

ANNUAL REPORT 2016 – 2017




SAMADHAN

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MISSION STATEMENT



*To establish an infrastructure of
accessible services
for persons with intellectual disability
living in low socio economic areas and
primarily for infants and preschool children,
using as far as possible manpower resources
available within the target communities
with active community participation
leading towards an
inclusive society.*



ABOUT SAMADHAN

Legal Status

SAMADHAN is a registered society under the Societies Registration Act of the Government of Delhi with registration number 12183. It is covered under the society's registration act of 1981 for income tax rebate under section 80 G of the Income Tax Act of 1961. SAMADHAN is registered under the FCRA with the Ministry of Finance with Registration No 1160156865

Major Awards

- * Founder-Mentor received an "Award of Recognition" from the Inclusion International, at their World Congress held in November 1998.
- * SAMADHAN was one of the winners out of approximately 2300 applications in the competition organized by Development Marketplace for the World Bank in Washington in 2002 and won the Award for Innovation.
- * On June 25, 2011, the *Uttar Pradesh Mahila Manch* honoured Ms. Pramila Balasundaram, Founder-Director with an award titled, "*Hind Prabha 2011*" for her more than 30 years of dedicated services in the field of intellectual disability.

Membership

SAMADHAN is a member of national & international membership bodies:

- ♦ Registered under Persons with Disabilities (Equal Opportunities, Protection and Rights and Full Participation) Act, 1995
- ♦ Member of the National Trust, a statutory body of Government of India
- ♦ Affiliate member of Inclusion International (a world body advocating for persons with intellectual disability)
- ♦ Full member of AFID (Asian Federation for the Intellectually Disabled)
- ♦ An Institutional member of the ARC-Asian Resource Centre, located presently in Tokyo, Japan



SAMADHAN has been recognized not only as a Vetted organization but also a Top ranked organization by Global Giving, an International Employee Giving donation portal.



EXECUTIVE COMMITTEE

- **Mr. Sanjay Balasundaram** - President
(CEO & Co-Founder-The Light House Organization
-India`s Leading Life Skills Experts)
- **Mr. George Koshi** - Treasurer
(Partner, Koshi & George Chartered Accountants,
New Delhi)
- **Mr. Ratan Gurtoo** - Member
(Chartered Accountant partner-A.K.Kar & Company)
- **Ms. Sharada Mani Iyer** - Member
(Marketing Executive, State Bank of India, Dwarka)
- **Ms. Pramila Balasundaram** - Ex-Officio
(Founder-Mentor)

SAMADHAN - A REFLECTION

During 1980's, various organisations were providing services for the persons with visual, speech and hearing and/or orthopedic impairment. Intellectual disability did not find a place in welfare schemes or on the agenda of service organisations. After a slum clearing initiative of the Delhi government, Dakshinpuri, South Delhi, became a resettlement colony for a lot of families. Inadequate sanitation and hygiene, coupled with difficulty in access to quality health services and lack of awareness on disability, the need for an intervention was necessary.

SAMADHAN, registered in 1981 in New Delhi, India, began its services in 1983 with a vision of reaching out to this community. An initial informal research confirmed that the problem was not only confined to seeking services for intellectual disability but also the overt impact of poverty, community perceptions and dearth of information on disability. The need for educating the community about disability and educating them about the importance of early intervention became a priority.

Through SAMADHAN an infrastructure was set up to provide accessible within commuting distance for the target communities.

Community women were given training to assist the professionals in rehabilitation services and in survey. Hence services were made affordable for the community which is impacted by poverty.

If a child was born with a disability, the entire blame and the responsibility of raising the child was put on the mother. To address this, SAMADHAN initiated the Women's Empowerment Programme to train the mothers in income generation skills which boosted their confidence and encouragement.

Intellectual disability (ID),

is a neurodevelopmental disorder with significant intellectual and adaptive functioning. It is defined by an IQ score under 70 in addition to deficits in two or more adaptive behaviors that affect everyday, general living. Once focused almost entirely on cognition, the definition now includes both a component relating to mental functioning and one relating to individuals' functional skills in their environments. Intellectual disability is subdivided into syndromic intellectual disability, in which intellectual deficits associated with other medical and behavioral signs and symptoms are present, and non-syndromic intellectual disability, in which intellectual deficits appear without other abnormalities. Down syndrome and fragile X syndrome are examples of syndromic intellectual disabilities.

Examples of intellectual disability are Cerebral Palsy, Down Syndrome, Autism, ADHD and Mental Retardation.

SERVICES AT SAMADHAN

House-to-House surveys:

This is done through women from the community and mothers of the disabled themselves, who are trained by us in a specially developed module to suit their low levels of education and conduct house to house identification surveys using the original WHO Ten Question Checklist modified to suit our purposes. Our case worker is trained to help families identify symptoms of disability at birth and during developmental stages, and educate them on the benefits of early intervention. Once she identifies a child with disability, she counsels the family and motivates them to seek early intervention for the child.



Rehabilitation Clinic:



Once-a-week paediatric clinic caters to children between the ages of 0 – 12 years. It provides therapeutic services after an initial assessment and diagnosis by a team of multidisciplinary professionals. SAMADHAN trains community women, with special focus on the mothers of the disabled, to provide assistance to therapists in the early intervention unit.

Early Intervention Unit:

Children from 0-5 years undergo regular one-to-one therapy sessions in the **early intervention unit** at SAMADHAN by a team of experienced professionals. Mothers/caregivers attendance is mandatory as the exercises need to be continued at home.



SERVICES AT SAMADHAN

Special Education Unit:

Children in the age group of 6-12 years get training in activities of daily living, academics and behavioural changes. Those in the educable range are given appropriate training and are sent to mainstream schools.

Workshops and Training:

Regular workshops and training programmes for teachers, caregivers and volunteers are conducted on issues related to intellectual disability.

Counselling Services:

Counselling for parents and family members at SAMADHAN.

Health Camps:

Health camps and surveys are conducted for early identification of disability and subsequent counseling.

We constantly strive to improve the livelihood access for families of children with disabilities through skill training and income generation activities like making of handicraft papier mache products, spices and high protein laddoos (made to order) etc.



SAMADHAN extends its services to children with Intellectual disabilities such as **Autism, Cerebral Palsy, Mental Retardation, Multiple Disabilities, Down Syndrome, Learning disabilities, Attention Deficit Hyperactivity Disorder and Developmental Delays**. The primary activity of SAMADHAN is identifying and providing services for children who are either born with intellectual disability or at risk for developmental delay leading to disability if relevant services are not available and who are also impacted by poverty. The age group served is 0 to 12 years.

The medical team of multidisciplinary professionals consists of Paediatrician, Occupational Therapist, Speech Therapist, Psychologist and Special Educator.

Creative Movement Therapy, Drama Therapy, Music Therapy and Art Therapy form part of the curriculum to train these children.

STATISTICS AT A GLANCE

Statistics of Services at SAMADHAN April 2016 - March 2017

S. No	Details	No. of Children & families reached
1	House-to-house survey	2883 families
2	Children with Physical Disabilities identified during survey	53
3	Children with Speech Disability identified during survey	19
4	Children with Intellectual Disabilities identified during survey	27
5	New Beneficiaries - No. of Children enrolled in SAMADHAN's Early inter-	15
6	New Beneficiaries - No. of Children enrolled in SAMADHAN's Special	7
7	Student - Teacher Ratio in Special Education Unit	7:1
8	Therapy offered in Early Intervention Unit	1:1 basis
9	No. of Children attended paediatric clinic facility at SAMADHAN	196
10	No. of Children admitted in mainstream schools during this academic year	2

BENEFICIARIES

LIST OF BENEFICIARIES

S.No.	Name of the Beneficiary	Sex	Age	Type of disability	Date of Admission
SPECIAL EDUCATION UNIT					
1	Nancy James	F	10 years	Speech	02.02.2011
2	Harshit	M	6 years	Physical/Speech	02.04.2011
3	Manthan	M	10 years	MR/Speech	10.11.2012
4	Rohan	M	9 years	Autism/ Speech	07.02.2013
5	Manav	M	6 years	Physical/Speech	13.04.2015
6	Shubhan	M	5 years	Physical/Speech	13.01.2015
7	Ashpak Ali	M	9 years	Down Syndrome	10.07.2015
8	Sneha	F	5 years	Down Syndrome	21.01.2015
9	Prince Koli	M	6 years	Cerebral Palsy/ Hyperactivity	10.10.2016
10	Naitik	M	7 Years	Cerebral Palsy/ Hyperactivity	25.07.2016
11	Aahil	M	3 years	Down Syndrome	25.07.2016
12	Eashant	M	3 years	Speech	09.09.2016
13	Prince Jatav	M	4 years	ADHD/Speech	25.07.2016
14	Abhay	M	5 years	Down Syndrome	10.05.2016
15	Hiten	M	7 Years	Autism/Physical/ Speech	10.04.2016

BENEFICIARIES - (CONTD.....)

LIST OF BENEFICIARIES

S.No.	Beneficiary	Sex	Age	Type of disability	Date of Admission
EARLY INTERVENTION UNIT					
1	Rupaali	F	6 years	CP/multiple disability	12.01.2012
2	Gourav	M	2 years	Cerebral Palsy	08.01.2016
3	Saanvi	F	3 years	Cerebral Palsy	09.01.2016
4	Kasak Maheshwari	F	2 years	Down Syndrome	19.03.2015
5	Aadarsh Kumar	M	8 years	Autism	11.01.2016
6	Pranav	M	3 years	Cerebral Palsy	11.02.2016
7	Himadri	F	3 years	Global Development delay	01.03.2017
8	Dhruvika	F	2 years	Down Syndrome	01.03.2017
9	Rishab	M	3 years	Down Syndrome	01.02.2017
10	Harsh	M	8 years	Cerebral Palsy	01.03.2017
11	Azan	M	5 years	Hemiparesis (Left side)	01.03.2017
12	Kartik	M	6 years	Mental Retardation	13.02.2017
13	Jatin	M	8 years	Hyper flexibility	01.02.2017
14	Aryan	M	2 years		10.03.2017
15	Sifa	F	3 years	Mental Retardation	02.02.2017
16	Piyush	M	3 years	Cerebral Palsy	10.03.2017
17	Malayaika	F	2 years	Global Development delay	02.11.2016

LIST OF CHILDREN ADMITTED IN MAINSTREAM SCHOOLS (FROM 2010)

S.N	Name	Age	Sex	Disability category	School
1	Sushant	8 yrs	M	Slow learner with speech	Private school near home
2	Ankit	10 yrs	M	Down syndrome	Private School, Dakshinpuri
3	Ansh	11 yrs	M	M.R. and speech	Sona Modern School, Khanpur
4	Sidhanth	11 yrs	M	Autism	Tekchand Public school, Jawahar Park, New Delhi
5	Piyush	9 yrs	M	Autism	Private School, Khanpur
6	Vikas	10 yrs	M	Autism	Primary school, E block Dakshin puri, New Delhi
7	Abhinav	10 yrs	M	Hydrocephaly	Balwantraï Mehta Dakshinpuri
8	Nisha	8yrs	F	MR and Speech	Private school near home
9	Anshu	8 yrs	M	MR and Weak eyesight	Blind School, RK Puram
10	Ishant	10 yrs	M	CP and Speech	Balwantraï Mehta Dakshinpuri
11	Nancy Kohli	9 yrs	F	Autism	Balwantraï Mehta Dakshinpuri
12	Priyanka	10 yrs	F	MR, Hyper, Speech	HCAR Kalkaji
13	Angel	8 yrs	F	CP and Speech	Play school near home
14	Samir	8 yrs	M	Slow learner with speech	MCD primary school, block no. 4, Dakshin puri, New Delhi
15	Abhishek	10 yrs	M	Autism	Balwantraï Mehta, Dakshinpuri
16	Vaibhav	11 yrs	M	M.R.	MCD primary school, Khan Pur, New Delhi
17	Manish	11 yrs	M	M. R. with speech	MCD Primary school, dakshin puri, New Delhi
18	Neha	9 yrs	F	Microcephalous with M.R.	Primary school, E block Dakshin puri, New Delhi
19	Bhavna	12 yrs	F	CP with M.R.	Primary school, E block Dakshin puri, New Delhi
20	Farman	10 yrs	M	Slow learner with speech	Sivas Public school, Sangam Vihar, ND
21	Deepika	8yrs	F	Slow learner	Shankuntalam public school, Dakshin Puri, New Delhi.
22	Kulwant	8 yrs	M	Slow learner	MCD Primary school, K block Dakshin puri, New Delhi
23	Bhavya	9 yrs	M	Slow learner	MCD Primary school, Pushpa Bha-wan, New Delhi
24	Himanshu	9 yrs	M	Slow learner	MCD School, Khan purl, New Delhi
25	Sohil	9 yrs	M	C P with MR	MCD primary school, E block, New Delhi
26	Aryan	8 yrs	M	Autism	Seva Bharti school, Dakshin Puri, New Delhi
27	Sneha	8 yrs	F	Epilepsy, MR	Sanskar Public School, Sangam Vihar, New Delhi

EVENTS



IMPRESARIO INDIA is a socio-cultural organisation, a self-less venture comprising of a team of dedicated art lovers from different walks of life. They periodically arrange get-togethers for children with special needs, entertaining them with light entertainment programmes. Impresario India has been making concerted efforts to give them a sense of belonging to the society. Every year, they invite the children and staff of SAMADHAN for events like magic show, Puppet show etc. This year, 'Taming the wild' - a puppet show by Dolls Theatre group was arranged at IIC, New Delhi which the children thoroughly enjoyed.

SAMADHAN'S Day out at Carlson Wagon Lit Travels office, Gurgaon.

A day out programme for the children along with their mothers and the staff of SAMADHAN, was arranged by the team of Carlson's Wagon Lit Travels at their office in Gurgaon, on 19th December 2016. The team was excited and enjoyed the day.

It was special day for the children as they had an opportunity to experience the freedom and joy with such a large group. Greeting cards made by our children were presented to Ms. Geeta Jain, CEO and senior officials like Ms. Sunita Menon, Senior Manager, HR.

The mothers and staff were appreciating the personal care taken by all the team members who made them feel comfortable during their stay. We acknowledge and appreciate that even during these times of every manhour getting accounted for productivity, they chose to set aside sometime to be with the children.



EVENTS (CONTD...)

Manthan – Drawing Roadmap for the future.

On 16/12/2016, SAMADHAN participated in the brainstorming session of National Trust, a statutory body of Government of India. The session was held to take stock of the activities and achievements and to draw a roadmap for its future. It was held at Vigyan Bhawan, New Delhi. The programme included interactive sessions on Early Intervention, school readiness, Day care, Assistive Technology, Skill Development, awareness building among stakeholders, Legal guardianship and implementation of the schemes of National Trust.

Sumathi Morgan, Executive Director shared the successful model of SAMADHAN offering accessible and affordable services which are possible by educating and training community women in

early intervention, special education and house-to-house survey for the past 35 years. She shared that the experience in training the community women has resulted in parents relate well with the teachers and therapy aides; and it provides a platform for mothers to share their personal issues in the families and society for having a child with intellectual disability and get counseling mutually. But when any application is made to government for funding, the minimum standards of qualification becomes an issue in spite of the vast experience and basic qualification that the staff acquired. Hence it was placed before the forum, the need for authenticated training programme to be conducted at the premises of the NGOs which will help them update their knowledge and fulfill their requisites for certification.



The Executive Board Meeting of Asian Federation on Intellectual Disabilities (AFID) was held during September 24-27, 2016 at Society for the Welfare of the Intellectually Disabled, SWID Bangladesh Auditorium in Dhaka, Bangladesh. SAMADHAN, the host of the 21st AFID conference, is the representative of India for AFID and the meeting was attended by Ms. Sumathi Morgan, on behalf of the organisation. The board members were given warm welcome by Shri. Jowaherul

Islam Mamun, President of AFID along with the organising committee members of SWID, Bangladesh. The organisation representing AFID in Bangladesh will host the 23rd Asian Conference on Intellectual Disabilities from 18-24 November, 2017 at Dhaka, Bangladesh. The theme of the conference is: Acceptance, Accessibility, Inclusion – A key towards Sustainable development. The board members were given an update on the conference preparation and other related matters.

WORLD DOWN SYNDROME DAY

March 21 is designated as World Down Syndrome Awareness Day. In order to create awareness about Down Syndrome, a small get together for parents, staff and children was organized on ch at our centre. The Centre was decorated with blue and yellow balloons. All the parents, staff and children wore blue & yellow dress. Blue is a colour that spreads happiness and yellow creates a feeling of energetic quality in the body and mind. When the yellow is mixed with the blue, it shows a mix of dependability



and perseverance with optimism and a bright future ahead of these children with Down Syndrome. Ramp walk of the children was arranged which was enjoyed by all. Some of the parents shared their life experiences and spread positive energy among the other parents. The environment was filled with hope

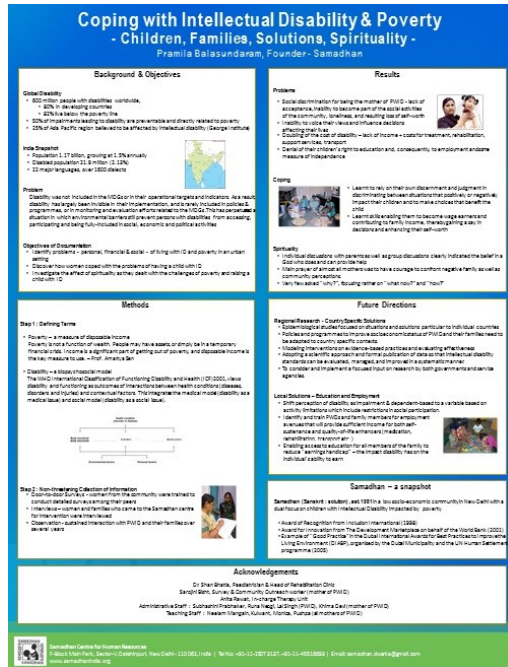


for bright future and enthusiasm among all thees people who were present.

As a part of our awareness programme, paintings were made by our children with Down Syndrome and were displayed at an event – “National Conference on Down Syndrome”, which was held on 25th March organized by National Trust, (National Trust is a statutory body of the Ministry of Social Justice and Empowerment, Government of India). The art work done by our little artistes - Aahil, Aspak Ali, Sneha, Kasak, Rishabh and Dhruvika was very much appreciated by the visitors of the event. Two staff members & 4 parents attended the conference which was very informative with different awareness sessions on Down Syndrome.

REPRESENTATION AT IASSID

COPING WITH INTELLECTUAL DISABILITY & POVERTY - CHILDREN, FAMILIES, SOLUTIONS, SPIRITUALITY



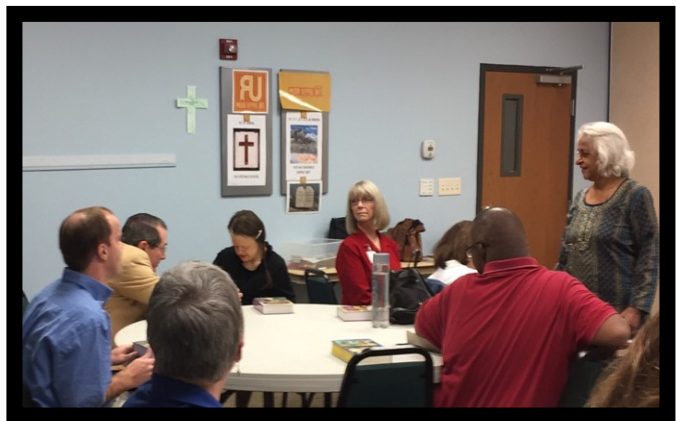
SAMADHAN is a member of the International Association for the Scientific Study of Intellectual and Developmental Disabilities (IASSID). SAMADHAN's Founder, Ms. Pramila Balasundaram presented a poster on "Coping with intellectual disability and poverty" during the 15th World Congress of IASSID at Melbourne, Australia. It is the first and the only world-wide group dedicated to the scientific study of intellectual disability. Founded in 1964 as the International Association for the Scientific Study of Mental Deficiency, IASSID is an international, interdisciplinary and scientific non-governmental organization which promotes world-wide research and exchange of information on intellectual disabilities. IASSID has official relations with the World Health Organization.

Disability - a Biopsychosocial model

The WHO International Classification of Functioning Disability and Health (ICF) 2001, views disability and functioning as outcomes of interactions between health conditions (diseases, disorders and injuries) and contextual factors. This integrates the medical model (disability as a medical issue) and social model (disability as a social issue).

WORKSHOP ON DRAMA THERAPY

Ms Pramila Balasundaram, Founder of SAMADHAN conducted a complimentary workshop on Drama Therapy for the Northland church, Disability Outreach Unit, in Orlando, USA in November 2016. A total of 15 participants, both adults with Intellectual disability and multiple disability, and their parents met for this 3-hour workshop. The Northland Church offers a regular programme for adults with varying degrees of intellectual disability but had never had the experience of using drama as a therapeutic tool till now. So, it was a new experience for both staff and students in paving the way for the use of drama as therapy.



LEGAL LITERACY CAMP AT SAMADHAN

SAMADHAN, in collaboration with South-West District Legal Services Authority (DLSA) Dwarka organised an awareness programme at SAMADHAN Center for Human Resources, Dwarka on 10 December 2016. The topic of the programme was “Observance of Human Rights Day” and under this topic the areas covered included rights of the intellectually disabled, Bills passed, pending issues and legal options available for parents and caregivers of children with disabilities.

The guest speaker was Mr Kuldeep Nain, Legal Aid Counsel and Mr Jagmohan Singh, Secretary DLSA graced the occasion. In his closing address, he was able to effectively convey to the gathering, the essence of establishing the DLSA, the different schemes, and avenues



open for persons with disabilities and planned activities by the legal cell to create awareness in other social issues.

Twelve participants attended the workshop and more would like to join for the future programmes.

The workshop set the gathered parents to ponder over their issues. Emotions were running high as they shared their issues and hurdles in obtaining disability certificate, the fu-

ture of their disabled children and the psychological pressure that they undergo. SAMADHAN provided a platform for them to share their concerns. Immediately after the workshop, a WhatsApp group of parents of children with intellectual disabilities was formed and they are planning to meet once a month to come together and discuss the areas of concern and initiate a collective approach with the help and support of DLSA. We thank DLSA for starting this chain of action. SAMADHAN plans to hold more such workshops during the healthcamps, training programmes and community outreach programmes.





Visit by Ms Patricia,
w/o Japanese ambassador in
India Visit by Ms Patricia, w/o
Japanese ambassador in India

Volunteers from Ja-
pan conducted a
workshop of making
handicrafts out of
paper and cloth for
staff and Parents at
SAMADHAN



VISIT BY MR. FUNAKI, HEAD, TAKURI-KAI, JAPAN



Head of Takuri-kai, Japan along with Japanese volunteers spending time with children of SAMADHAN

FEEDBACK

“It is indeed my privilege to be associated with your efforts – albeit in a very small way”

– Geeta Jain, Chief Executive Officer – India, Carlson Wagonlit Travel

“We absolutely loved coming back, also it gave us an opportunity to open our hearts to little wonders like Sneha, Ashfaq and others.”

– Gunjan Gupta, HR Business Partner, Carlson Wagonlit Travel

“Our visit was a very humbling experience! Your team is an embodiment of strength of character and personal commitment that very few individuals demonstrate in this field. It’s truly an amazing story of inspiration for each one of us. Our CEO- Geeta Jain, also wrote about it on our internal social site and has shared her high regards for this team’s commitments and efforts towards these children and their families. Thank you for all that you do for them. Salute thy efforts and God Bless. “

– Sunita S Menon | Senior Director Human Resources, India, Carlson Wagonlit Travel

“What we saw is unbelievable: if God does not support projects like SAMADHAN I’m not sure what else He might consider. I’m confident this Christmas will be a good one for SAMADHAN and its families. “

– Mauro Mozzato | Chief Business Unit, JSS SteelItalia Ltd, India



This Diwali 2016, JSS SteelItalia Ltd, placed an order for 250 boxes of Laddoos prepared by the mothers of the children with intellectual disabilities. This is the part of the income generation programme, the profit through the sale will support the rehabilitative services for our children at SAMADHAN. This feedback is after we delivered the order on time.

“You have exceeded our expectations, congratulations to you and your team for the excellent work!!!! You have been looking after those in need and who has no voice in the society. I thank you for the opportunity offered to us to support your organization and in particular, the children with intellectual disabilities in a small way.”

– Mauro Mozzato | Chief Business Unit, JSS SteelItalia Ltd, India

FEEDBACK

"Today I have read your annual report carefully with high interest as I was involved years ago in your valuable work in Delhi. Having a 33 years mentally handicapped daughter ourselves, my wife Rosemarie and myself are quite keen to learn details of your work. As you may remember Rosemarie and I were co-founders of a home for handicapped adults:

www.heydenmuehle.de).

The SAMADHAN annual report is giving evidence of providing not only high professional support but, even more important of social competence characterized by devotion to the poorest of the poor, empathy with the suffering disabled children and their parents and family members. I'm realizing the tremendous strength of your whole team including the volunteers whom you were training before taking over responsibility for others. Your national and international contacts are keeping you up to date as far as caretaking, developing and medical treatment are concerned – congratulations. Your therapy approaches are matching with the therapies we are practising in Germany as well. I have sent a copy of your report to the MD of our association (Heydenmuehle) who may admire your achievements standing on your own feet during the starting phase in particular. We may learn from you to strengthen our international cooperation."

-
Lothar Hinkel

Ex. Board member , Software AG
Stiftung , Darmstadt – Germany

"SAMADHAN has been an affiliate member of Inclusion International since 1987. Their mandate is consistent with the Convention on the Rights of Persons with Disabilities. In 1996, at the World Congress of Inclusion International, the President of Inclusion International presented SAMADHAN with an award to recognize their important work with people who have a disability in disadvantaged socio-economic communities".

- **Karl Lachwitz, President, Inclusion International**

"I became familiar with the outstanding work of the organization "SAMADHAN" in New Delhi back in the 1990's. Over the years, I became so impressed by SAMADHAN's work that I proposed implementation of similar project to the Board of my local organization in order to enhance the advocacy work in the field of human rights, and the quality in the field of service provision"

- **Walter Eigner, Past Executive Director of Lebenshilfe, Austria and Inclusion International**

"It was refreshing and uplifting to see the activities of SAMADHAN. The approach you have was lovely, not just towards the children but also the holistic relationship you have managed to create with the families within the community and the joy and passion that your staff had was great to see."

- **Tom and Nicci | Registered Nurses from UK**

"I visited SAMADHAN and was touched and impressed by the amount of devotion put in by the staff and parents to help children with disabilities to live a better life. SAMADHAN has a comprehensive and structured approach right from early detection and intervention to income generation programmes for adults with disabilities."

- **Stansias Dibenski, Journalist from France who visited Dakshinpuri Centre**

OTHER HAPPENINGS AT A GLANCE



Group activity using props - At Special Education unit



Children at play in the neighbourhood park developed and maintained by the local community leader (in pic above)



Mother of a Down Syndrome sharing her story with other parents



Mr Oommen, Past President of Rotary Club and Mrs Mercy Oommen, YWCA Past Treasurer visited Samadhan ▼



Malaica with her grandmother and Sanvi with her mother at the Christmas party at SAMADHAN

ADDRESSING THE CHALLENGES

SAMADHAN organised a workshop for the parents of the Early Intervention Unit and Special Education Department on “Understanding the importance Occupational Therapy for the children with Intellectual disability.” The workshop was held on 03/02/2017 by Mr. Adarsh Kumar, Occupational Therapist at our Dakshinpuri centre. Total of 18 parents attended the workshop. The main objective of the workshop is to spread awareness on the various Occupational Therapy techniques which can be done by parents at home other than the centre.



The workshop started with introduction on Occupational Therapy and about the various items which are easily available at home which can utilized for different kinds of exercises for different categories of disabilities like Down syndrome, Cerebral Palsy, Autism and multiple disability. Mr. Adarsh also emphasized on the importance of balance to vision, making the eye-hand connection work for the children. How gross and fine motor development occurs in a child through Occupational Therapy was explained to the parents. There was also a one to one case discussion with the parents and queries were answered. Parents felt that such counseling and informative sessions should be regularly conducted.

As part of the series of awareness creation activities, SAMADHAN organised a workshop for the parents of the Early Intervention unit on **Understanding Intellectual disability**. The workshop was held on 29-12-2016 by Ms Superna Kaul Raina, Psychologist at SAMADHAN Centre. Fifteen parents and staff of SAMADHAN participated in the workshop. The objective of the workshop is to help parents know about different disabilities like Autism, Cerebral Palsy, Down syndrome. The resource person outlined the sign, symptoms and causes. Participants were informed about the risk factors which increase the chances of having a baby with developmental delays, role of parents and caregivers to help professionals with remediation.



She explained the individual roles of the therapist and the wholistic approach of SAMADHAN for every child who accesses its services. She also shared the importance of counseling to care-givers and parents.

DIWALI CELEBRATIONS

Visit by CARLSON WAGONLIT TRAVELS, India

A team of senior staff of 25 members from its branches across along with the Chief Executive Officer (Gurgaon) Ms. Geeta Jain & Ms. Sunita Menon, Senior Director Human Resources of Carlson Wagonlit Travels, visited SAMADHAN, Dakshinpuri to celebrate the festival of lights – Diwali, with the children and staff. Carlson Wagonlit Travels has been consistently supporting the activities of SAMADHAN through organizational and individual financial contribution. With this support SAMADHAN has been able to reach out to many children with intellectual disabilities who are otherwise deprived of access to the services. It was a sweet gesture by the representatives from Carlson Wagonlit Travels who brought very thoughtful sensory stimulating toys, variety of sweets and



savouries, and colourful diyas. They spent quality time with the children and joined the SAMADHAN staff in decorating the rangoli with different varieties of flowers and diyas. Their visit set the festive mood for staff and children of SAMADHAN.

Ms. Pramila Balasundaram, founder of SAMADHAN, gave an orientation on the history the organisation and a brief information on the challenges faced by the intellectually disabled. The representatives appreciate the team's work and assured their support and cooperation for the project activities of the organisation.

INSPIRATIONAL STORY

About *Awaken the Magic* - a compilation of inspirational stories



The Honb'le Vice President of India, Mr. Hamid Ansari, celebrated World Womens' Day on 8th March 2017 by launching a book aptly called "AWAKEN THE MAGIC". Compiled and edited by Ms. Aparna Samuel Balasundaram and Ms. Jyotika-Bedi. It is a compilation of true stories of women who had showed exemplary courage and

strength of character to overcome deprivations, abuse and many kinds of ill treatment but emerged victorious. SAMADHAN's story of one of the mothers of a child with intellectual disability, who survived the community and family's lack of support as well as the impact of poverty is one such story and is titled "Compassionate Love".

Mrs. Salma Ansari who had actively supported this compilation and has written the foreword for the book was the gracious hostess. We acknowledge our gratitude and thanks to the Vice President and Mrs. Salma Ansari as well as editors of the book.



EXPOSURE VISIT - PATHWAYS SCHOOL

Pathways, one of the leading schools in Gurgaon, has a newly initiated coursework named, **PROJECT EMPATHY**. The Design Technology department of the school has set up a unique “collaborative project-based learning Support team” with the purpose of expanding the learning opportunities for their students outside the stereotyped school curriculum. As part of this initiative, the team linked up with SAMADHAN to provide an opportunity for the students to visit SAMADHAN’s Dakshinpuri Centre. The goal was to create an exposure for these students, to learn how families who are from a low socio economic community live, the challenges that families of children with disabilities face and learn about the innovative approach of SAMADHAN to offer affordable and accessible services with limited resources. The students were given an opportunity to interact with staff and parents which helped them to identify ways in which they could provide help. Whether it was a personal relationship or indirect support in the form of educational toys, furniture and learning aids was up to the students to decide.



A group of 6 students of Grade 11 visited Samadhan, Dakshinpuri Centre, under the leadership of the project's coordinator, Ms. Kanika Sharma on 29th April 2016. It was important for these students to understand the mission and vision of the organisation and the services that are provided here based on the identified needs of the target community. Since all these students came from an entirely



different social background, it as an eye opener for them. This introduction session on Samadhan was conducted by the project leader Ms. Subhashini and the Director of the organization, Ms. Pramila Balasundaram. Dr. Bhatia, pediatrician at SAMADHAN, gave a detailed presentation on the various types of intellectual disability, which was very interactive and informative for the students. After the sessions, the most important and interesting session for the students was interacting with our children and

their mothers in The Early Intervention Unit and Special Education Unit. They got the opportunity to see and learn about the different therapies and rehabilitation services through interacting with our teachers. This visit led to some of the students designing CP chair for the children and some storage units.

VISIT BY S&P GLOBAL - CORPORATE

S&P Global provides intelligence that is essential for companies, governments and individuals to make decisions with conviction. The same drive for relevance shapes their approach to Corporate Responsibility—they take an active role; making sure the work they do has a genuine impact on the communities in which they live.

S&P Global's strategy for their Corporate responsibility is integral to how they live their values of Integrity, Excellence and Relevance. They want their skills and capabilities to make meaningful change. This year, the staff of S&P Global, Gurgaon, India visited SAMADHAN and spent time with the disabled children. They enthusiastically engaged the children with

activities and contributed posters and artwork to SAMADHAN's special education unit and early intervention unit using their skills and talents.



SUCCESS STORY

ISHAN

Manju and Kamal Rajoura are residents of Dakshinpuri. Unlike many families in this community of largely migrant daily wage workers, Kamal has completed std 10 in a local school and his wife has also done her schooling till std 8. They run a small stationary shop and are more informed than most of their neighbours.

Their first son Ishan was born in a local Charity hospital and was the cause of much celebration. However, when Ishan was two years, he contracted acute jaundice and although he was taken to a local hospital it left him with considerable disability. Doctors seem to have explained



that the child could become disabled but no information had been given on how or where to go for the kind of services the child needed. Later, being literate with some education, the parents were

concerned that the boy did not show signs of normal development. His condition deteriorated alarmingly and although earlier he had begun crawling, he now began scooting on his buttocks.

In 2011 during the regular surveys carried out by the Samadhan community worker Sarojini, she

was able to identify Ishan as developing secondary disabilities and referred him to the Rehabilitation Clinic in our centre. He was diagnosed with Apraxia Cerebral Palsy with generalised hypotonia and delayed milestones (*Apraxia Cerebral Palsy, is a condition caused by brain injury or brain malformation that occurs while the brain is still developing — during the fetal stage, at birth, or after birth — in areas of the brain that affect motor control associated with lack of voluntary coordination of muscle movements. Hypotonia is a state of low muscle tone - he amount of tension or resistance to stretch in a muscle - often involving reduced muscle strength.*)

The team of professionals then completed individual assessments and came up with a plan for rehabilitation. As a first step, focus was on the mobility of the child and for this purpose they provided daily physical exercises such as sitting on CP chair, exercises of the extremities, walking with support and with a walker, stair climbing and parallel bars, gait training etc.

Over a period of two years, Ishan physical condition reached a stage where he started walking and speaking two / three words. At a case conference when the professional team met, it was decided to admit Ishan into the education unit in the centre itself since, Children with

apraxia needed a more intense speech practice opportunities and this would contribute to an improved speech pattern.



SUCCESS STORY

In the education unit, Ishan's speech improved dramatically and he was able to participate with the other children in drama and singing. Subsequently, his cognitive skills improved as well. He started to count, identify objects, animals, fruits etc., and imitate sounds of animals and birds, learn Hindi and English alphabets, could tell the names of family members, could fill colours within shapes, could count up to 20.



Three years of regular intervention at SAMADHAN, has changed the life of Ishan and that of his parents. His parents look forward to a time of celebration and are acutely aware of how timely intervention had changed Ishan's future into one filled with hope. Ishan is 9 years old now and joined Balwant Rai Mehta School, a well-known private School in Dakshinpur.

The most supportive factor in Ishan's improvement has been the consistent and dedicated input of his mother and father. The professionals provide counselling as needed and in

Manju's case she needed consistent counselling support to continue with the exercises that Ishan was to carry out at home and focus on his improvement. Seeing a child they had all given up as hopeless has changed the negative perceptions the community had about disability in general. Ishan's journey played a major contribution to the change in the perception of the community from seeing disability as totally irrevocable situation to a more positive and hope filled perspective.



**Early Intervention
is very crucial and important
as - neural circuits, which create the
foundation for learning, behavior and
health, are most flexible during the
first three years of life.
Over time, they become increasingly
difficult to change. Intervention is
likely to be more effective and less
costly when it is provided earlier in
life rather than later.
High quality early intervention
services can change a child's
developmental
trajectory and improve outcomes for
children, families, and communities.**



SUCCESS STORY

Early morning at 5.00 am, Tabassum sat on the top step of her small one room house on the upper floor of a resettlement colony in Dakshinpuri, on the outskirts of Delhi. But yet the clutter and the sad debris all around left an ache in her heart as she remembered the beautiful small village in Himachal where she grew up. It had all changed gradually but very definitely to bring her here her life, in Delhi. How well she remembered Sonu's first visit. He was the chosen groom for her and had been brought to visit her



village and approve of her! He had been fifteen and she, just nine years old. She remembered her wedding six years later when she was showered with gifts and pampered. So it had been a happy life; at least until her son - Shubhan was

born. This, not only changed her own life but that of the whole family. The family soon realized that little Shubhan was a very strange baby. He neither made eye contact nor did he smile and he did not develop the same way other babies did. It gradually dawned upon her and the family that Shubhan was never going to be normal and that all their dreams of a son and future plans had been shattered. People began to blame her. Most traumatic was the family's changed attitude. She was house bound. Her mother in law said harshly - "you will go out and talk about Shubhan and people will know we have been cursed". Her father in law had also added to this saying - "for generations we have been a respected family, what will people say now?"

But hope came in the form of Sarojini, the door to door survey worker from Samadhan. On seeing



Shubhan, she explained the importance of early identification and intervention and how crucial it was. Tabassum, now realized that a door had been opened and she had to follow Sarojini's advice. But the family was adamant and saw no need for this. Sonu, tried to be supportive initially, but gradually gave up. He felt that since he was living in his parents' home and he was not contributing much financially, he should support his parents. Not his wife! As days went by an overwhelming and compassionate love filled her gradually. It was not Shubhan's fault. Nor hers. She realized that she now had the courage to sacrifice everything for Shubhan. She knew, just knew, what she should be doing and that she was right. So, one morning, she told her family calmly "I am taking Shubhan to the NGO, Samadhan, where they help children like him". As she walked down the steps she heard a voice "Wait I will come with you". It was Sonu. The way ahead had just opened up for all of them.

Our services are accessible within the community and affordable. Just what Tabassum and Shubhan needed. We have reached out to more than 50,000 families. There are still many Shubhans in the community. Ours is a long and arduous, but fulfilling journey.

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SAMADHAN

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