



**COMMUNITY BASED REHABILITATION PROJECT NO.I- OUTSTATION  
TECHNICAL ASSISTANCE- ('Sankalp' special school, Naval Base, Kochi)**

'Sankalp' is a special school run by Naval Wife's Welfare Association (NWWA). It started in 1979 as a special school only for children whose parents are working in the Navy. Since then it accommodated only Children with challenges from the Naval colony itself, till last year when a girl child from outside the Navy family came in. There are around 23 children on the rolls, majority of them mentally retarded and some affected with mild form of Cerebral Palsy like Hemi-paresis (right or left). There is also one case of Hearing impairment. Rest are children affected with severe form of Cerebral Palsy and are coming once in a week to 'Sankalp' for Physiotherapy only.

Ms. Belina Kiran, Co-ordinator, Sankalp school visited Adarsh and requested our service to provide training for children affected with Cerebral Palsy in their center. As an outstation CBR program our team started its work by visiting Sankalp School on 21<sup>st</sup> September with our Chairman. A formal assessment of all children affected with CP was made. All the children were above 5 and the extent of disability was so severe that there will only be marginal improvement, if any, for the children, in spite they being trainable.

On October 5, one of our Special Educators and the CBR Head visited Sankalp again and examined all the children for their academic and physical abilities. They also selected children who need special equipments like CP chairs, special assistive devices etc. It was also suggested that one week training at Adarsh could be arranged. They agreed to come on 10<sup>th</sup> –18<sup>th</sup> October.

Ms. Anitha Pratap (Teacher) and Ms.Sreedevi (Special Educator) came to Adarsh for training and got a full week training on various fields in disability, particularly children affected with Cerebral Palsy and Autism. Now help is being rendered to all those children in their center affected with Cerebral palsy and other milestone development delayed children with a much more comprehensive rehabilitation rather than only therapy which was given only once a week earlier.

Now they are planning to improve their facilities by adding different assistive devices. Adarsh also offered full technical support to Sankalp, within our capacity.



## COMMUNITY BASED REHABILITATION PROJECT NO.II- PERUMBAVOOR

It was the second project of our CBR programme. We selected Perumbavoor as a prime location as liberal help was promised by Dr. Vincent, Orthopedic surgeon of San Joe hospital. The hospital authorities made available the hospital premises and services of three doctors and supporting paramedical staff for a medical camp held on the 13th of July 2004. Past experience has shown that it is inconvenient for children to travel long distances to reach a special school, beyond about 15 kms from their residence, particularly when they live in rural areas with limited transport facilities. So a special school in the vicinity becomes inevitable for any meaningful rehabilitation programme.

The first meeting with Dr. Vincent Chakkiat, the chief orthopedic-surgeon, San Joe Hospital, Perumbavoor was on 7th May 2004. He was instrumental in deciding the venue of the camp and arranging the doctors and volunteers from the San Joe Hospital. We also had the promise of support and assistance from CDPO and Supervisor, ICDS.

The camp was successfully conducted on 13-06-04(Sunday) with the wholehearted support from the above people. Shri James Peter, CDPO, was able to identify 4 people who were keen on being associated with the project of starting a special school and capable of running it.

### Details of the camp:

- Date of the camp: 13-06-04
- Venue: San Joe hospital, Perumbavoor
- Time: 9.30 am to 4.30 pm
- Number of children attended the camp: 230
- Doctors who conducted the assessment:
  - Ortho: Dr. Vincent Chakkiat, Dr. Dennis and Dr. Prasannan
  - Pediatric: Dr. Nair, Dr. Sheela Namboothiri (of Indira Gandhi Cooperative Hospital, Ernakulam.)
- Type of disabilities identified: Cerebral palsy, mental retardation, autism and other related disorders, speech and hearing problems.
- Out of 230 children 58 children were diagnosed as cerebral palsy affected and five of them as autistic.

After the camp, a parent's meeting was organized. Sensing the general opinion of those present, it was tentatively decided to start a school by mid August. Follow up meetings were held and it was decided to have the school functional by mid August. This got delayed and finally on **9<sup>th</sup> September 2004, Perumbavoor Municipal Chairman Shri N. C. Mohanan inaugurated 'Ashirwad' special school for Children with Challenges.**



**COMMUNITY BASED REHABILITATION PROJECT NO.II OUT STATION  
TECHNICAL ASSISTANCE (“Daya Special School, Payangadi, Kannur)**

It was after the discussion between Adarsh management and Dr. Fuad. A. Jaleel, Dr. Ahammed Ibrahim, doctors from Kannur, on October 23<sup>rd</sup>. 2005 that we came to know that they the doctors were connected to ‘Dayya’, a special school at Payangadi in Kannur District. The discussion was all about Cerebral Palsy and habilitation of children with Cerebral palsy. We suggested them to visit our school to know more about Cerebral Palsy and our attempts at rehabilitating such children.

Two days after that, our CBR Head met Dr. Fuad at Karunagappilly where Adarsh has started one school at Sooranadu with the help of Kudumbashree, Govt. of Kerala. We went to the school and observed some of the activities there. The doctor was very much impressed with the school.

As per their request, our CBR team visited ‘Dayya’, School for Differently Abled at Kannur, on November 9<sup>th</sup>. 2005. They met Ms. Sreeja, a special educator, also the Principal of the school, who is instrumental in running the school in a dignified manner. The school is catering for children with various disabilities like Mental Retardation or Down syndrome, Cerebral Palsy, Autism etc. There are around 50 children in the school. The team examined 8-10 children affected with Cerebral palsy. It was identified that the lack of a Physiotherapist, who can take care of the physical problems of each child affected with Cerebral Palsy, was a major difficulty the school was facing. Instead, the school was concentrating more on academic training. We devised some training methods and also suggested to buy some basic training equipments, which are usually used in such special schools.

After the Inauguration of our new school building at Kureekad, a team from ‘Dayya’ visited our school on February 10<sup>th</sup>. 2006. Our chairman discussed with them about our school in detail. After that visit, it was discussed and agreed to conduct a medical camp at Payangadi to identify more children affected with Cerebral Palsy and help them by providing more facilities to habilitate them. It was decided to conduct the camp on 26<sup>th</sup>. of March at Daya school, Payangadi.

On 26<sup>th</sup> our CBR Team, consisting of the Head, Social Worker and a guest reached the school in time. The camp started at 1000 hrs in the morning. We represented Adarsh as Rehabilitation professionals and also assessed each child. All the assessments were finished by around 1500 hrs in the afternoon.

**Details of Medical camp held on 26<sup>th</sup> March at Payangadi, Kannur**

**Total number of children attended the camp: 37**

Total number of children with Mental Retardation: 7

Total number of children with Cerebral Palsy: 25

Total number of children with Autism Spectrum Disorder: 2

Total number of children with other disability  
(Respiratory Distress Syndrome, Myopathy, Osteogenesis Imperfecta): 3

Total no of children being referred for Orthopedic Surgical Assistance : 11

**Classification of children according to age**

AGE	Mental Retardation/ Down Syndrome	Cerebral palsy	Autism Spectrum Disorders	Others	TOTAL
0-6	2	3			5
7-12	1	10	2	3	16
13 & Above	5	10		1	16

**Classification of challenged children according to sex**

DISABILITY	FEMALE	MALE
Mental Retardation/Down Syndrome	1	6
Cerebral Palsy	9	16
Autism	0	2
Others	1	2

Note: Out of 16 children, parents of two children need family counseling which was subsequently provided.



## **COMMUNITY BASED REHABILITATION PROJECT** **NO. VI- PANMANA, KOLLAM.**

'Kudumbasree' of the Kerala State Poverty Eradication Mission Scheme, selected Panmana Panchayat as their third project for starting 'Buds'. Panmana is the second Panchayat in Kollam District for 'Buds'. Like in last two projects, Adarsh is the technical advisory body for this venture also. This panchayath was selected under the S- CUBE panchayath grading system that has been adopted by Kudumbasree. The whole process of setting up the school was completed in 3 stages.

### **STAGE I**

Adarsh, in association with Kudumbasree started their preliminary work on 19<sup>th</sup> July 24, 2005 at Panmana panchayat in Kollam District to set up a special school for children with challenges. Ms. Roshni from Kudumbasree was very helpful in setting up a meeting with Panchayat President Shri.Yusuf Kunju, Kudumbasree charge officer Shri.Jayan and other officials to discuss the idea of a special school and how to go about. It was from the brief discussion with the president, that we came to know that Panmana is a developing panchayat. The attitude of Panchayat president was very helpful in this particular case.

On the same day an awareness class for Kudumbasree health volunteers was also arranged. 3 health volunteers from each of the 22 wards were called to attend the class. The panchayat president gave the presidential address, which includes the idea of special school mainly. After that CDS secretary, Ms.Shahida and Ms. Roshni also spoke about the special school. Then our CBR team took a class about various disabilities particularly Cerebral palsy and Autism, the present scenario of disability, need for a special school, activities in a special school, advantages of a special school etc. In addition, it was also explained how to identify disabled children with the help of a survey format. The response from all the volunteers was very positive. The following decisions were taken at the meeting:

- ◆ Survey should commence and end within the month of July itself.
- ◆ All the health volunteers should participate fully.
- ◆ Take survey of all disabled persons irrespective of any disability.
- ◆ Take survey of all disabled persons of 20 and below. (Like in Thanneermukkam and Sooranadu, the age limit was selected 20 as here also the Panchayat wanted to give disability certificates to all disabled persons in the Panchayat)
- ◆ School age is limited to 10 (school age is subject to change)

### **STAGE II**

The health survey to identify disabled children ended in last week of July. Except two wards in the Panchayat, all other 20 wards got involved in the survey. The voluntary health workers were able to identify 65 children from the Panchayat with various disabilities. After the initial verification by Panchayat official, they decided to visit each wards again for complete analysis of the survey. All analysis, report, other data collection were completed successfully by first week of August. Through Shri. T.K. Jose IAS, Kudumbasree Executive Director, Panmana Panchayat officials requested the District Medical Officer to arrange a medical Board at Panmana. The medical board decided to conduct the Medical camp at Panmana on 18<sup>th</sup> August.

### **STAGE III**

The medical camp for issuing disability certificates for eligible children from Panmana Panchayat was held on 18<sup>th</sup> August. 65 children with different disabilities were examined by expert doctors from Medical Board. Doctors from Orthopedics, ENT, Ophthalmology and Psychiatry disciplines were in the camp.

The complete details of the camp held on 18<sup>th</sup> August 2005 at Edappillikotta school are as follows:

1. **Venue of the Camp: Edappillikotta school**
2. **Date of the camp: 18/08/2005**
3. **Total No. of children registered at the camp: 62**
4. **Total No. of children registered for Special school: 60**
5. **Total No. of children selected for special school: 22\***
6. **Total No. of children with Cerebral Palsy: 8**
7. **Total No. of children with Mental Retardation: 6**
8. **Total No. of children with Learning disability: 4**
9. **Total No. of children with Speech and language problem: 1**
10. **Total No. of children with other musculoskeletal problem: 3**
11. **Total No. of children below the age 5:- 5 (4 boys & 1 girls)**
12. **Total No. of children between 5-10 :-11 (8 boys & 3 girls)**
13. **Total No. of children above 12:- 4 (4 boys & 2 girls)**
14. **Total No. of children selected for consultation with Orthopedic Specialist: 7**

\* The other 38 were not accepted either being over aged or suffering from disabilities like impairment in Hearing and vision.

\* It includes children of various disabilities like Cerebral Palsy, Mental Retardation or Down syndrome, Learning disability, and other musculoskeletal problems.

\* It includes 16 boys and 6 girls.

### **STAGE IV**

Buds Special school for challenged children at Panmana in Kollam was inaugurated on 25/08/2005 by Shri. K.C. Venugopal (Honorable Minister for Tourism).



**COMMUNITY BASED REHABILITATION PROJECT NO.IX**  
**NETTUR, ERNAKULAM (VYTTILA BLOCK)**

In January 2006, Dr. Jose Palathinkal, a former Nuclear Physicist with the US Govt. and the brainchild behind the 'Samthushta Sadhanam' project, who is residing at Kakkanad, visited Adarsh and held discussions with our Chairman. He is the parent of a challenged child who is 30-years-old, and independent in his all daily activities. The main reason behind his improvement is because of the training that he got while in the US. The philosophy being that, there is a dearth of opportunity of a normal happy social life for the disadvantaged after they leave the Special School environment. Although diminished in talents, they too, like their more fortunate brothers and sisters, have equal god-given rights. Yet, more often than not, these disadvantaged individuals have the sole option of a life bounded by the walls of their houses, excluded from their peers or society at large.

The Samthushta Sadhanam is a novel post-school nonresidential project of day activity for Challenged young males with a curriculum of distinct characteristics that the participants can enjoy. The emphasis will be on providing a happy-life relaxed atmosphere, with music, computer, yoga interspersed with games (indoor and outdoor), as a daily activity. A degree of conventional teaching is also imparted (reading and arithmetic, to the extent these may help in daily life).

The doctor again visited Adarsh and gave a small report of his idea about the center. Few days later the team from Adarsh, consisting of a Social worker and CBR Head visited Dr. Jose at his residence and discussed about the future program. He distributed some application forms for the children, which includes criteria for joining the new center.

According to the doctor the main aim of the center is as outlined above. Specially trained teachers will be there for the above. Male challenged persons above the age of 18 up to 40 are eligible for admission in the center. The admitted persons should be independent in all their daily activities, no matter whether they are mentally or physically challenged. Initially a maximum of 10 persons can be admitted in the center. Earlier, providing transportation facility was not planned but after thinking on various aspects this has also been arranged. The class time will be from morning 1000 hrs to 1500 hrs in the evening. Parents or guardians are not allowed to stay with the challenged persons during the class hours. Parents or Guardians can drop their children to center in the morning and pick them up back in the evening. Each person should bring his/her own food from home.

Meanwhile the Doctor as part of the campaign, had also given reports about the center in different leading dailies. However, the response was not too enthusiastic and failed to get the required results. That may be because of lack of knowledge or idea about the center.

Adarsh then decided to select two Panchayats near to the center, from which challenged persons can be identified. Our thought was such that, we could get candidates from near by Panchayats then the transportation would not be a big problem. The two Panchayats identified were Kumbalam and Maradu.

Our CBR team started its work on 8<sup>th</sup> March 2006 at Nettur Community Hall, where they conducted a brief awareness class to the Anganwadi teachers and workers about various disabilities and the importance of centers like 'Samthushta Sadhanam' for challenged adults who are wasting their time in their houses without doing anything, and some of them are having

exceptional skills like painting, singing etc. All the CDS staff were co-operative and we succeeded in getting a total list of 31 persons with challenges from them.

**Total number of challenged persons from Maradu Panchayat: 15**  
**Total number of challenged persons from Kumbalam Panchayat: 16**

Our CBR social worker Ms. Priyanka was instrumental in finding candidates from Kumbalam Panchayat. She had visited individual homes of challenged persons and collected relevant data about each one. Anganwadi teachers from Kumbalam Panchayat helped her by identifying exact locations and houses of each challenged persons.

Our CBR Head, Shri Aswany Kumar, did the survey in Maradu Panchayat, where he got tremendous help from Anganwadi teachers, which helped him to finish the work in time. All the details of each Panchayat are mentioned above.

Out of 31 persons, 10 (4 from Maradu Panchayat & 6 from Kumbalam Panchayat) were called for a brief discussion on 11<sup>th</sup>. as they fit our eligibility criteria for the center. The program started at 1545 hrs. Shri.K.Neelakantan, Chairman, Adarsh and Shri Tiji (Physiotherapist, Welcare Hospital) were present. The details of the program are as follows:

**Total number of persons attended: 8**

**Total number of persons from Maradu Panchayat: 2**  
**Total number of persons from Kumbalam Panchayat: 4**  
**Other persons attended: 2\***

- Out of 2, one was Son of Dr.Jose Palathinkal and other from Kakkanad.

The interview program did not yield results as expected and only 1 student was found to be acceptable, a 27 year old male and is independent. After the first interview program on 11<sup>th</sup> April, our team then decided to conduct one more interview on June 18<sup>th</sup> for getting more suitable candidates. During the intervening period, various calls were received enquiring about the institution as information and awareness about the school began to spread.

The interview on 18<sup>th</sup> was quite good compared to the former one, as only a short number of children came but they were acceptable to the Sadhanam management. 6 candidates were selected.

Subsequent to the few months of discussion and two interview programmes, 8 children were finally selected for Santhushta Sadhanam from a list of 17. All the staff for various training programs were also appointed. Finally the Inauguration of Samthushta Sadhanam was fixed on 16<sup>th</sup> July.

**Padmabhushan Dr. M.V. Pylee inaugurated 'Samthushta Sadhanam' – A Centre for Adult persons with Challenges on 16<sup>th</sup> July 2006.** Dr. Babu Joseph (Ex-Vice Chancellor, Cochin University) presided over the function. Shri. P.R. Mahadevan (Secretary General, Adarsh Charitable Trust), Prof. John Ochamthuruthu (Calicut University) were also present at the function.



## COMMUNITY BASED REHABILITATION PROJECT NO.V - SOORANADU

### STAGE-I

In association with 'Kudumbasree', a body of the Govt. of Kerala, Adarsh Charitable Trust commenced the fifth CBR project at Sooranadu Grama Panchayat in Kollam District. As part of initial awareness program, our team visited the Panchayat and discussed the prospects of setting up a special school, types of children to be admitted in the school and how to set up such a special school. The Sooranadu Panchayat President, Vice-President, Panchayat ward member were present in the discussion. The President was very enthusiastic and positive, so also the other members. Ms. Roshni (SDC) from Kudumbasree, Southern region office was instrumental in arranging the meeting. The discussion was so purposeful that the future programs were fixed at the same time. The programs are,

- JUNE 21<sup>ST</sup> (Tuesday)- Awareness and Training program for
  - Kudumbasree health volunteers
  - Anganwaadi workers/teachers
  - Panchayat members
  - CDS committee members
- JUNE 22<sup>ND</sup> (Wednesday)- Health survey starts.
- JUNE 30<sup>TH</sup> (Thursday) - Last date for submission of survey report.
- JULY 1<sup>ST</sup> (Friday)- A meeting with ADS secretary and Panchayat Members
  - Final Analysis of survey data
  - School building inspection
  - Finalizing the list of children for disability certificate
  - Finalizing the list of children for special school

**NOTE: For disability certificate, it was decided to consider persons below the age of 25 and for special school below the age of 15.**

- Day of Health Survey
  - Clinical and therapeutic assessment of children for special school,
  - Assessment of children by the Orthotician from Sai Rehab Pvt. Ltd, Kochi, for special devices and chairs, and
  - Take measurement for uniform dresses.

### STAGE-II

On June 21<sup>ST</sup>, Chairman, Adarsh and CBR Head went to Sooranadu. In an effort to create awareness about the need of a special school, Cerebral Palsy and Autism among Kudumbasree health volunteers, Kudumbasree CDS committee members, and Anganwadi workers, a meeting was arranged.

The program commenced at 1430 hrs with prayer. Kudumbasree Southern Regional Director, Smt. Ushadevi was present at the meeting as also Panchayat President and Vice president. Smt. Ushadevi mentioned about the positive and enthusiastic attitude of people in Sooranadu and that this type of attitude is what is needed for setting up such a unit. Our Chairman explained the incidence of disability in India and the need of habilitation process to reduce the severity of disability with the help of a special school. He also described the latest

advances in medical field for the rehabilitation of disability like surgery for children with Cerebral palsy. The CBR Head then explained the clinical aspects of Cerebral Palsy mainly its causes, symptoms and management. A pre-survey training programme for health volunteers was also presented with the help of a survey format that contains the criteria for taking the survey. The survey form contains all the details of the child mainly personal history, family history, maternal history, antenatal history, perinatal history, post natal or neonatal history and present status.

A short visual presentation of the activities of Buds, Trivandrum made a very big impact on all the members. The proposed building for the special school was also visited and observed. Overall the meeting was useful. The health volunteers were asked to finish the survey by 25<sup>th</sup> (Saturday) June.

### **STAGE. III**

In response to a message from Sooranadu Grama Panchayat office, our CBR Head went there to evaluate all the survey reports on 1<sup>st</sup> July 2005 (Friday). The detailed reports of 13 children as per the survey format, and a list of other children with their name, address and age only, were given. The general impression was that the health workers had made the survey selectively, which was just sufficient for setting up a special school and not for issuing disability certificates. Hence a more detailed survey was required to screen children with various disabilities. The Panchayat officials had decided to arrange a medical board on 3<sup>rd</sup> August as per the advice from the Kudumbasree Executive Director Shri.T.K. Jose. So the assessment of children for the special school could also be arranged on the same day.

### **STAGE IV**

A team of an orthotist and our CBR Head went to Sooranadu on 3<sup>rd</sup> August (Wednesday). The medical camp for issuing disability certificate for needy people started at 1100 hrs. Doctors from the various disciplines like Orthopedics, ENT, Ophthalmology, Psychiatry etc were present,

The complete details of the camp held on 3<sup>rd</sup> August 2005 at Sooranadu Panchayat, are as follows:

15. Venue of the Camp: Sooranadu Panchayat Hall
16. Date of the camp: 03/08/2005
17. Total No. of children registered at the camp: 55
18. Total No. of children registered for Special school: 41
19. Total No. of children selected for special school: 22\*
20. Total No. of children with Cerebral Palsy: 13
21. Total No. of children with Mental Retardation: 3
22. Total No. of children with Autism: 4
23. Total No. of children with other problems: 2\*\*
24. Total No. of children below the age 5:- 5 (3 boys & 2 girls)
25. Total No. of children between 6- 12:-13 (11 boys & 2 girls)
26. Total No. of children above 12:- 4 (All are girls)
27. Total No. of children selected for special devices: 12
28. Total No. of children referred to NISH, Tvm.- 5
29. Total No. of children selected for consultation with Orthopedic Surgeon, under our CBR program: 7

\* The other 19 were not accepted either being over aged or suffering from disabilities like impairment in Hearing and vision.

\* It includes children of various disabilities like Cerebral Palsy, Mental Retardation or Down syndrome, Autism and other brain related problems.

\* It includes 14 boys and 8 girls.

\*\* It includes mainly Hearing, Visual and learning disabilities.

After the assessment program, the CBR team discussed the future programs for the special school with Panchayat officials. Brief details of the discussion are as follows:

1. Arrangements in the school building.
2. Special devices and ordinary furniture within 2 or 3 weeks.
3. Selection of staff for the school mainly 2 special educators (DSE (MR) or B. Ed, Special Education), 2 Teacher assistants and one part time Physiotherapist.
4. Sending the staff for training at Adarsh.
5. Arranging a vehicle for school.
6. School uniform.
7. Study material for the school (through sponsorship or any other way)
8. Date of Inauguration.

#### **STAGE V**

On 21/08/2005 Sunday, 'Buds' Special School for Challenged Children at Sooranadu in Kollam was inaugurated by Shri.C.V. Padmarajan, (Vice Chairman, Planning Board, Govt. of Kerala).



## COMMUNITY BASED REHABILITATION PROJECT NO.IV-

### THANNEERMUKKAM, ALEPPEY Dist.

#### Introduction

After Venganoor, Trivandrum, 'Kudumbasree' had selected Thanneermukkam Grama Panchayat in Aleppey Dist. For setting up the 'Buds' special school. It is their second project. Like in Venganoor, 'Adarsh' is the technical advisor for this project also. As per the initial discussion with Chairman, Adarsh, a meeting was called on 25<sup>th</sup> January 2005 by the Kudumbasree officials at Thanneermukkam Panchayat.

#### STAGE.I

On 25<sup>th</sup> January 2005, Chairman Adarsh and CBR Head went to Thanneermukkam. A meeting was organized there by Kudumbasree regarding setting up of the special school. Panchayat President, Secretary, Kudumbasree southern regional Director, Aleppey District Mission coordinator were present at the meeting. Adarsh's Chairman talked about disability and role of special schools in the rehabilitation of disabled. Then our CBR Head presented a brief class about Cerebral Palsy, Autism and its effects in the community. Panchayat members and other Kudumbasree staff attended the class. The meeting decided to conduct a health survey throughout the panchayat (around 10,000 families), to identify disabled children for the special school as well as for giving disability certificates. It was also decided to conduct a training program for health volunteers from each ward on 3<sup>rd</sup> February 2005. The meeting ended with a decision to start the school on 14<sup>th</sup> April. The president and all other panchayat members seemed to be very enthusiastic.

Regional Director, Kudumbasree, explained the effort behind the formation of 'Buds' Trivandrum. She also mentioned the unity among the people in Thanneermukkam that put them as the top panchayat in Aleppey District. A 10-minute visual presentation of activities of 'Buds' Trivandrum was also very interesting.

In the meeting an important decision was made to give disability certificates to all children below 20 years of age.

Planned programs were as follows:

- ❖ **February 3<sup>rd</sup> Thursday**
  - Training Program for Health volunteers from all 19 wards. (Total 57 volunteers, 3 from each ward).
  - Survey format distribution
  - Explanation about survey
  
- ❖ **February 17<sup>th</sup> Thursday**
  - Verification of survey report
  - List out various disabilities
  - Age wise classification

- ❖ **February 21<sup>st</sup> Monday**
  - Discussion with all the 57 health volunteers
  - Clarification of all doubts regarding the survey
  - Various experiences during the survey
- ❖ **March 9<sup>th</sup> Wednesday**
  - Discussion with the panchayat officials regarding the assessment of all children
- ❖ **March 10<sup>th</sup> Thursday**
  - Initial assessment of children for special school
- ❖ **March 15<sup>th</sup> Tuesday**
  - Detailed assessment of all children for special school
  - Take measurement for assistive devices
  - Take measurement for school uniforms
  - Discussion with the Kudumbasree Executive Director, Regional director, District Mission Coordinator and parents of all children
  - Inspection of building for proposed school.

## STAGE.II

On 3<sup>rd</sup> February 2005, our team went to Thanneermukkam. The meeting started at 1100 hrs. There were around 47 health volunteers present at the meeting. Kudumbasree District Mission Coordinator was also present. With the help of a survey format the CBR Head explained the way to conduct the survey. We had also discussed the problems, which may arise during the survey. Some of them are the following:

### **1. Considering all disabilities during survey.**

The school is mainly concentrating on children with physical and mental challenges. But children in the community with visual problems, hearing problems, and communication problems are also disabled. So while taking an assessment these children should also be considered, if not for admission to the proposed school, at least for issue of disability certificates.

### **2. Age of the disabled**

For school, age of children is limited up to 15. But for disability certificate it is 20. While taking assessment, the health volunteers were asked to take assessment of all disabled persons irrespective of their age.

### **3. Attitude of the parents/family**

This may vary from parent to parent, some of them could be positive in their approach and some negative. This could be a serious problem. Parents of the disabled children might be in a depressed stage. Therefore the approach of these parents towards the assessment program may vary. So patience is necessary while dealing with them.

### **4. Attitude of surveyor**

This is also a very important part in such a venture. Full dedication and interest is necessary while assessing a disabled child through his/her parents. So all the surveyors were asked to be cautious in their approach.

All the health volunteers were asked to finish the survey within two weeks of time. We prepared a survey format and gave it to each surveyor.

### **STAGE.III**

The health survey finished on time. On 17<sup>th</sup> February, our team went to Thanneermukkam and verified all documents. The survey report was good and complete. From that, various disabilities could be sorted out. They are following:

- 1) Cerebral palsy
- 2) Mental Retardation
- 3) Visual impairment
- 4) Hearing Impairment
- 5) Epileptic and other hyperactive disorders
- 6) Muscular Dystrophy/Myopathy

An approximate age wise classification of disabled was also made. A total of 102 disabled were identified and classified according to age as follows:

- 1) Below the age of 6- 24 Nos.
- 2) Between 6 &12- 27 Nos.
- 3) Above the age of 12- 51

All the above details were incomplete, so another meeting of the surveyors was called on 21<sup>st</sup> February.

The meeting with the health surveyors on 21<sup>st</sup> February was very useful, as we could understand the various problems they faced during the survey and also understand more details about a disabled child, which were not in the report. Some problems they faced were as follows:

- 1) Indifferent attitude of parents
- 2) Absence of parents in house
- 3) Illiterate parents
- 4) Lack of awareness about birth history and other details

After the meeting, a list of children for special school and medical camp was finalized and that was as follows:

Total No. of children for special school- 17 (all of them are affected with cerebral palsy)

Total No. of persons for Medical camp- 80 (This includes all disabilities)

### **STAGE.IV**

On March 9<sup>th</sup>, our team went to Thanneermukkam and discussed with panchayat officials, chiefly, the Kudumbasree CDS secretary, the final assessment of children for the special school. For an initial physical and developmental assessment, 5 children were asked to come on 10<sup>th</sup> and the rest on 15<sup>th</sup> March at Panchayat hall.

On 10<sup>th</sup> March, 5 children were assessed. All those children were also asked to come on 15<sup>th</sup> for taking measurement of school uniforms and assistive devices.

On 15<sup>th</sup> March, a team from Adarsh consisting of an orthotician, CBR Head and an Assistant went to Thanneermukkam. Kudumbasree Executive Director Shri.T.K.Jose IAS, Regional Director Smt.Ushadevi, DMC were also present there. We took assessment of all children, measurement of children who need assistive devices and measurement for school uniforms. In the afternoon a meeting with all the officials from Kudumbasree, panchayat and all parents were held. Disability certificates were distributed to all children at the meeting. All the parents responded well to the new venture. Some parents of mentally retarded children requested the officials to admit their children also in the school, as they have no other way to rehabilitate their children. Therefore at the meeting it was decided to admit children with mild to moderate mental retardation below the age of 10.

The school building was inspected on that day.

#### **STAGE.V**

From the 57 health volunteers, 2 teachers and 2 helpers for school were also selected. They were sent to Adarsh for a two weeks (first two weeks in April) training. They completed their training successfully. In adarsh they got training in the following sections:

- 1) Early intervention
- 2) Preschool section
- 3) Autism
- 4) Academic section

They were also taught about the methods of physical and developmental assessment of a child.

#### **STAGE.VI**

After many unforeseen delays, finally, '**BUDS**', a special school for children with challenges at Thanneermukkam was inaugurated on **3<sup>rd</sup> July 2005 by Dr. A.S. Manoj, MP**



### COMMUNITY BASED REHABILITATION PROJECT NO.III- VECHOOOR

After 'Aashirwaad' school, Perumbavoor, Vechoor near Vaikom was our third project. Actually it was our second independent project.

#### STAGE.I

We started our work at Vechoor through a parent in Adarsh, who introduced us to Mr. & Mrs. Venkitachalam, a family based in Vaikom. They have a disabled child affected with Cerebral Palsy and were very keen to start a special school in their place. On 3<sup>rd</sup> October 2004 (Sunday) I met Mr. & Mrs. Venkitachalam and discussed the idea of special school for children with Cerebral Palsy at Vaikom. They explained all the details of the camp that they had conducted in 2003 at Vaikom to set up such a special school. Unfortunately it did not work out. Some brief details of the camp that I got were:

1. Total No. of children at the camp- 65
2. Total no. of children affected with Cerebral palsy- 40

The above details helped me to find out the children for the school. After the discussion, it was decided to start a school at the earliest.

On 31<sup>st</sup> October (Sunday), another meeting was held at Vechoor. On that day they selected 2 teachers for the proposed school and they were asked to come to Adarsh for training for a period of 45 days.

#### STAGE.II

On telephonic conversation with Mrs. Venkitachalam on 10<sup>th</sup> January 2005, it was decided to conduct a one-day camp on 15<sup>th</sup> January to assess the children for the school.

The details of the camp were as follows:

- Venue: Vechoor
- Total No. of staff from Adarsh for assessment: 4 (2 Physiotherapists and 2 special educators)
- Total No. of children assessed as fit for admission in the school: 8

On January 26<sup>th</sup> our CBR Head visited Vechoor and inspected the building for the school.

On February 3<sup>rd</sup> he again visited Vechoor for further discussion and the date of Inauguration of 'Thejus' special school was fixed.

#### STAGE.III

'**Thejus**'- Special School for children with challenges was inaugurated by Vechoor Panchayat President **Smt.Pushpamma** on **21<sup>st</sup> February 2005**.

Total No. of children registered in the school (latest): 12

Total No. of regular students in the school (latest): 10



## COMMUNITY BASED REHABILITATION PROJECT

### NO.I- VENGANOOR, TRIVANDRUM

The whole idea of setting up a Special school came from a visit of the Executive Director and Regional Director, Southern Region, Kudumbasree, a project of the Govt. of Kerala aimed at reducing poverty among people across different segments as also to make lives easier for them, to Adarsh and the discussions they had then at Adarsh. Subsequently, more visits were held and more discussions were held.

As a part of CBR programme, a team from Adarsh including physiotherapist, special educator, orthotician (borrowed from Sai Rehabilitation Pvt. Ltd.), and other officials (Chairman, Secretary General, Principal), attended a camp at Venganoor on 11th June 2004 conducted by Venganoor Grama Panchayat and Kudumbasree Mission of the State Government. The intention was to have the children in the camp assessed for their actual disability and its extent and help the organizers of the camp to set up a special school at Venganoor. This was the first CBR project of Adarsh and the excitement of the team was quite visible.

#### Details of the camp:

- No of the children attended the camp: 60-70
- Type of disabilities assessed: Cerebral palsy, mental retardation, speech and hearing problem and other musculo-skeletal problems
- Out of the 60-70 children, 32 children were selected for the special school.
- The school started functioning in the first week of July 2004 with about 30 children.

Our services were utilized in manufacturing chairs and other assistive devices for the children according to their needs. Three special educators, recruited by Venganoor School were given 3 weeks of training at Adarsh.

**Total no. of children registered in the school: 35**

**Total no. of regular children in the school: 25 (latest)**