

# SAMADHAN ACTIVITY REPORT

2013 -2014



## 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.

## 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 Director 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-Mentor 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
- Member of Association for Rehabilitation Under National Trust Initiative of Marketing – ARN1035
- 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

## FOCUS

Poverty impacts on the infant, the young child and the mother most. If the child is intellectually disabled, it is last on the list of priorities. Hence our focus is on families living in conditions of poverty with children who are intellectually disabled or at risk of becoming developmentally delayed

## Members of the Executive Committee

- Mr. Sanjay Balasundaram -President  
(CEO & Co-Founder-The Light House Organization  
-India's Leading Life Skills Experts)
  - Mr.George Koshi - Treasurer  
(Chairperson, Koshi&Koshi Chartered Accountants,  
New Delhi)
  - Mr.Ratan Gurtoo -Member  
(Chartered Accountant partner-A.K.Kar & Company)
  - Ms.Usha Grace Antony - Member  
(Retd. Director of Finance, Ministry of Defence)
  - Ms.Sharda Mani Iyer - Member  
(Marketing Executive, State Bank of India, Dwarka)
  - Ms.Pramila Balasundaram - Founder-Member  
(Founder-Mentor, SAMADHAN)
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## Survey:

Door-to-Door Survey – From April 2013 till March 2014, 8123 houses were surveyed, out of which 37 children with physical disabilities, 14 children with mental disabilities and 25 children with speech problems were identified. Survey was done in Dakshinpuri, Rajapuri, Bharatvihar, Vijay Enclave and Madangir areas. No. of PHCs surveyed: 4, No. of Schools Surveyed: 22, Private primary: 12, MCD primary: 3, Govt. primary: 3

## Health Camps:

Sponsored by Irish Embassy, SAMADHAN conducted a healthcamp at Anganwadi No. 68 – I/69, Gali No. 31, Rajapuri. The camp was held on 18<sup>th</sup> May 2013. A general check up and assessment for children in the age group of 0-12 years. Speech, occupational, psychological and clinical assessments were carried out for needy children. There was a brief introduction on Samadhan and its services and a brief sharing by Child Development Project Officer who is in charge of the Anganwadis in this area. There are 5 Anganwadis each catering to a population of 1000 people. About 158 children benefitted from this camp, out of which 77 are in the age group of 0-5 years and 81 are in the age group of 6-14 years. 4 children had mental disabilities and were referred for further interventions.



A second health camp was conducted by SAMADHAN on November 16, 2013 at Vijay enclave with the objective of creating awareness and identification of children with special needs. The camp was held within a private primary school. The medical team included the pediatrician and the psychologist. 47 children in the age group of 0 to 12 years came for health check up. Out of these seven were identified with disabilities; 2 with visual impairment, 3 with intellectual disability and 3 with speech problems. During the health camp a short workshop on Oral Care was conducted by Dr. Tanu Wadhwa and her team. Information was given on children's oral health and its importance to their overall health and well-being. An informative power point presentation with audio/visual aids were used to deliver the information.

## Workshops and training programmes

A workshop on **Behavioural Management** was conducted at Samadhan addressing the behavioural problems of children upto adolescence. There were 30 participants - the mothers of children of samadhan and their relatives. It was an interactive workshop where mothers shared their problems and exchanged their experiences with others. The workshop provided a platform for mothers and other members of their families to understand the challenges and some of the issues were addressed with mutual agreement.

On April 14, 2013, 29 women and 1 male member of the community, parents of disabled and non-disabled and pregnant mothers attended a workshop conducted by Dr Meena, a member of the multidisciplinary team of SAMADHAN and a practicing Gynaecologist. The topic was on **Prenatal and Postnatal precautions to avoid conditions leading to disability in children**. The aim of the workshop is to educate the expectant mothers about the prevention and treatment of genetic conditions, awareness of safe pregnancy practices, provide information on benefits of safe pregnancy, precautions to be taken and on conditions which may cause disability of the child in the pre-natal stage and home management of newborns with disabilities and stress management.

**Training of Case workers** – Out of 10 women participated, two women showed interest in becoming case worker. Orientation programme was arranged to train the case workers in identification of intellectual disabilities, important aspects of interpersonal skills and its relevance in community survey, handling of queries regarding disabilities, activities of SAMADHAN and the importance of availing its therapeutic interventions. The training was given by trained community outreach staff of SAMADHAN and the medical consultants of SAMADHAN.

A Workshop on **inclusive education for Primary School teachers** was conducted by SAMADHAN where 25 primary School teachers and 3 Principals participated. The workshop was conducted by Dr Himanshu Das, an expert in Mental disability in Delhi. The aim of the workshop is to provide a forum for the teachers to discuss their challenges and learnings while implementing the inclusive education in their classroom especially managing children with ADHD and hyperactivity.

**Meeting with Government body:** As representatives of Samadhan, Ved Prakash, community outreach coordinator and Nidhi Tanwar, Occupational therapist participated in the National Trust (statutory body for meeting held on 17/07/2013. The meeting was to focus on the following Issues:

- Disability pension.
- Schemes of National trust.
- How to improve quality of life of disabled people.
- What is the perception and attitude of Parents, society, professionals working with disabled.
- Problems at ground level.

SAMADHAN raised the issues surrounding the cleanliness and hygiene of Anganwadis, MCD Health Clinics, MCD schools and other health clinics, their water supply, sanitation facilities, electricity



availability, disability, whether the infrastructure is disabled friendly or not and what all can be done at ground level. Suggestions were put forth to involve the Resident Welfare associations and district councilors in maintaining cleanliness and creating awareness of disability in and around Dakshinpuri. SAMADHAN suggested that awareness about disability be included in the curriculum and students from basic level which will contribute to change in perception about intellectual disability.

**Handicraft Workshop:** In the month of October a one day papier mache workshop was organized at Dwarka centre.

### Activities/Events

The children and their teachers visited the children's park in the DDA sports complex in the month of November. The children enjoyed the day thoroughly as it was a great change for them and had positive impact on each child.



**Painting Competition:** In response to Camlin painting competition published in the "The Times of India" two students, Pinki, an 11 year old hearing impaired girl and Ayush, a 9 year old child with Cerebral Palsy, participated in an online competition and secured maximum number of votes by online voters.

**Special Athletic Event:** The students participated in various events on 14th December in Bharti College, Janakpuri. This event was organized by Aashirwad special school and Special Olympics. The students were smartly dressed in the track suits and took part the march past.

**Medal Winners:**

- ☐ Pinki – Gold in 50 mtrs. Run
- ☐ Gaurisha – Gold in 10 mtrs. Assisted Walk
- ☐ Ayush – Silver in Soft Ball Throw
- ☐ Kanika – Silver in 10 mtrs. Assisted Walk
- ☐ Lakshmi - Silver in 10 mtrs. Assisted Walk
- ☐ Ravi Shankar – Bronze in Soft Ball Throw
- ☐ Sumit – Bronze in 50 mtrs. Run



**Puppet Show:** The children from Dwarka and Dakshinpuri centres were invited for a 'Get together of Special Abilities Children' at the LTG (Little Theatre Group) Auditorium, Mandi House. A puppet show titled 'Goli Gawayaa Baagha Bajaiya' was organised.



Christmas tree decorated by children of SAMADHAN



Handwork of Children in Special education Unit



Receiving gifts from Founder-Mentor, Samadhan



Rangoli and Diyas made by children in Special Education unit



SAMADHAN Stall at Pragati Maidan





Workshop for children with Mohan Veena Maestro Poly Varghese



Japanese Volunteers: Story telling session

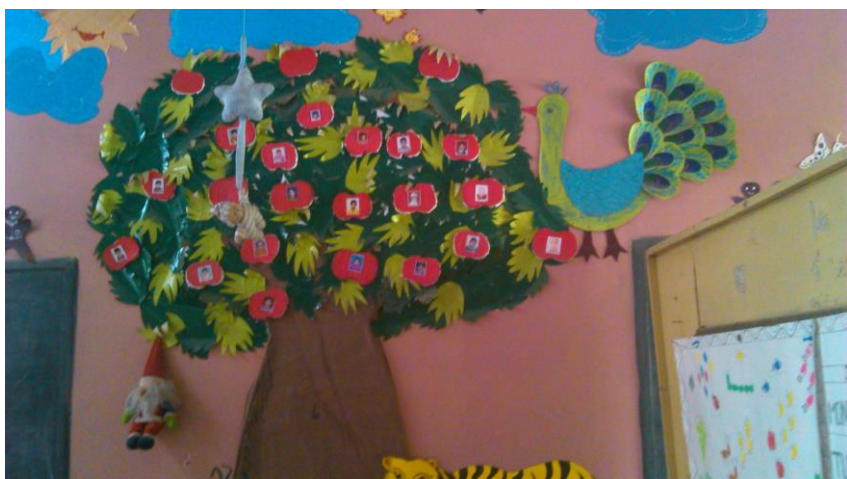


Bed students doing a performance with children



Developing fine motor skills at Early intervention unit.

Dakshinpuri Preschool class room



Mother using posture correction technique at SAMADHAN Dakshinpuri centre





## **REHABILITATION CLINIC AT DAKSHINPURI**



The once-a-week clinic provides assessment, screening, diagnosis, examination and treatment of children. During April 2013- March 2014, 248 children availed the services of the weekly clinic at Dakshinpuri out of which 117 children are reported to have learning and mental disabilities. The medical team consists of a pediatrician, psychologist, occupational therapist and speech therapist.

## **SPRESCHOOL AT DAKSHINPURI**

Total number of children in Pre-School unit is 21. Children were admitted after the initial occupational and psychological assessments. Regular sensory integration exercises, speech therapy, drama therapy, counseling, physical exercises and social skill building activities are being carried out.



## **SPECIAL EDUCATION AT DWARKA**



Number of children in Dwarka Special education unit is 14; 11 children with intellectual disabilities and 3 with speech and hearing problems. Regular occupational and sensory integration exercises, speech therapy, counseling and physical and social activities are carried out. Dance Movement Therapy: Ms. Sunaina, an exponent of contemporary dance and movement conducted weekly sessions which the children thoroughly enjoyed.

## **EARLY INTERVENTION DAKSHINPURI**

Total number of children taking regular therapy for sensory integration, occupational and early interventions is 18. The children are given sensory integration exercises, physiotherapy, speech therapy, psychological assessments; Intellectually disabled children 13 and physically disabled children 5.



**BEYOND BARRIERS**  
**Exhibition of Paintings by Artists with Intellectual Disabilities**  
**At the AFID Conference held from 7<sup>th</sup> to 11<sup>th</sup> October 2013**

The AFID (Asian Federation on Intellectual Disability Conference) was organized by SAMADHAN from the 7<sup>th</sup> to the 11<sup>th</sup> of October 2013 at India Habitat Centre, New Delhi and approximately 500 delegates both from within India as well as Asian and other countries participated. As an important part of the AFID conference, SAMADHAN also organized an exhibition of Art by persons with intellectual disabilities, from AFID member countries. In the history of AFID conferences, of which 20 had been conducted so far in different member countries, it is the first time that persons with intellectual disability were given opportunities to be an integral part of the conference by making available to them the opportunity of depicting their emotions through Art.



(PRIZE WINNING PAINTINGS FROM LEFT TO RIGHT – FIRST, CONSOLATION, SECOND)

First, Second, Third and two Consolation prizes were given to the top five paintings along the certificates. The remaining thirty were also given beautifully designed participation certificates. We were supported in our selection of prize winning entries and organizing the event itself by Children's Book Trust. Selection of winners was tough since we had to keep in mind the mental age of the artist, the degree of functional capacity and understand the interpretation of the artist of the subject

matter and the way this subject matter had been transferred through a process of perception and understanding into a work of art.

In all, 223 entries from 7 countries, as given in the following table, were received

S.no.	Country	Number
1	Bangla Desh	13
2	India	145
3	Korea	10
4	Macau	1
5	Malaysia	7
6	Nepal	7
7	Singapore	40
	<b>TOTAL</b>	<b>223</b>

Out of these 223, 35 paintings were selected for display.

The award function was held on 8<sup>th</sup> October in the Stein Auditorium of the India Habitat Centre. It was a great encouragement to have the auditorium full to its capacity for the award ceremony. First prize winner, Miss Gomathi a/p Jayaraman, came all the way from Malaysia to receive the award in person.



(Ms Gomathi: Receiving First Prize from Mr Vinod Gulati, Gulati Restaurant – a long time patron of SAMADHAN)

Awards were given away by the chief guest Mr. Vinod Gulati, founder and owner of the Gulati Restaurants in Delhi, who has been a long time supporter of SAMADHAN for the past 15 years by providing free afternoon meals to our children at Dakshinपुरi Centre, which is a low socio economic resettlement colony. We were happy to acknowledge Mr Gulati's empathy and support through his participation in our inaugural ceremony.



Mr Kamaraj, Director of the Selangor And Federal Territory Association For The Mentally Handicapped, Malaysia; where our first prize winner studies says, "Our student, Gomathi has resumed her training in our Vocational Programme. It was a wonderful experience for her and we thank you for the opportunity given to participate in the Art Exhibition. Her success has created a lot of excitement and has motivated other students in our schools to actively participate in the Art and Craft activities".



On the final day, the Art Exhibition was visited by Mrs Stuti Kacker Secretary, Disability Department in the Ministry of Social Justice and Empowerment.

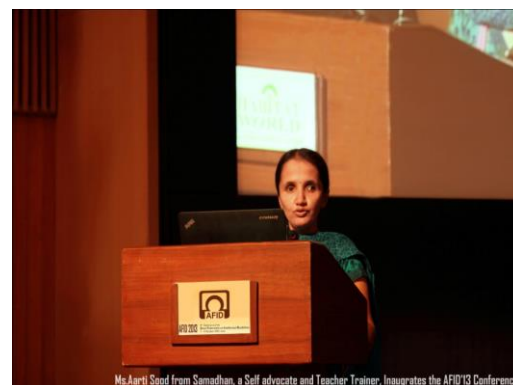


Ms Stuti Kacker said “It is a wonderful achievement for SAMADHAN as it has been given the honor of holding this conference which has come to India after so many years. It is a very good opportunity for pooling in our experiences, especially of the Asian countries, regarding the mainstreaming and empowerment of persons with intellectual disability.”

SAMADHAN is grateful to the India Habitat Centre and the Children’s Book Trust for their help. The Children Book Trust had been kind enough to support the selection and to sponsor

the mounting of selected paintings as well as printing the Art brochure. The India Habitat Centre extended the support by provided the venue for the exhibition free of cost.

Many delegates expressed their appreciation that unlike the usual practice of inviting a celebrity or dignitary to inaugurate a conference of this stature, AFID 2013 in India, was inaugurated by Ms. Aarti Sood, a young woman with moderate intellectual disability and hydrocephaly. She had prepared for this occasion for over a month and did an excellent job, speaking clearly and confidently. Ms. Sood is a teacher’s assistant in SAMADHAN’s special education unit in Dwarka.

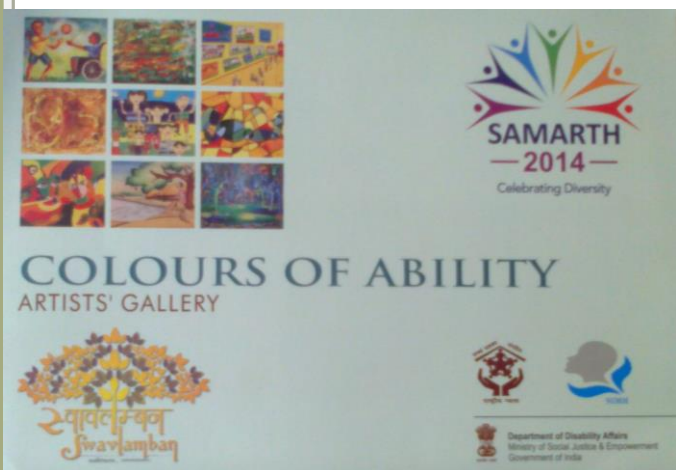


One of the delegates expressed this as follows:

*“It was one of the friendliest and warmest conferences I have been to in a long time and I really appreciated the break from tradition in it being opened by a self advocate. It reminds us that we are there for the betterment of others and to create a more equal and understanding society, not to pander to the ego of dignitaries! Well done on such a brave step - a first in Asia from my experience.”*

- Caroline Essame, UK

The impact of the Art Exhibition in member AFID countries seems to have extended beyond the conference itself. This was evident when the Tochinomi Gakuen in Japan, an organization for intellectually disabled persons organized its own exhibition of Art using the exhibits received by us for the conference and arranging for a lecture on art and its benefits for organization in Sano City.



for expression for intellectually disabled persons is gaining momentum. Moreover it also plays an important role in education and enhancement of functional abilities. These fundamental facts lead to the organization of this exhibition.

We are thankful to the Ministry of Culture for the initiative taken in recognizing our art exhibition and extending the much needed financial support. This support not only made this a memorable event but also encourages us a lot for our future work.

Also, few exhibits from this exhibition were displayed at the two days National Event SAMARTH, organized by the Department of Disability Affairs, Ministry of Social Justice & Empowerment, Government of India, at New Delhi on 15<sup>th</sup> & 16<sup>th</sup> January 2014. Overall, the exhibition as well as the conference were Great Success and will be remembered for a long time to come.

The concept that art is an important mechanism



L - R : Ms.Runa Neogi, Sumathi Morgan, Ms.Stuti Kakar, Ms.Janak Gandhi and Ms. Pramila Balasundaram

The Proud Moment for SAMADHAN:



President of India receiving a memento from Smt Shelja Kumari  
Minister of Social Justice and Empowerment, Government of India  
The National Awards for the Empowerment of Persons with Disabilities  
Vigyan Bhawan

3 December 2013 (World Disability Day)

The Memento - "The Tree of Life" made by SAMADHAN is handcrafted by Intellectually disabled employees and their mothers

Internships:

1. Tejasvi, pursuing Applied Psychology Honours (3<sup>rd</sup> year) from Delhi University.
2. Bhramar Chatterjee, MSW student of IGNOU
3. Sonal and Kiran, MSW students of IGNOU

Exposure Visit: 11 students from Kamal Institute of Higher Education and Advance Technology came for an exposure visit.

Volunteers: Four volunteers contributed their time and skills to SAMADHAN: Dr. Krishna Vatsa, coordinated the services. Aastha helped in the special education unit. Vipul provided support to the therapists and the teachers. He helped in outdoor activities such as cricket and football. Abhilasha helped in the art and craft activities.

## Our sincere thanks to:

- ❖ Individual donors and volunteers
- ❖ Donors through Global Giving
- ❖ Lebenshilfe, Vienna, Austria
- ❖ Irish Embassy
- ❖ Johnson & Johnson, India
- ❖ Department of Ministry of Culture, Govt of India
- ❖ Gulati Restaurant, New Delhi
- ❖ Blind Relief Association, New Delhi
- ❖ Heart & Hand for the Handicapped, USA
- ❖ Japanese Women Volunteer Group, New Delhi
- ❖ Staff of Gap International