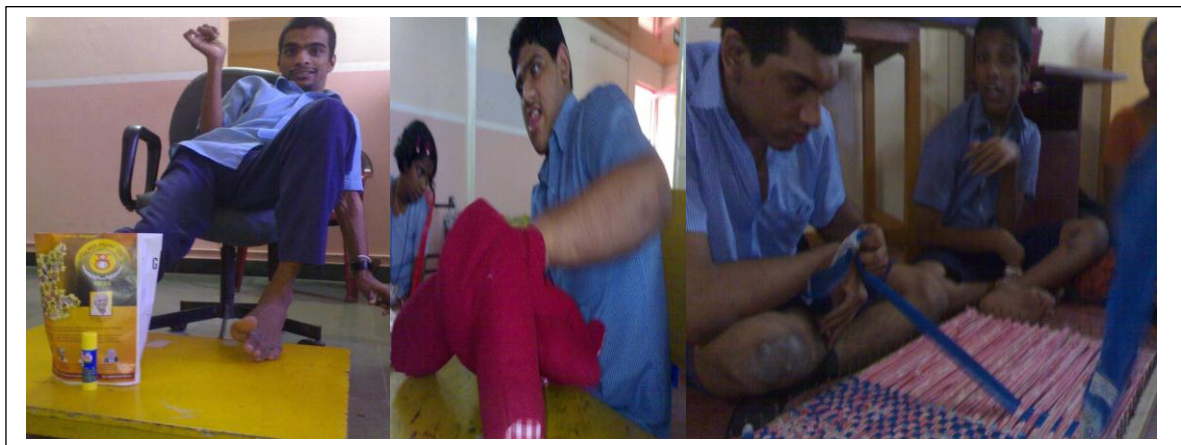
Some specific examples are:

1. Master Adityan Sudeesh joined on 04.05.2009. He was assessed having no speech but now he started saying few sounds like “aa” and “ee”.
2. Master Danwin. Paul joined on 23.09.09 with no speech and no socialization. He has shown a tremendous change in his speech and communication. He responds to questions asked and calls the teacher for anything required.
3. Master Abhilash S. joined on 21.03.2011. He has improvement in communication and has good computer skills. He is able to hold his breath under water during the hydrotherapy sessions, a very positive sign in case of Autistic children.

### **Cerebral Palsy and Multiple Disability Unit.**

Children under this unit undergo academic training along with Physiotherapy, Speech Therapy, Occupational Therapy, Behavioural therapy, Socialisation and compliance, Visual stimulation, Music therapy. Each child is assessed by a team of therapists and special educators and training is provided as per the need of the child. We start with the ‘Early intervention unit’ for children from 6 months upwards and below 5 years. Academic classes start from the play class up to grade X. This quarter ten students appeared for the 1st Term examinations before the school closed for Onam on the 2<sup>nd</sup> of September.

In the Pre Vocation, Vocation and Functional Academics Unit, children are taught skills needed for creating new products like paper covers, floor mats, table mats and coasters, fabric painting, and stuffed toys by trained teachers.



Apart from academics, class X students are trained to make paper covers used in the school canteen to pack snacks for this quarter. On Wednesdays, 2 students, Ms. Archana and Ms. Lakshmi took up distributing snacks and collecting money under the supervision of a teacher as part of vocational training

Children with severe disabilities who cannot be given academic training are placed in the special education unit. They are trained in activities of daily living. Other types of therapy are administered according to the need of each child.



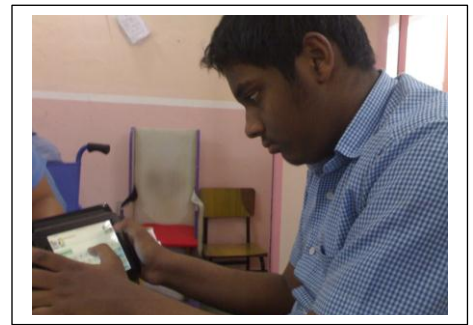
## Speech Therapy and Communication Training

Children are given training as per the need by a consultant speech therapist who also trains the parents to continue the training as home programmes.

AVAZ an Alternative Augmentative communication device is being used by children who are verbally challenged. At present 15 students are being trained to use this device for communication and to type so that even examinations can become easier for them- a very useful step for those who have severe difficulties in hand functions..

Two students namely Master Kevin Joseph Paul and Master Anugrah Bensey gave their examinations using this device.

Improved version of this device with a language change and more user friendly is being tried by 2 students of MCA ( Master of Computer Applications), SCMS college Angamaly.



## Physiotherapy Training

For this quarter we had 106 students for regular physiotherapy, 10 students attending aerobic sessions, 12 students from special education unit maintenance physiotherapy and 8 students with Down's syndrome for core stabilization exercise. The 6 therapists assess the students and the children re-grouped according to their physical ability for PETO sessions and teachers trained on how to handle each child.

EMG Athetoid training programmes were given to 6 students for a period of three months. The next session is scheduled for the next group.( ?)

Training programmes for teachers and assistants were organized on the programmes which they come across while handling physically challenged children. Examinations were conducted and the feedback was encouraging.

Master Neeraj P.U and Ms. Fathima Ismail from special education Unit, Master Nandakishore, Master Krishna and Ms.Arathy Raj showed remarkable changes during this period.

## Down Syndrome

We have 13 students in two sections attending training in this group. One to one training is being given to each child. Behavioural therapy, speech therapy and fitness training are also given as per the need.

Master Mohammed Aslam has shown great improvement in his behaviour, particularly in eating habits. He is now able to eat independently and has shown improvement in communication as well.

## Projects

### Community Based Projects

#### HOME BASED REHABILITATION

The total number of children under this project has increased to 80 WITH 2 TEAMS working and covering 7 Panchayaths and 2 municipalities. We consider this a very important project as we find that the number of children needing such assistance is very large. The results and the positive feedback from parents have emboldened us to launch the next team. We have done this formally on 2<sup>nd</sup> October .

#### Risk Baby Unit (RBU)

We continue to provide this facility to three hospitals in the city namely Ernakulam Medical Centre, Lakshmi Hospital Ernakulam, & PVS Hospital Ernakulam. The therapist spends 2/3 days in a week in these hospitals to assess the new born 'at risk' babies. The therapist is able to evaluate about 75 children per month.



## **New Born Hearing Unit(NBHU)**

The NBHU is working on identifying newborns with hearing related problems at 3 hospitals namely Lakshmi, Aluva, Shaji Hospital North Parur, and KMK Hospital Aluva. We could assess around 100 children in a month.

## **Neuro Visual Developmental Therapy**

This unit has been formally launched on 1<sup>st</sup> August 2011. A Developmental Therapist who is in charge of this unit, visits 3 well known hospitals in Ernakulam city and assesses the development of visual functions of the babies who are born with a potential risk. We have also set up a visual stimulation room for intensive training programme to improve the visual function. Soon this unit will start functioning from Renjini Eye Hospital in the city, a positive step to inspire more confidence to parents and to us equally as eye specialists will be available for consultation.

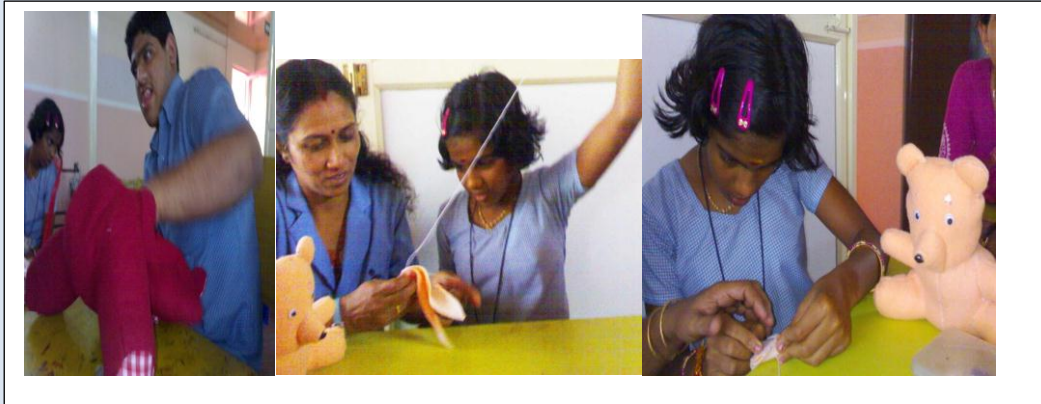
## **Child Developmental Evaluation Intervention & Research Centre (CDEIRC)**

This has developed as a good evaluation centre with a team of Developmental Pediatrician, Psychologist, Speech Therapist, Physiotherapist and three Special Educators. The new software 'Fast Forward' has been launched for helping children with learning problems at CDEIRC who are studying in normal schools in and around us. Additional staff to co-ordinator and teachers to work outside office hours outside office hours have been recruited so that more children waiting to avail of this service can be served.

## **Celebrations & Activities**

1. Vayanavaram was celebrated this year also for students, parents and teachers. The participation was excellent specifically from the teachers' side and competitions were conducted.
2. Karkidakavaavu celebration was organized with a music concert by Smt. Lailla Raveendran and Shri. Rajeev Rangan, cine actor distributed prizes for the vayanavaram competitions.
3. Orientation classes were arranged for all staff by the Physiotherapy team and exams were conducted. This will continue for other departments too in the coming months.
4. Regular visits to the dentist, neurologist and for hydrotherapy sessions are done every week.
5. With the help of parents and teachers a role play was done for the "importance of sex education for special children". This class was conducted by Smt. Prabha Ranganthan.
6. Kairali 'V' channel team celebrated Onam with their team for a programme with our children which was telecast on 09.09.2011 at 4pm on that channel.
7. Onam was celebrated this year also with the staff and students of NTTF, Mulanthuruthy. Shri. Vinu Mohan & Shri. Krishna, cine actors inaugurated the function. Also present were Shri K. Neelakantan, our Chairman Emeritus, Shri. P.R. Mahadevan, Secretary, Shri. Cherian, Manager NTTF and Shri. M.A. John, Chottanikkara Panchayath President. School closed for Onam Vacation on 01.09.2011 and re-opened on 12.09.2011.
8. A screening camp of children with Learning Disability was organized on 6<sup>th</sup> October being "vidhayarambham". The formal inauguration was done by Shri. P.P. Jose General Manager of Joyalukkas. Also present were Shri George of Novelty Textiles, Shri. K. Neelakantan- Chairman Emeritus, Shri. P.R. Mahadevan - Secretary, Shri. V. Satyanarayanan- Treasurer and other Trust members. About 40 children took part in the screening session along with their parents. Advice regarding training of each child was given as per the need of the child. Many of them have since joined CDEIRC for training.
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10. A Screening camp for differently abled children to start Phase III of Home Based programme was organised on 23<sup>rd</sup> October 2011 at Government higher secondary School, Kalavoor. The camp was inaugurated by Rotarian. Shri. Ponnambalam-President of Rotary Club-Allappuzha East. 72 children registered for the screening by our team of physiotherapists and special educators. The response of the parents was good and the team will starting working from 14<sup>th</sup> November. The team, as mentioned earlier is to be sponsored by Shri. George of Novelty Textiles.



### **Donations:**

### **Regular Donors:**

MR.K.V.Raju, Kadavanthara,  
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