

Annual Report 2012-2013

COMMUNITY BASED REHABILITATION

PCTC started this year with new strategies to reach more number of Differently Abled children.

- Providing physical Rehabilitation services to severely affected children,
- Cluster parent Training to minimize parents difficulties (inviting parents to attend the training with their children in an accessible place within the community.)
- Home based interventions -flexibility to the convenience of the parents.



EARLY DETECTION

For early detection a strong field support is a must. We find difficult to identify committed additional field staff, however with the limited staff, we were able to identify **14- New children** who had shown signs of delayed milestones essential in the growth of the child

EARLY INTERVENTION

The most important activity in the Rehabilitation process is the Early Intervention. In both of our EIC (Kariyandal and Nookambadi) 21 children were trained in the following aspects.

- **Sensory integration therapy** for physical and cognitive development,
- **External therapy (Oil massage)** to prevent secondary deformities.
- **Progressive Developmental aids** such as Gaiters, Splints, Seating / Positioning Devices
- **Mobility Devices.**

On a weekly basis, training is given periodically to the parents to handle their children at home as well as to continue the therapy and special education at home. All these **21 children were assisted to get monthly Maintenance Grant @ Rs: 1000 per child** from the Government. We take this opportunity to **acknowledge District Differently abled welfare office** for their cooperation and support.



DAY CARE CENTRE



Both of our Day care centers have started smoothly and faced difficulties in the middle; however it was possible to overcome such difficulties through intensive follow up and efforts and currently running well. Whenever the issue of Parent cooperation rises the number will fall down. This year also it happened, the sub centre managed to overcome but the main centre still struggles. Both centers have started with 15 plus 15 children. 11 children were newly inducted and 3 children were dropped in the middle due to various reasons. 21 - Children are being trained in **Therapeutic interventions** daily. The same number of children was also supported with **External Therapy** weekly once which involves more man power. **10 Children provided seating, Mobility Devices and preventive orthotics.**



6- Children were supported in **house adaptation activities** in Daily living skills. 5- Children were trained pre vocational skills for future integration in vocational unit. For all children specific learning objectives have been set and special education organized to the same. Children participated In the World Differently Abled Day cultural events. As part of social integration, DCC children were taken to different places like Temple, Church, Forest and Market place which were very much attracted and they always have joy of visiting such new places. For General Health and seizures medical assessment was done once a month by the Doctor and Siddha medicines were given. Monthly once parents meetings are to be organized to share the children developments and offered suggestions in child management.

PARENT'S TRAINING

The aim of this activity is to train parents as to how to care for their disabled children effectively. This year 30 children were involved in this activity at the institution level.

Parents who are not able to attend were grouped in the villages and skill training organized for them. Similar training was organized in 7 clusters and 55 parents were involved.

Home based interventions given to 36 severely affected children.

The components of Parents Training are:

- Therapeutic intervention
- General health
- Assistive Devices
- Functional Literacy
- Daily Living Skills
- Pre - Vocational Skills
- Addressing behavioral issues
- Communication Skills



VOCATIONAL TRAINING

Even the most talented differently-able children are struggling once they dropped out from their studies, due to prejudices and lack of awareness among parents and communities. To combat this, we have been running vocational training activities in both of our centers. A total of **18 children have been involved in this activity**, and the activities include:

- Sewing and tailoring * Manure composting
- Center maintenance * Gardening
- Manufacture of “Oyar Gudai” food bags.

ADDITIONAL ACTIVITIES INCLUDE:

- Functional literacy
- Daily living skills
- Life education skills

LEISURE ACTIVITIES

The parents play an active role in identifying a suitable trade for their children to be trained in. Monthly meetings are held with parents to evaluate the progress of their children.

CBR ACTIVITIES-PROGRESS

PCTC has a data base for Persons with Disability at the block level

At the Beginning	1541
Newly certified this year	244
End of the Year	1785

A convergence camp for PWD was held in the block **with Govt support** in which a total number of **382 PWDs were benefitted**. We assisted 32 PWDs to revise their medical certificate to 60% and above which will be very helpful to get monthly maintenance assistance. **173 PWDs were referred for assistance** under revenue department for pension and **113 were able to get this assistance @ Rs. Rs1000** per month, Economic Assistance to 14 persons is now being processed.

8 persons have received green houses from Government of Tamil Nadu. For one person, initial seed money of Rs.50000 from PCTC as a loan to complete the house. This year differently able people were given **work allotment under National Rural employment guarantee Scheme (NREGS)**. Considering their disability if they could complete 50% of their work they will get full wages. **901 persons above the age 18 benefitted from this program**. Department of rural development has taken the initiative to appoint PWDs as field supervisors in the NREGS program. **25 persons from this Block** are expected to be considered as field workers in the coming year. Data base with all the particulars along with Bank details was prepared for **235 children receiving maintenance grant** to enable the district administration for speedy transfer of the money. **18 Standing frames were prepared** during the annual visit of 2 bears team from UK. They not only provided financial assistance and got involved in the process of making it.

The study we had initiated about the status of leprosy cured persons in Thurinchapuram Block was taken up as an issue with the District administration by the net work of NGOs. The collector positively responded to conduct special camps in the entire district only for the leprosy cured persons to issue ID cards. In the mean time the special petition by the federation of people with disabilities to Chief minister's cell has given way to a policy note by the state authorities to provide monthly maintenance grants to all the leprosy cured persons. It is also notified that two pairs of MCR sandals to be given every year through the Differently abled welfare department.



The pilot study in Thurinchapuram Block on 'early Identification of children with delayed milestones' had culminated in the expanded study in the entire district of Tiruvannamalai and a Seminar on 'Early detection of childhood abnormalities and relevant interventions' for the all the district officials of health, Social welfare, ICDS and education department.



Thulir- the children's movement in the villages had interesting episodes throughout the year. It was enjoyable as well as rewarding experience.

Apart from the routine activities in the center special projects were carried out in the villages. The children were constantly motivated to get in involved in the village development activities.

The children every week cleaned the streets and able to segregate plastics and organic waste. They also conducted awareness program not to use plastics. The elected representatives and the members of the Self Help Groups participate in such programs.

In the month of September special programs were conducted in the villages on the spread of dengue fever, the ways and means to control breeding of mosquitoes, keeping the places clean and the find proper drainage system for stagnating water. All these activities enlightened them as well as their parents.

On 2nd October- Gandhiji's birth day we organized a quiz program, for the children from all the villages. This has helped them to inculcate reading habit and proper use of the library books.



SPECIAL PROGRAM

A special program for the 10th and 12th standard students was organized to give the children the required



tips to prepare for the public examination. Mr. Narayanan a teacher from the government school was the resource person.

Food day was celebrated on 16.10.2012. This day was utilized to educate the children on the importance of agriculture, organic

farming techniques, unethical use of pesticides and the implications on human beings and other living creatures.

SKILL DEVELOPMENT INITIATIVES:



We are constantly encouraging the children to get additional skills in co-curricular and extracurricular activities. With the help of an artist lessons were given to initiate them into drawing.

Film appreciation training was given to the children after screening the film “Sattai” in Porkunam village. It was interesting that the children were deliberating on the teacher student relationship. They also endorsed that if there is a good relationship, the learning will be better.

International Women’s day was celebrated in Porkunam village; P.A. to collector Mrs. Lilly was the special guest. Competitions were conducted for the women in self help groups and for the children. Prizes were awarded to them. To educate them on green energy and renewable energy sources, solar study lights were given to the children. Thanks to Hulpfonds –Nether lands and 2 bears children charity UK for their support to get these lights to the children.



Archana was given a prize for scoring highest marks in the public examination. She was felicitated during the women’s day celebration.

The Thulir program in the villages gives an opportunity to the women to interact with PCTC on a regular basis. The leaders of self help groups from 5 villages visited a paper cup making unit in Chennai. The women are still exploring the possibilities of starting such units in the villages as part of Income generating activity.

Organic farming, use of renewable energy is some of the areas where women had shown interest. Further inputs are needed to take them further in the coming year.

“Makkal Thiruvizha” People’s Festival. The annual people’s festival was celebrated this year in SEELAPANDAL. Women from self help groups, Thulir children, differently abled people and children



participated together in the celebration. The whole day program was filled with competitions, sports and games and cultural events. It proved again if people are given opportunity they have the ability to organize events and if it is their need they could contribute their time and resources. More than 2000 self help group women, hundreds of differently abled people and 450 Thulir children were present for the program. 14 events were conducted for the children. It was

a great opportunity for children's participation and chance to exhibit their talents.



During this year we had continuous interaction with one village level federation of self help groups. The women from Porkunam village with 22 groups (456 members) requested hand holding support to move on to the next level of development. They also felt that though there are lots of Govt development schemes, at times it is very difficult to avail them. We agreed to facilitate the process. We had the first

meeting at PCTC inviting 3 representatives from each group. One day interaction with them gave lots of insights into group functioning and the skills needed to manage the federation on their own. It was finally decided that regular trainings will be organized for the leaders and members of this village. Hope this process will lead to promote women managing federation as an effective CBO towards extending sustainable credit support for their livelihood enhancement and involving in MDG with Network and support.

THULIR

Though we started with 8 centers in the beginning of the year, we were able to sustain only 5 centers towards the end of the year. It was difficult to find committed volunteers to run the center, when the existing volunteers leave. The coordinator for Thulir was also new. It took time for him to understand the concept of Thulir and take it forward. Still our effort continues to find a coordinator who can commit for staying at least for a year or two.

ONE LIGHT ONE CHILD...

In our effort to educate the children about renewable energy 300 solar desk study lamps were distributed to the school going children and women self help group members. One of the Thulir center is given solar module to have power throughout the day and night. Now some of the women had shown interest to have solar power for their houses.

We had an exposure program for the women from the self help groups on Bio gas plants. In Porkunam with the support of people, we will try to have a model bio gas plant in the coming year.



THE FARM:

Now the farm is leased to the local farmers. This has given some of them the opportunity to experience organic farming and slowly learn the zero budget farming practices. Now, weekly once training program is being organized to teach the farmers and Self Help Groups women the skills needed for Organic farming. The training is done by an agency for refugees. They are taught to prepare vermi compost, plant nutrients, and bio pesticides and so on. We are slowly trying to achieve our first objective of the organic farm.

GARMENT MAKING UNIT:

We had constructed 3000 sq.foot building with all the required machineries. It was leased to a local entrepreneur to run the unit. Eight of the adult persons with disability who were earlier trained by us in tailoring got employed along with 30 other tailors. They were earning between 2500 to 3000 rupees a month. The electricity crisis had hampered this activity; the person who had leased the unit had left. We are yet to find another person to take over this unit.

CONCLUSION:

It is always a realization that when we are open to new ideas and sensitive to the happenings around us, a proactive response is always possible. We have taken special initiative with some of the like-minded organizations to understand the status of Millennium Development Goals (MDGs) in one Panchayat. This will be a pilot study and will help us to standardize the tools. This will enable us to understand the gaps and work for convergence of all the programs in the identified Panchayat with the self help group women

and other stake holders in the village. The federation of differently abled persons in the block is slowly getting the grips in the villages and their negotiation skills for the development of persons with disability are improving. We thank all our friends, well wishers and supporters for their partnership in all our interventions in the community, which are enabling them to strive towards self sustainability.

REACH OUT /COVERAGE IN THE NUTSHELL (2012-2013)

- Early detection : 14 children newly identified
- Early intervention : 21 children trained in Self Management Skills
- Monthly assistance grant @ Rs.1000 Per month : 21 children are being benefited
- Day care centers : 2 centers with 30 children
- Trained in Therapeutic Interventions : 21 children
- Skill training for parents : 55 parents in 7 clusters
- Home based interventions : 36 children severely affected
- Vocational training : 18 children
- Coverage in convergence camp : 383 PWDs
- Medical certificated for 60% assisted : 32 PWDs
- Total number referred for Govt Pension : 173 PWDs
- Benefited : 113 PWDs
- Economic assistance referred : 13 PWDs
- Govt Green house received : 8 PWDs
- NREGP beneficiaries : 901 person with full wages for the 50% of work
- Supervisor appointment in NREGP : 25 person
- Data base prepared for maintenance grant : 235 children
- A study on status of leprosy cured person was initiated in one block
- Motivation camps for children food day celebration of 5 Thulir centers
- World Women's Day, Peoples festival
- Coverage by 5 Thulir centers: 450 children
- Solar desk study lamps distributed to children: 300 children (One child one lamp)
- Alternative arrangements for organic farming & Garments making unit organized
- An initiative of collective sustainable response-a pilot study

ACKNOWLEDGEMENTS:

Our sincere thanks to District Administration for their partnership support and all the stakeholders for their cooperation, support and participation.

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