



**ANNUAL REPORT 2020 - 2021**



## **ABOUT US**

UDAI - meaning “to rise”- aim to work in an integrated manner. Help everyone rise above challenges. Being a catalyst for bringing positive change in the lives of individuals with special needs and their families aiming to an inclusive society.

We have started our services with “Holy Child Intervention Center for Special needs children”, in 2009 with intent to provide a platform targeting mainly speech, Occupational Therapy and special education for the betterment of their lives. In 2014, with zeal to provide quality results of work, extended our services from intervention centre to a Special School, changed its name to “UDAI Working together works” and registered it as a Charitable Trust, for the children and young adults with Special Needs such as Autism Spectrum Disorder, Cerebral Palsy, ADHD, Down Syndrome, Learning disability and intellectual Disability. We strive to build hope, strength, joy and encourage our students and their families to Understand, Accept and Celebrate Being Different. As a school we have a 5:1 teacher student ratio and follow a tailored prospectus for each student according to their capabilities. We have ‘multidisciplinary team’ approach providing day boarding along with remedial intervention measures. We firmly believe in our efforts, our team and these gems we work for, as all this will help us in achieving our goals.

### **We are registered under:**

- The Indian Trust Act,1882
- 12 A of Income Tax Act
- 80 G of Income Tax Act
- RPwD Act, 2016
- Niti Ayog, NGO Darpan

## **VISION**

We envision a world where there is Acceptance of the Able not the label and these Special people get opportunities for survival, development, participation and being self-reliant.

## **MISSION**

To rise above the challenges, focus on possibilities, restructure the abilities and create an equal & inclusive society for all.



### **Out Patient Department:**

UDAI's Outpatient department provides specialist professional services to children and adults with special needs on one on one basis. The services are catered to target age ranging from the Neonatal stage (3 months to 6 months) to 18 years and above.

Professional support is provided by a multidisciplinary team – Occupational Therapist, Physiotherapist, Speech Therapist, counselor as per the need on the following areas:

1. Assessments
2. Remedial Teaching
3. Special Education
4. Thinking classes
5. Handwriting skills
6. Language and communication
7. Social skills
8. Brain gym
9. Counseling/Psychological treatment
10. ABA/VBA
11. Behavior modification
12. Play Therapy
13. Yoga sessions



### **Workshops & Training:**

UDAI conducts workshops for parents with special needs children at regular intervals.



### **NIOS (Remedial Education):**

A learning centre specially designed for children with learning disabilities like reading, writing, spelling, comprehension etc. in regular schools. Our trained faculty supports the children in appearing Class 10th and 12th exams conducted through NIOS.



### Drama Therapy:

The Western concept of Drama Therapy has been translated into our own Indian cultural idiom. Our therapist use creative drama, story dramatization and play for informal drama in which the dramatic theme is developed with improvised dialogue and action with active participation to help children and young adults with special needs to make meaningful change. Social skills are taught emphasizing the interrelationship of social and language function. Other activities like Play, Music, Movement/Dance, Art, yoga classes are also conducted on regular basis.



### Speech Therapy/ Language, Communication & Behavior Modification:

Language interventions encompass a variety of approaches, treatment types, and modalities. Therapy is based on the child's specific needs and learning style, as identified by standardized testing, parental concerns, and teacher input. An individualized plan is prepared after identifying focus areas and teach through drill, repetition, and carryover tracking. Goals include augmenting vocabulary, conceptual understanding, and sentence variety, and complexity. Associated communication targets may involve improving intelligibility and phonological awareness, as well as conversational and narrative skills.



### Home Management Guidance to Parents:

Family plays an important role in the progress of the child/young adult with special needs. Keeping this in view, we at UDAI provide varied family support services. Counselling is provided to family members to deal with issues related to the pressures and stress of parenting a child with intellectual disability, parenting the sibling of a child with intellectual disability, living in a nuclear or joint family, second child issues or any other concerns families may have. Appropriate coping strategies are discussed and developed with inputs from psychologists and medical professionals. It also improves parents' abilities to make positive, long-term decisions for their child by providing factual information.



### Occupational Therapy:

Occupational therapy is provided to children and young adults for improved fine and gross motor skills, prewriting skills, and activities of daily living. The intervention includes individualized planned sessions comprising a combination of activities to help to integrate the senses which enable effective functioning.



### Special Education:

Our special education unit educates Children with Special Needs (CWSN) and young adults in a way that addresses their individual differences and needs. We follow an Individualized educational plan and systematically monitored the arrangement of teaching procedures, adapted equipment and materials, and accessible settings.



### Early Intervention:

UDAI's early intervention unit is its key strength. Early intervention is a systematic program of therapy, exercises, and activities designed to address developmental delays that may be experienced by children with intellectual disabilities in the age group of 0 to 7 years. It plays a crucial role. Services here are designed to identify and meet a child's needs in five areas, including physical, cognitive, communication, social, or emotional and adaptive development. The focus is to help the child in learning school readiness skills leading to the mainstream in a normal school.



### “Ek Prayas” - Rotary Skill Centre for Young Adults With Special Needs

It is a project for young adults with Special Needs implemented by UDAI Working Together Works, supported by The Rotary Club of Delhi, Janak Association. The students who are above 14 years are assessed and evaluated for trainability. The Objectives of the centre:

- To empower persons and families with intellectual disabilities.
- To promote inclusion and ensure their human rights through community-based rehabilitation and inclusive education.
- Training and making them self-reliant.

Training & Employment is most important because having skills & job enhances social & financial status. Adult with Disabilities will become productive members in the family and it increases their self-esteem & promotes individual growth. The methodology includes several levels of training and development, as well as internal income-generating activities and outside job placement. We have a team of certified special educators, vocational trainers & computer teachers.



### Pre Vocational Training:

We at UDAI, believe that a life skill program is important for adaptive functioning. Art & craft provides for creative self-expression and emotional well-being. Vocational skills enhance their productivity and make them self-reliant. This program plays a crucial role in cognitive, social, emotional, and skill development. It is a part of the curriculum which are taught based on the capability of each student. Pre-vocational training includes utilizing teaching aids developed by the UDAI's multidisciplinary professionals. These teaching aids are specially designed to meet specific learning disabilities, determined by extensive testing and evaluation of each child.

## List of beneficiaries 2020 – 2021

Sl. No.	Name of the Child	Father`s Name	M/F	Age	Address	Type Of Disability
1	Hriday	Gaurav Khandhari	M	9	W-203, Shakur Basti, New Delhi	Autism spectrum disorder
2	Onjuli Dey	Sumit Dey	F	15	B-3/88, FF Janakpuri, New Delhi	Cerebral Palsy
3	Jai Kalsi	Pankaj Kalsi	M	15	B-1/366 Janakpuri, New Delhi	Slow Learner
4	Ritvik Verma	Aprajit Verma	M	6	Pochanpur, Sec-23 Dwarka, New Delhi	Mild Autism
5	Naman Gupta	A.K Gupta	M	18	45, Amit Apartment Rohini, New Delhi	Intellectual Disability
6	Devansh	Mukul Bhardwaj	M	2	D-2/167 2 <sup>nd</sup> Floor JeewanPark, New Delhi	Autism spectrum disorder
7	Devanshi	Amar Narang	F	10	19/5 First floor, Ashok Vihar, New Delhi	Intellectual Disability
8	Harshul Suri	Sachin Suri	M	14	216 Avtar Enclave, PaschimVihar, New Delhi	Learning Disability
9	Parth Kumar	Bhrigunath Kumar	M	11	RZ-28,2 <sup>nd</sup> Floor Indra Park, Uttamnagar, New Delhi	Autism spectrum disorder
10	Aditya Mehrotra	Madhukar Mehrotra	M	12	Puspanjali Apartment Sec. 4 Dwarka, New Delhi	Autism spectrum disorder
11	Atharva	Vikas Gupta	M	13	A -3/339, 1st Floor Paschim Vihar, New Delhi	Autism spectrum disorder
12	Ryansh	Aditya Batra	M	9	B -1/279, Paschim Vihar, New Delhi	Autism spectrum disorder
13	Sargun	Gurmeet Singh	M	20	B 123, 4th floor, Sushant Lok 3, Sector 57, Gurgaon, Haryana	Mental Retardation
14	Pratham	Alok Arya	M	13	C 3A/7B, Janakpuri, New Delhi	Mental Retardation
15	Janvi	Devkinandan Thakur Ji	F	10	D 90A Uttamnagar, New Delhi	RETTTS Syndrome
16	Parth Malhotra	Shammi malhotra	M	10	C-4D/80 A, Janakpuri, New Delhi	Autism spectrum disorder
17	Lakshay Girsra	Rupesh kumar girsra	M	5	Wz-11 Nangli Jalib B-1 Janakpuri, New Delhi	Mental Retardation

<b>Sl. No.</b>	<b>Name of the Child</b>	<b>Father`s Name</b>	<b>M/F</b>	<b>Age</b>	<b>Address</b>	<b>Type Of Disability</b>
18	Devanshi	Amar Narang	F	14	19/5,F.F. Ashok Vihar, New Delhi	Slow learner
19	Avi Magon	Vineet Magon	M	24	A-2/92, Paschim Vihar, New Delhi	Autism spectrum disorder
20	Ansh	Deepak Sethi	M	18	F -7-2 <sup>nd</sup> Floor Milapnagar, Uttamnagar, New Delhi	Autism spectrum disorder
21	Ayush Sundriyal	Praveen Sundriyal	M	17	B -16 , Sadbhavna Apartment, Parwana Road, Pitampura, New Delhi	Autism spectrum disorder
22	Afreen	Mr. Zulfiaarali	M	16	A-3/15 ,1 <sup>st</sup> floor, New Sai Nursing Home, Janakpuri, New Delhi	Autism spectrum disorder
23	Arjun Verma	Sanjay Verma	M	19	A -4/287 Paschim Vihar, New Delhi	Mental Retardation
24	Aanchal Sachdeva	Kamal Sachdeva	M	22	A -3/55,Manav Apartments Paschimvihar	Down Syndrome
25	Bhawna Sharma	Vinodkumar	M	21	21, Nathu Ram Park, Najafgarh, New Delhi	Mental Retardation
26	Deevansh	Mr. Ajaysuri	M	17	259, Top Floor, Raja Park Shakurbasti, New Delhi	Autism spectrum disorder
27	Gaurav bhojwani (Expired)	Lakshman Bhojwani	M	17	J- 191, Vikaspuri, New Delhi	Slow Learner
28	Harjeet Kaur	Balbirsingh	M	37	B3 b,67C, Jankpuri, New Delhi	Mental Retardation
29	Jaskirat Singh Duggal	Amarjit Singh Duggal	M	20	37/2A, Ashok Nagar, Tialk Nagar, New Delhi	ASPERGERS
30	Naval Sohal	T R Sohal	M	37	B-1/401, Jankpuri, New Delhi	Down Syndrome
31	Pranav Juneja	Ashish Juneja	M	20	A -1/327, Janakpuri, New Delhi	Autism spectrum disorder
32	Rahul Ghai	Ravi Ghai	M	14	C-41/50 Wazirpur Industrial Area , New Delhi	Mental Retardation
33	Rajeev Pal	Vijay Pal	M	21	A -2/264 Janakpuri, New Delhi	Down Syndrome
34	Shravan	Sushil Kumar	M	25	127, Nagin Lake Apartment Outer Ring Road Paschim vihar, New Delhi	Autism spectrum disorder

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35	Tehsin	Abdul Jabbar	F	15	S -2/178,3 <sup>rd</sup> Floor, Old Mahavir Nagar, New Delhi	Mental Retardation
36	Yatin Garg	Sanjay Garg	M	20	A 256, Near Govt. School, Vikaspuri, New Delhi	Intellectual Disability
37	Saksham Malhotra	Rajeev Malhotra	M	8	724, GF, 2nd Block, Uttam Nagar, New Delhi	Autism spectrum disorder
38	Vaibhav	Deepak Kumar	M	9	K-142, Mohan Garden, Uttam Nagar, New Delhi	Autism spectrum disorder
39	Sanchit Kumar	Sudhir Kumar	M	30	D2 145,146, Ground floor, Jeevan park, New Delhi	Autism spectrum disorder
40	Nishant Sharma	Arun Sharma	M	11	R 946, Camp No. 5, Jwala Puri, New Delhi	Intellectual Disability
41	Aaditya Pandey	Ravi Shankar	M	9	A -112, Arjun Park, Najafgarh, New Delhi	Autism spectrum disorder
42	Aryan Dongra	Bhanu Dongra	M	4	C 132, Manasarovar Garden, New Delhi	Autism spectrum disorder
43	Nitin Goyal	Sushil Goyal	M	16	A -5/A 286-87, Janta Flats, Janakpuri, New Delhi	Intellectual Disability
44	Kunjali Aggarwal	Arun Aggarwal	M	14	1/35, Mall Road, Tilak Nagar, New Delhi	Intellectual Disability
45	Shravan Kumar	Susheel Kumar	M	25	127, Nagin Lake Apartment, Peeragarhi, New Delhi	Mild Mental Retardation
46	Harleen Kaur	Satpal Singh Chowdhary	F	30	16/18, First floor, Tilak Nagar, New Delhi	Intellectual Disability
47	Parul Madhok	Sanjay Madhok	F	24	BA, 358/1, Tagore Garden, New Delhi	Attention Deficit Hyperactivity Disorder
48	Aryan Katyal	Neeraj Katyal	M		C 4C, 50, Janakpuri, New Delhi	Autism spectrum disorder
49	Deevansh Suri	Ajay Suri	M	17	2259, Shakur Basti, Saraswati Vihar, New Delhi	Autism spectrum disorder
50	Harshita	Bharat Bhushan	F	20	WZ15 F, Krishna Puri, New Delhi	Hearing Impaired
51	Saisha Bindroo	Sanjay Kumar Bindroo	F	13	199 B, first floor, Vipin Garden, Uttam Nagar	Down Syndrome
52	Mohid Ali	Sarraj ali	M	12	RZ E 79, first floor, Nangloi, New Delhi	Hearing impaired

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53	Tohid Ali	Sareraaj ali	M	15	RZ E 79, first floor, Nangloi, New Delhi	Hearing impaired
54	Arnav Sharma	Rajesh Sharma	M	9	D 53, 2nd floor, Multan Nagar, Pashcim Vihar, New Delhi	Autism spectrum disorder
55	Gauraansh	Rajeev Gupta	M	7	Wz-106, Plot No.80-A Rajori Garden	Learning Disability
56	Siddharth Abhichandani	Manish Kumar	M	12	D-12, Near Arya Samaj Mandir, Vikas Puri, New Delhi	Autism spectrum disorder
57	Gunjan Atri	Ravinder Singh Atri	F	13	C-131, National Apartments, Sector 3, Dwarka, New Delhi	Down Syndrome
58	Vansh	Vijay Kaushik	M	13	O-D1, Uttam Nagar, New Delhi	Learning Disability
59	Taranjeet	Kirpal Singh	F	6	Mahaveer Nagar, Krishna Park, New Delhi	Autism spectrum disorder
60	Samarth Bellany	Chandan Bellany	M	10	C5 D, 67C, Janakpuri New Delhi	Autism spectrum disorder
61	Akshar Shukla	Amit Kumar Shukla	M	11	WZ -276, Jain road, Nangal Raya, New Delhi	Autism spectrum disorder
62	Mandeep Singh	Preet Pal Singh	M	30	25/13, Tilak Nagar, New Delhi	Mental Retardation
63	Aaditya Pandey	Sunit Gupta	M	19	RZ C 53, Dabri Extension, New Delhi	Autism spectrum disorder
64	Simran Jolly	Navneet Jolly	F	22	K G1/426, 3 <sup>rd</sup> Floor Vikaspuri, New Delhi	Autism spectrum disorder
65	Kartik Chopra	Anil Chopra	M	20	16 B, LIG flat, Rajouri Garden, New Delhi	Autism spectrum disorder
66	Kritik Anand	Ramesh Anand	M	20	112, Guru Apartment Sector Rohini, New Delhi	Autism spectrum disorder
67	Khushi Sharma	Susheel Kumar Sharma	F	14	WZ 38/60, Vishnu Garden, New Delhi	Mental Retardation
68	Gautam Malhotra	Manmohan Malhotra	M	20	WZ - 14, Mukerjee Park, Tilak Nagar, New Delhi	Mental Retardation
69	Vanij Sharma	Pawan Sharma	M	10	C -14, Mahinder Park Pankha Road, New Delhi	Down Snyderome
70	Gaurav Kumar	Surendra Kumar	M	17	D -2/166, Janakpuri New Delhi	Autism spectrum disorder
71	Aahana Sahu	Anand Sahu	F	3	JA/2E, Hari Nagar, New Delhi	Autism spectrum disorder
72	Tanish Kumar	Ranjeet Kumar	M	9	H.No.65 Mohan Garden, Uttam Nagar, New Delhi	Autism spectrum disorder

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73	Yatin	Parveen Kumar Sharma	M	10	E-103, Jeevan Park Pankha Road, Uttamnagar, New Delhi	Mental Retardation
74	Sanchit Anand	Rahul Anand	M	7	52-B, DG-2, SFS Flats, Vikaspuri, New Delhi	Cerebral Palsy
75	Harman Singh	Amolak Singh	M	16	H -3/113, Vikaspuri, New Delhi	Autism spectrum disorder
76	Umang Duggal	Sahil Duggal	M	20	A -166, Meera Bagh, Paschim Vihar, New Delhi	Attention Deficit Hyperactivity Disorder
77	Vanya	Sanjay Khataria	F	11	House No. 2944 B, Sector 23 Gurgaon, Haryana	Attention Deficit Hyperactivity Disorder
78	Ritwik	Aparajit Verma	M	9	88, State Bank Nagar, New Delhi	Autism spectrum disorder
79	Kartik sharma	Praveen Sharma	M	6	Uttam Nagar	Autism spectrum disorder
80	Ayush Agrahari	Shiv Mangal	M	4	A 41, Mayapuri, Khajan Basti, New Delhi	Autism spectrum disorder
82	Dhruv	Varun Singh	M	3	58-C, D-1-C Block, Janakpuri, New Delhi	Autism spectrum disorder
83	Aditya Kumar	Manoj Kumar	M	8	Flat No. 78 DDA Flat Nasirpur, New Delhi	Autism spectrum disorder
84	Yashkirat Singh	Didar Singh	M	22	Plot No. 54, Ravi Nagar, Near Chand nagar, New Delhi	Autism spectrum disorder



The biggest learning from COVID's impact on education globally has been the possibilities and benefits of virtual schooling. UDAI's centre was still closed since March 15, 2020. The actions, reactions and perceived implications linked to the Corona virus scare have led to many around us facing issues of anxiety, fear, concerns and behavioural change resulting in sleeplessness, feeling lonely, low and at times depressed. Equally or maybe worse affected could be parents and family with members of SPECIAL NEEDS.

While most students have had routines interrupted, the children perhaps most affected by that disruption are special education students. It is now parents who had to establish that routine, "and there is no prescription for what that looks like in a COVID-19 world."

Parents were motivated to share the activities. Our therapists offered their time to discuss the challenges individually with parents at stipulated time.

As a result, parents of special needs children have struggled through a trial-and-error process to find what works and what doesn't to encourage their children to engage with virtual education and/or in-person education that looks much different than it did before COVID-19.

It was indeed a tough time for each one of us but we are really proud of UDAI kids & parents who are doing really well and bringing out to the best of their abilities. They have set great lockdown goals for each one of us by practicing patience, cooperating during online sessions and completing the given tasks.

We are also thankful to our team who have made this possible and tried making their sessions more interesting and interactive to engage the kids. A big round of applause to the team.

## **Autism Awareness month**

Our Autism community where we cheer on each other's loved ones to succeed as much as our own. Every milestone is a celebration. It is not enough to be aware of Autism; we should accept, support, respect and include people with Autism. APRIL is National Autism month, this time of Covid-19 Pandemic we are not together but still UDAI family recognizes and celebrates the rights of persons with autism.

## **Interesting online Drama Sessions in April and May 2020**

Team UDAI Draamebaaz Rajeev Sir n Not-so-Draamebaaz Harleen ma'am, Ritu ma'am, Sachin Sir, Rahul Sir, Raju Sir, Sapna ma'am, Aman Sir and Ms. Priya conducted these sessions for our children with special needs.

Entertainment and learning in during Lockdown, complete UDAI Style! Drama/ Acting tips n tricks were shared along with special appearance by little star Devishi. Thank You Team for your great efforts.

YouTube link of the videos: <https://www.youtube.com/watch?v=oywXnGI9aSk>

<https://www.youtube.com/watch?v=XYUv9RIYIks&t=5s>

## **ONLINE Sessions for parents:**

We all have celebrated International Earth Day on April 22nd n tried to give back to mother nature in our own ways, Team UDAI still believes that every day should be Earth Day and we should make it a routine to do anything little or big whatever we can to make our Earth a happy place. Let's heal the World together. Here's our first Art Attack Class online conducted for our children with the theme 'Best out of Waste' where we reuse old bottles & shape them into beautiful craft work.

Link: <https://www.facebook.com/UdaiWorkingTogetherWorks/videos/242073633661528>

April 25th, 2020

Our panel of professionals Ms. Archana Sharma, Clinical Psychologist, Ms. Deepa Sharma Head Occupational Therapy Department, Ms. Tanu Rajput, Special Educator, Director at UDAI and Ms. Harleen Dhall Occupational Therapist conducted online session for all the parents of UDAI on how to deal with the behaviour issues of children with special needs during lockdown. Discussion hour for parents on Behaviour strategies during lockdown. This workshop was very helpful for parents. The actions, reactions and perceived implications linked to the Corona virus scare have led to many around us facing issues of anxiety, fear, concerns, and behavioural change resulting in sleeplessness, feeling lonely, low and at times depressed. Equally or maybe worse affected could be parents and family with members of SPECIAL NEEDS.

April 27th 2020

Yoga session for any healthy person to stay healthy during this period of Quarantine. Some easy and rejuvenating Asanas were taught on the Live Facebook Yoga Session by Ms. Bagul Singhal

May 2nd, 2020



Interactive webinar for parents on the theme “Helping ADHD children – Occupational Therapy intervention Strategies”

UDAI Working Together Works are here with another discussion hour with our occupational therapists. Practical strategies for management of over activity and difficulties in attention for children with special needs are discussed.

May 3rd 2020 - Music is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we are from, everyone loves music.

Introducing musical evenings with our Melody Man- Ajay Sir. UDAI Live Concert cum session enjoyed a lot by one and all.

May 4th 2020 - Online live Yoga session: Yoga is not a workout, it is work within. Let`s stay in and work within. UDAI`s stay healthy while stay in. It is an initiative for all with Ms. Bagul Yogprener, who guide us through this tough time.

May 5<sup>th</sup> 2020 - Live session by Dr. Nivedita Ganguli, PhD.in psychology Charms and Challenges for parents.

<https://www.facebook.com/UdaiWorkingTogetherWorks/videos/847682062387273>

May 7<sup>th</sup> 2020 - E learning and Differently Able children Ms. Aakriti Mahindra, Clinical Psychologist, Dubai

May 9<sup>th</sup> 2020 - Good health is a combination of a good workout and balanced diet with positive thoughts. Nutrition and health guidelines during Covid -19 Facebook live session was conducted on learning healthy ways to stay fit at home by speaker Dietician Ms. NEELAKSHI

This was open for parents, teachers, and well-wishers of UDAI. It was very interactive, and queries of parents were dealt with easy suggestions to follow.

<https://www.facebook.com/UdaiWorkingTogetherWorks/videos/3146678115450197>

## Online Story session for children



It's Story Time! An interactive session was conducted on May 12<sup>th</sup> 2020 to spread knowledge about child development. Stories are, perhaps, the best way to teach life lessons to children. You can teach them the values and morals without being preachy.

During this Stay Home time, we have come up with some short moral/lesson stories for kids to enjoy the story line while also learning a lesson or two by Ms. Navjot Kaur, an experienced Teacher/Coordinator.

Being together by NOT being Together is the biggest thing in these times.

We are also thankful to the industry experts for giving us their precious time & inputs to make these sessions helpful in a lively n interactive way. Our kids' n parents loved it a lot.



Mothers` Day was celebrated at home by our children. Our special educators taught designing the cards in the virtual classroom. It is the special time to show our love to the most wonderful human being we know. Our kids expressed their love for their mommies so beautifully with the cards made by them.

15<sup>th</sup> May 2020 - Yoga is not a workout it is work within. UDAI`s Stay fine while stay in. It is an initiative for all with Yogapreneur Ms. Bagul Singhal. The live session online was to help people keep calm and fit through the tough time.

16<sup>th</sup> May - Webinar on Fine and Gross Motor Skills by Ms. Deepa Sharma Head of occupational Therapy Department at UDAI. Development and milestones. How to promote skills, ensure success and help clumsy children and youth with special needs

21<sup>st</sup> May 2020



Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” Our Star kid Ayush Sundriyal, 17 years old Autistic child of our Vocational Centre who has performed at various events mesmerised audiences with his keyboard skill. He had performed live music session on UDAI`a Facebook page. He is always an inspiration to many. His mother Ms. Deepti Sundriyal has been a great support to him and one of the active volunteers of our organization.

23<sup>rd</sup> May 2020 - Learning difficulties indicate an individual's need for alternative learning methods. Let's know about learning disability in an interactive Webinar conducted by our experts Ms. Tanu Rajput Special educator and Director, Ms. Deepa Sharma, Head of Occupational Therapy and Ms. Sonia Taneja, Special Educator

23<sup>rd</sup> May 2020 - Special live Yoga Session on Pranayama during Lockdown for our children and their parents was conducted by Ms. Bagul SinghalYOGpreneur

4<sup>th</sup> June

One more story telling session by Ms. Navjot Kaur. Child development is not a child's play but can learn it in a child's way.

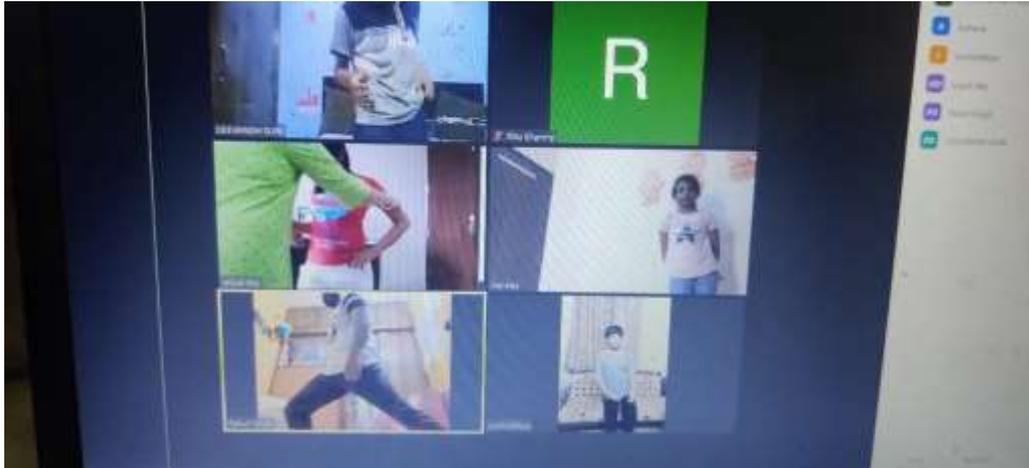
Online summer camp from 4<sup>th</sup> June 2020 to 28<sup>th</sup> June 2020

Hello Sunny Days!

It's time for Udai's super cool Online Summer Camp.

Let's beat the heat with some FUNtastically Cool activities while staying at home..

We have had a lot of learning sessions, online classes, art n crafts, fitness programs and lots more.



We all created some 'Believe it or Not' moments online sessions with activities including Theatre activities, Thinking skill, fine and gross motor skills, Yoga, Language skills, communication skills, remedial teaching, flameless cooking and other fun activities.

The Summer Camp may have come to an end but not the fun. We are always smiling n playing n learning at UDAI.

Here are a few moments from our summer camp 2020 which ended with a fantabulous fashion show and snack party. We will be back with more fun, new learning experiences & many more opportunities next time. Till then Stay Home, Stay safe is our motto.

<https://www.facebook.com/UdaiWorkingTogetherWorks/videos/179998833423431>

June 4<sup>th</sup> 2020 – One more story session by Ms. Navjyot Kaur. Stories with moral values and props for making it more interesting

June 7<sup>th</sup> 2020 – A live music session by Ayush Sundriyal with fantastic keyboard skills

15<sup>th</sup> June 2020 - Internship for a month

It is a great opportunity for Psychology Students & Professionals. UDAI has organised an Online Internship Program to empower the budding psychologists by Ms. Tanu Rajput, Special educator and Director at UDAI and Ms. Archana Sharma, Clinical Psychologist.

A psychology student needs a lot more to start working as a Psychologist, Psychotherapist and Councillor than plain textbook knowledge and during this pandemic time it is not possible to go out for classes/courses. With this view we have come up with a virtual classroom setup wherein our industry experts will give you practical skills training & guidance. We are sure that interning here will help them create new avenues.

## Program Highlights:

Lectures on Clinical and Counselling Skills

Special focus on childhood disorders

Hands on training

Case discussions

7<sup>th</sup> June 2020 - Aerobics session by Ms. Gunjan Khurana

Let's get going!

Give that lazy summer mood a break n put on your dancing sneakers

We are here to keep your energy mode on. Lift up spirits with our power packed zumba-aerobic workout session by Ms. Gunjan Khanna. Zumba and Aerobics, Combination of fitness and fun activities and games.

14<sup>th</sup> June 2020 - Yoga session on types of breathing relaxation through maximum expansion of lungs by Ms. Bagul Singhal

8<sup>th</sup> June 2020 - Importance of Routines and Personal Habits

Group session by Ms. Archana Sharma



Udai in collaboration with The Healing Touch, Super Speciality Eye Care Hospital conducted a 3-day unique webinar Series on:

**“INSIGHTS TO VISION IN CHILDREN WITH SPECIAL NEEDS”**

DAY 1- VISION CARE FOR SPECIAL NEEDS conducted on Sunday, 21st June 2020

DAY 2- VISUAL SKILLS-THE DYSFUNCTIONS AND VISION THERAPY- Saturday, 27th June 2020

DAY 3- SPECIFICS OF VISUAL PERCEPTUAL SKILLS, THEIR DYSFUNCTIONS AND THERAPEUTIC REMEDIES- Sunday, 5<sup>TH</sup> July 2020\*

On Microsoft Teams

Target group – Parents of special needs children, Professionals Occupational Therapists, PhysioTherapist, Special Educators, and School Teachers

Resources persons: Dr. Piyush Kapoor, MBBS DNB, Opthamalogy, FRCS, Chief Eye Surgeon at Healing Touch Super Speciality Eye care Hospital and Dr. Neha Chauhan MBBS, MS, FPOS

<https://www.youtube.com/watch?v=ndsXC1-3Jvo>

Key outcome of the sessions:

Learning about “The Eye”

Learning importance of early eye testing

How can a Neuro Ophthalmologist Help?

21<sup>st</sup> June 2020 - Children are born with their own immune system and slowly build their immunity as they grow. The immune system in children has been designed to do safeguarding them against many bacteria and viruses. It defends your kids against infections, but sometimes it fails to fight against the infection, making the child fall sick. As parents, we get so worried about our child getting sick often that we are forced to wonder if we can do something to boost the immune system of kids. With this Corona virus outbreak, parents are even more worried about their kids' safety.

Ms. Neelakshi Kumaria Wadhwa, a renowned dietician conducted online webinar on June 21st at 6pm on Udai's facebook channel with the theme - Strategies and remedies for boosting child`s immune system. She also shared about few fun diet facts for kids.

International Yoga Day June 21<sup>st</sup> 2020

The very heart of yoga is ‘abyhasa’ – steady effort in the direction you want to go.

It enhances energy, calmness, health & balance of mind, body & soul

We are proud to share this video which shows the power of yoga and positivity. Also through breathing exercises which shows flow of energy into the body in right direction. Our little ones, their parents & the teachers have put in so much effort in these difficult times

26<sup>th</sup> June 2020

Interactive session by Ms. Sahiba Chadha, Life management coach on “Role of Gratitude in Daily Life” Learning some amazing positive facts about loving your life through this soulful session for all.

Few highlighted points discussed were:

Thankfulness

Gratitude

happiness

Joy

ONLINE CLASSES CONTINUE WITH COOKING CLASSES, SPECIAL EDUCATION, ANE MANY MORE ACTIVITIES

Creativity at its best. Our young stars bringing out the best. Not letting these tough times get over them and not giving any kind of lazy excuses, instead utilizing this time in grooming up their talents, learning new things and staying positive. We are proud of our young brigade. You all inspire others.

A Virtual Tour into our Classrooms. Learning is and should be a neverending process.

Team Udai putting in efforts to the best of their abilities to make the online classes interesting, interactive and innovative.

<https://www.youtube.com/watch?v=7HIVSyPpXNE>

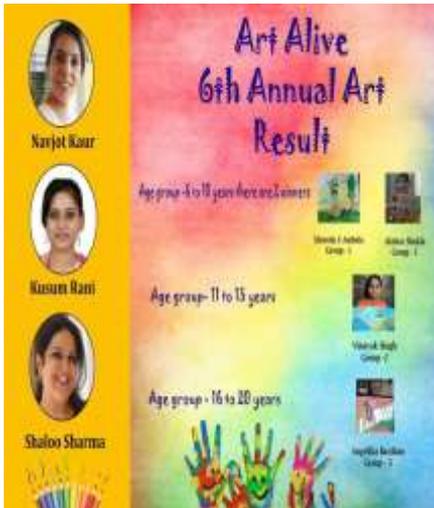
JUNE 29<sup>TH</sup> 2020

Empowering Teachers!

UDAI conducted an online workshop for the teachers of Mount Caramel School, Anand Niketan on class room management of Academic and behavioural issues by Ms. Archana Sharma, Clinical Psychologist and Ms. Tanu Chandna, Special educator and Director at UDAI. More than 100 teachers participated in the workshop and their positive feedback is our reward for the achievement of our steps towards inclusion.

JULY 4<sup>th</sup> 2020 - Child development is not a child's play but can learn it in a child's way. Another story session was conducted by Mrs. Jyot Navjot on the theme - “**Vegetables On Picnic**”

JULY 11<sup>th</sup> 2020 - Live Dance session was conducted on UDAI FB Page “Let`s dance together” by Ms. SimpyMaity.



## **ART ALIVE 6<sup>TH</sup> ANNUAL ART COMPETITION Theme: Your fun idea of an Independence Day**

Every child is born creative. The challenge is to keep that creativity alive. What a splendid and wonderful art sketches created by children!! UDAI Working Together Works proudly announces and expresses heartiest congratulations to the prize winners and big applause to all the participants. Our team has put up great efforts on taking up this initiative to make each one in exploring their creativity.

The winners are:

1. Shreedha S Ambale Group - 1
2. Akshar Shukla Group - 1
3. Vinayak Singh Group - 2
4. Angelika Bardhan Group- 3

We appreciate the judges for their time and support for this event.

JULY 23<sup>rd</sup> 2020

OROL MOTOR is an extreme important area to work on with children with Diverse needs. Infact the sooner you start working on the ORO Peripheral Mechanism unexpected results will come out. So for the same, we are introducing our Occupational Therapist Ms. Harsimran Kaur bringing a series of Videos for parents which can be easily used as a remedies and tips in today`s scenario of Covid 19.

<https://www.youtube.com/watch?v=3FnChargwKc>

July 29<sup>th</sup>

Theatre has been an influential factor in many people`s lives. Creativity can flourish, academics can improve and means of self-expression can be developed. They benefit significantly, not only in terms of exploring the unexplored or hidden ability to act, but also by shedding the inhibitions associated with performing in front of an audience. Theatre can be influential in all aspects of life. Let us all learn how theatrical art can train a child`s body, voice and mind growth.

### **Celebrations**

Celebrating Raksha Bandhan with home-made Sweets and Rakhi. When Team is strong (Teachers and Parents) everything is possible. This time our team conducted Rakhi making activity and sweet making through virtual mode. It was challenging for the staff and children but they made it through.

<https://www.facebook.com/UdaiWorkingTogetherWorks/videos/332876284768682>

## Independence Day

Truly said that no one can stop our students to celebrate and enjoy Independence Day. Not even corona virus. Together we can do anything. Beautiful music by Ayush Sundriyal and other activities conducted at the centre and online class.

<https://www.youtube.com/watch?v=bL8iKcElymI>

<https://www.youtube.com/watch?v=zdJonN7keP8>

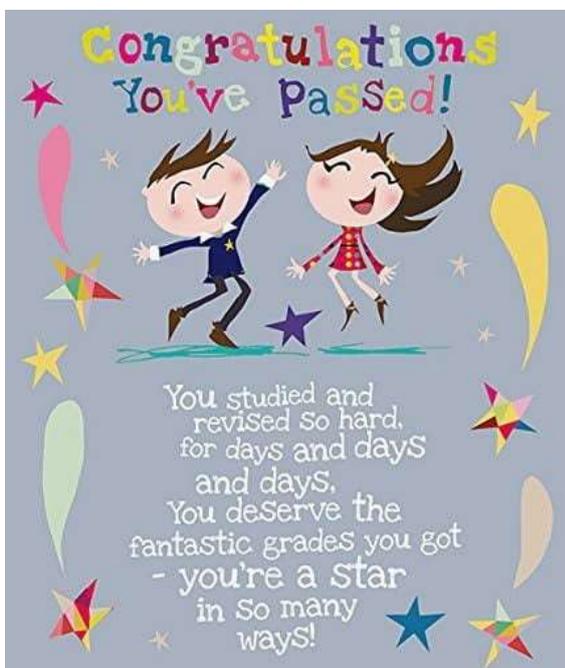
## Happy Ganesh Chaturthi



Chocolate is bliss!! It`s time for new trending & mind-boggling Chocolate modaks. on this auspicious occasion, as part of life skills classes, our super master chefs celebrated, by making delicious & yummy chocolate (oreo) modaks, kids` all-time favourite & channamodaks. Also, beautiful posters of Lord Ganesha, made by our students, using Turmeric and Kumkum as guided by our Special educator Ms. Sonia Taneja, during their online classes. Such a joyful session, the children thoroughly enjoyed.



## Let's Defeat the Barriers and Turn Mirrors into Windows



Ready. Set. Fly....Let this be a step to leap into the life you are meant to achieve. It is time to celebrate all the hard work that led to this joyful occasion. We proudly announce the accomplishment of magnificent 100 % results of our students who appeared in Class X and XII board exams through NIOS (2019-2020).

Heartiest Congratulations to the students, parents and the UDAI Team. Facing challenges with strength, determination and confidence is what matters, and our students keep on inspiring

everyone. It is our opportunity & pleasure to say “Wow” and “Thank you” to our teachers, parents and supporters.

The results are as follows:

Devansh Suri (Class XII) – 52%

Arpit Gupta (Class XII) – 49.6%

Harshul Suri (Class XII) – 62%

Umang Duggal (Class X) – 49.6 %

Harman Singh (Class X) – 47%

Bhawana Sharma (Class X) – 46%

Yatin Garg (Class X) - 48%

Education is one of the most powerful things in life. It allows us to find the meaning behind everything and helps improve lives in a massive way.

Irrespective of race, creed, gender, other diversities, education makes it possible for people to stand out as equal with all the other persons from different walks of life.

Udai's NIOS Curriculum and coaching pattern for children with special needs is set up in such a way that it gives an understanding of the world around along with opening up new avenues to use that knowledge wisely.

### **Skilling, reskilling and upskilling – way forward to self-reliant youth.**

UDAI Working Together Works is taking a step towards building Atmanirbhar Bharat!! Compelling circumstances over the last few months have led to the birth of this very important national campaign. We aim to integrate young adults with special needs into the mainstream through skill development and vocational education.

This September & October, interactive online series of webinars were conducted for parents of children with special needs, diverse needs and professionals working in the areas of disability issues, Special needs, vocational education, skill development. All relevant information about Vocational training and its future scope.

The youth are the future of any country, the need of the hour is to upgrade the skills or up-skill the youth to meet the employment needs of technology-driven 21st century and accelerate the pace of self-reliance.

Theme: Vocational training and its scope in India

Resource person: Mrs. Namrata Amar, Master Trainer (SCPWD), Governing Board member (Mano Vikas Charitable Trust) and Senior special educator (PIDD)

Topics:

1. Skill Ecosystem - 16<sup>th</sup> August 2020
2. Vocational Training Programs - 23<sup>rd</sup> August 2020
3. Vocational Assessment - 30<sup>th</sup> August 2020

4. Skill Council for Persons with Disability (SCPWD) - 6<sup>th</sup> September 2020

5. Employment Venues -13<sup>th</sup> September 2020

### **Brain and body coordination themed - comprehensive weekend programme**

The sessions including topics on specific Brain gym and Gross motor exercises to improve child's physical development with a collection of developmentally appropriate motor skills and mindbody techniques.

Key Highlights-

- Good motor control helps child in many areas of development to explore world around.
- Helps to control early motor delays and interruption in development.
- Mastery in both abilities helps in learning physical fitness and kinesiology through movements.
- Quality of life with confidence, self-esteem and independence by fun-enriching activities which relaxes and enhance skills.

Target Audience: For all students who

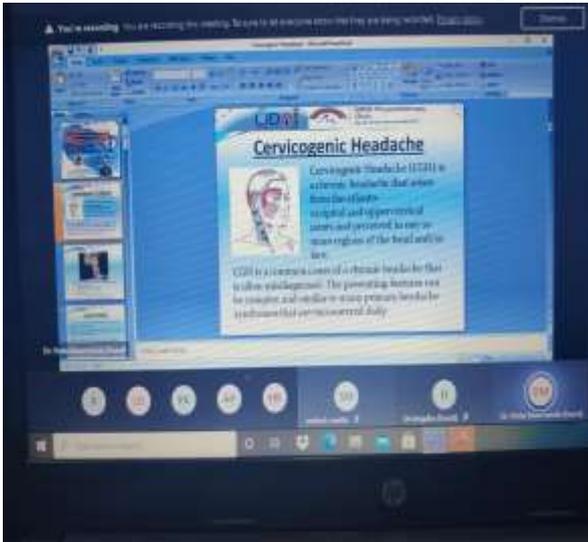
1. May appear clumsy or awkward
2. Bump into, or knock things over frequently
3. Experience difficulty with gross motor skills (e.g., running, hopping, skipping, initiating a jump)
4. Have behavioural issues
5. Have ADL task difficulties

UDAI has collaborated with MFM Physiotherapy Clinic to present a webinar on Cervicogenic Headache

during Covid-19, on September 20<sup>th</sup>. Resource persons were Dr. Vinita Manchanda Senior consultant at Sir Ganga Ram Kolmet Hospital and Dr. Snigdha Rastogi, Senior consultant Philips Health care.

Key topics explained:

Basic information about Cervicogenic headache



Differentiate it from other type of headaches

Self-assessment questionnaire

Exercises, posture correction techniques and others

Special advice and technological advances on Ergonomic part (lifestyle management)

An interactive webinar was conducted by Dr. Ashish Sahani Senior consultant and Unit head of Paediatrics at Sri Balaji Action Medical Institute on 19<sup>th</sup> September 2020 on UDAI`s facebook.

The topics covered:

What is Early Childhood intervention and why is it so important?

If parents have concerns about their child, where do they start?

Understand growth and development of typical and a typical child

Red flags to be noticed and informed during motor development of the child

Question and answer round was handled by panellists Dr. Deepa Sharma and Ms. Tanu Rajput. All participants are provided certificates.

Another interactive webinar was organized for parents on “Strengthen literacy skills with PROMPTS” as an effective tool both in classroom and at home.

Mrs. Indu Chaswal, a renowned parent and a professional with over 25 years of experience. She is the founder Director of AADDIT Charitable Trust. She has conducted over 250 workshops in India as well as in abroad. She has been very active in teacher training and parent empowerment programs.

Main points of discussion in the workshops were:

How to use Prompts with children with Autism Spectrum and other Neuro developmental disorders.

The importance of Prompts in teaching and training

Hierarchy of prompts

The Do`s and Don`ts in Prompting

Issues related to Prompt dependency

### **On the occasion of World Cerebral Palsy Day, 6<sup>th</sup> October 2020, a live panel discussion on Cerebral Palsy and developmental delays.**

Dr. Ashish Sahani, Dr. Deepa Sharma and Ms. Tanu Rajput were on the panel along with the parents of a 13 year old student with Cerebral Palsy of our centre. The parents shared their experience and how they deal with issues regarding their child. It was very inspiring for other parents who are sailing in the same boat.

### **NOVEMBER 2020**

You & Me with the Child - A family empowerment initiative by UDAI and AAddit Charitable Trust.

With a child having special needs, feelings of grief, loss and haunting images of “The dream child” are very common, inevitable and may recur even after the phase of acceptance in parents has been achieved. It is very important to move forward towards new hopes and dreams for and with the child

It is a One Month Training Programme wherein the parents were given insights into their child's abilities, the positives, the shortcomings and most importantly their own thinking patterns. It is not just about the child but the parents too.

The fears, struggles, hopes and dreams a parent has for the child. Will they succeed or fail and a whole universe of thoughts in their minds.

Ms. Indu Chaswal, Chief speaker of the program who is greatly experienced professional in the mental health field, has counselled and given appropriate answers to different queries of parents.

Ms. Indu Chaswal lead another interactive 2 day webinar on 6<sup>th</sup> and 7<sup>th</sup> November 2020, on Social Stories (stories that are synced with learning styles) , a concept that allows children

with Autism Spectrum Disorder and neuro developmental disorders to develop social understanding and help them learn socially appropriate behaviours.

Main highlights of the webinar:

Hands on training for writing social story

Learn socially appropriate behaviour and responses

Social training related to various social behaviours (toilet training, managing visits at various places, job interviews)

**November 1<sup>st</sup> 2020-** Online live Diwali stall in association with Club Youngistan to promote products made by our students at Vocational Unit. The “The Art Cart by UDAI” initiative is much encouraged and appreciated by our supporters.

The products which are displayed are

Natural/organic soaps

Diyas and candles

German Silver Jewellery

Diwali combos

Paper bags and Jute bags

Sublimation products (Mugs, coasters, bottles, Cushions)

Elegant gifting options

<https://www.facebook.com/clubyoungistan/videos/792353011322848>

Diwali celebrations:

<https://www.facebook.com/UdaiWorkingTogetherWorks/videos/408340726967543>

### **Internship Program for the month of December 2020 - Winter**

We have come up with yet another platform, providing an opportunity for Psychology Students to utilize their time by learning practical, clinical skills. Our regular, summer internships are being offered in an online mode this time. There will be special focus on childhood disorders, and opportunity of working with multidisciplinary teams. Lectures on a wide variety of topics will be taken by our faculty.

- Innovative learning techniques apart from classroom learning
- Case studies and Discussions
- In-depth coverage of disorders with practical observations
- Specialized faculty with experience over 15 years.
- Best-in class content. A complete internship program with focus on all aspects of psychology in clinical settings
- Regular assessments and follow-ups

Facilitators:

Ms. Archana Sharma

RCI Registered Clinical Psychologist (IBHAS)

Ms. Tanu Rajput

Founder Trustee and Director, UDAI

3<sup>rd</sup> December 2020 - International Disability Day – Live music session by Ayush Sundriyal

When you hear the word disabled, people immediately think about individuals who can't walk or talk or do everything so they are taken for granted, but the real disability is when people can't find joy in life and are bitter. Abled does not mean Enabled. Disabled does not mean Less Abled.

<https://www.facebook.com/UdaiWorkingTogetherWorks/videos/1034681997019209>

### December 25<sup>th</sup> Christmas celebrations - Online and offline



Story telling session by Navjyot

<https://www.facebook.com/UdaiWorkingTogetherWorks/videos/866338873930259>

Online winter camp from 2<sup>nd</sup> January to 30<sup>th</sup> January 2021

A fun and learning experience for kids in this winter season.

Bunch of activities, that will help your child learn and enjoy.

Activities done:

- Aerobics, Art & Craft, Brain Gym
- Story Telling Sessions, Activities of Daily Living (ADL), Cooking, Theme parties, Fun performances

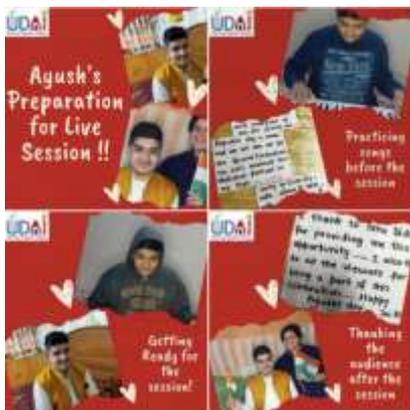


<https://www.facebook.com/UdaiWorkingTogetherWorks/videos/3636329746466860>

## Inter school competition

Our children were invited for an inter school competition organized by Sanchetna Centre for students with special needs on 24.12.2021. Our students secured various ranks in the competition.

**ONLINE WORLD YOGA CUP - DECEMBER 2020** - We are so proud to announce that our students grabbed different ranked in Online World Yoga Cup December 2020 as part of FIT India Movement. Congratulations to the all the kids and Physical trainer Raju Sir for putting in efforts to train our children eligible to participate in such a great platform and showcase their talents.



## Live Music session by AyushSundriyal on the occasion of 26<sup>th</sup> January 2021.

We all have seen Ayush performing so well in all his live sessions. He always makes us happy with his melodious songs and excellent keyboard skills. But behind all his performances. It is his hardwork and his mother's tremendous support. We applaud Ayush for his dedication and his mother's support and constant presence.

## **SUCCESS STORIES**

Harjeet's sister Gurmeet reached out to share their Happiness Santa story. This mini clip shows how our intervention has brought the change in the lives of their family members and the joy they are enjoying.

<https://www.facebook.com/Indiaisus/videos/740011016611157/?ref=sharing>

### **World Downsyndrome was celebrated virtually this year.**

A free interactive webinar was conducted on Pre Vocational Skills - A step towards developing independent skills. The scheduled date was 30<sup>th</sup> January 2021.

It was facilitated by Ms. Neeru Nigam, Special Educator and by Ms. Tanu Rajput, Founder Director at UDAI.

Key Highlights:

- Commuting Skills
- Time Management skills
- Social Skills

### **UDAI turns 8!!**

Though the team of UDAI has started its services with and as “Holy Child Intervention Centre for special needs children in 2009. With zeal to provide quality and regulated results of work it has been extended from intervention centre to a special school and got registered as a Charitable Trust as UDAI Working Together Works on March 4<sup>th</sup>2014.

So it officially turns 8! We thank each of parents, supporters, donors for encouraging and keep motivating us!!

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