



Annual Report for National trust of India 2019-2020

Aarohan welfare society (Regn no. - HR-YNR-2013-00045) was established on 8th Feb 2013 at Yamuna Nagar, Haryana for the welfare of people with various physical disabilities irrespective of age or gender, with a special focus on disabled women and senior citizens.

Based on the United Nations estimate that 10% of the population has a disability (WHO estimates for 6%), there are about 120 million people with disabilities in India. The Indian government itself admits that of the total disabled population, only 2% are educated and 1% employed. Yet, no great effort is being made to give physically challenged people a better world. There are hardly any support services such as affordable and accessible health facilities, rehabilitation, counselling, self-help groups, etc. in the community for persons with disabilities. And situation is even worse for the women & old persons.

Aarohan – EkIchhashakti has been trying to put a bit of effort in this field. **Aarohan Welfare Society** works for such kind of people, to make them self-sufficient, accessible, acceptable in society with dignity. It works in the form of self-help group which is also supported by physically challenged persons & works for them.

Major events:-

Rehabilitation & Occupational Therapy Centre

On 3rd September, 2018 Aarohan welfare society has started “**Aarohan Rehabilitation & Occupational Therapy Centre**” for females with age greater than 15 years. The motto of this centre is to “**To Make Disabled Women’s Life Easier, Happier, Worth Full, Empowered And Dignified**”. In order to achieve our motto, following, **Free of Cost**, facilities are given to our beneficiaries:

- **Transport Facility:** As a service to our clients, **Free Transportation Facility** is provided to bring them from their homes to Aarohan where they are provided care and alternative treatment for their respective disabilities.

One auto rickshaw and one Car is dedicated for transportation facility.

- **Physiotherapy:** Physiotherapy is given to the beneficiaries Daily. Its helps in mobility, such as walking and standing without an aid and the length of tightened muscles. It helps in range of movement of your joints, builds up stamina and exercise tolerance. This also helps to reduce fatigue.
- **Occupational Therapy:** Occupational therapy is given to our beneficiaries for improving their performance, and aids their daily activities. It also boosts their self-esteem and sense of accomplishment. It develops fine motor skills so they can grasp and release toys and develop good handwriting or computer skills. It also help to manage sensory issues. Various traditional methods of doing house hold work, life

skills for making life easy and vocational skills like Packaging skills, colouring of Diyas, Beading work, flower separation and drying for holy colours etc are given to them. For all these activities raw material was supplied by the NGO.

- **Massage Therapy:** are provided to them to help to cope up with their pain and discomfort. Such therapies keep their nervous relaxed, controls their anxiety and stress.
- **Holistic food:** Food is prepared in desi ghee with certain herbs & spices The special diet helps relieve them of their body pain and provide the necessary nutrition. Milk products and fruits are provided for the divyangs at centre, Nuts is also provided for strengthening their muscles and nervous.
- **Care Givers:** Care Givers plays very important role in day of our beneficiary. They help them Physically as well as Mentally during eating food, going to bathrooms, sharing their phobias or any stress, singing and dancing with them there by keeping them calm and relaxed. Some of the beneficiaries need two care takers also. In general all our Care Givers are MTS.
- **Life skills :** This training provided to the beneficiaries. At Aarohan, our motto that each of individual should lead a happy, fit and live a dignified life. Some of our beneficiaries even not to know how to change clothes? How to bath? How to change their sanitary pads ? How to eat? These basic manners taught by Aarohan welfare Society.
- **Counselling:** Parents and beneficiaries are regularly given counselling sessions at Rehab Centre. One of our team members is available for Telephonic counselling sessions for every divyang 24*7 days. Dr. Bharti provides counselling sessions twice in week.
- **Health Care: Dental awareness camp** is organized at Aarohan welfare society time to time and **Diapers and Sanitary Pads** are distributed to the Aarohan beneficiaries and also **Ayurveda Doctor, Dental Doctor** and **General Physician** are visiting time to time to examine the divyangjans for their treatment. Regular **Physiotherapy doctor** is giving their services at centre and **First Aid Box** is available in centre for emergency health issues.

Doctors on Penal (Voluntary)

Dental Doctor	Dr Shalini	DAV Dental College, YNR
Orthopaedic Doctor	Dr Kohli	Kohli Hospital, YNR
Neuro Doctor	Dr Jindal	Jindal Hospital, YNR
Ayurveda Doctor	Dr Aman Sharma	Panchkermakendra, YNR
Physician Doctor	Dr Vineet Jain	Swastik Hospital, YNR
Psychologist	Dr Ritu Bharti	Bharti Hospital, YNR
Gyne Doctor	Dr Mrs Bharti	Swastik Hospital, YNR
Physiotherapy Doctor	Dr Dheeraj	DAV Physiotherapy College, YNR
Prothosis etc	Mr Shailesh	Orthoshed, Noida
Ophthalmologist Doctor	Dr Bansal	Bansal Eye Hospital

- **Accessibility:** Walkers with wheel is given to our beneficiaries to Khushi and Dimple. **Rs 15000/-** was **donated** to **Divyang Rohit** for making his **Activa** accessible for divyangs.

© **Daily Activities:** The centre starts with Prayers followed by Mantra Ucchharan , Mudra Abhiyas, Yoga, Music therapy and Clapping therapy. This is followed by **Learning Activity** session (as per time table) along with massage (with sound therapy) and physiotherapy. During this time beneficiaries are given milk (Flavoured / hot/cold according to season), salads / fruits or Dry Fruits.

TIME TABLE Fig 1.0

Time	Monday	Tuesday	Wed	Thursday	Friday	Saturday
10:40-10:45	Prayer	Prayer	HOLIDAY	Prayer	Prayer	Prayer
10:45-10:55	Om Mediation	Om Mediation		Om Mediation	Om Mediation	Om Mediation
10:55-11:00	Clapping Therapy	Clapping Therapy		Clapping Therapy	Clapping Therapy	clapping Therapy
11:00-11:05	Guru ji path	Guru ji path		Guru ji path	Guru ji path	Guru ji path
11:05-11:15	Breathing exercise	Breathing exercise		Breathing exercise	Breathing exercise	Breathing exercise
11:15-11:45	Painting/Study	Painting/Study		ANTAKSHRI	GAME/ DANCE	Rhymes/ Film on Projecter
11:45-12:00	snacks time	snacks time		snacks	Snacks	Snacks
12:00-12:30	walk time	walk time		walk time	walk time	walk time
12:300- 1.15	vocational skill work / physio / massage	vocational skill work / physio / massage		vocational skill work / physio / massage	vocational skill work / physio / massage	vocational skill work / physio / massage
1:15-2:00	lunch/ physio/massage	lunch/ physio/massage		lunch/ physio/massage	lunch/ physio/mas	lunch/ physio/mass
2:00-3:00	Vocational skill work/ Physio/ Massage	Vocational skill work/ Physio/ Massage	Vocational skill work/ Physio/	Vocational skill work/ Physio/	Vocational skill work/ Physio/	
2:30-3:15	learn comp/ games/ path/ problem solving	learn comp/ games/ path/ problem solving	learn comp/ games/ path/ supervision/ Duties/ mini	learn comp. / supervision / Duties/ /	learn comp. / supervision/ Duties/ mini	
3:15-4:00	supervision/ Duties/ mini snack	supervision/ Duties/ mini snack	Vocational Skill work	Vocational Skill work	Vocational Skill work	
4:00-5:30 (Summer) /	Vocational Skill work	Vocational Skill work				

Lunch is followed by **Recreational Activities** in the form of indoor / outdoor games / Mental improvement games, art & craft , Painting, Dancing, Singing, Sharing experiences, Storytelling

etc. In evening all beneficiaries are served with karha and healthy homemade snacks. Their time table is shown below in **Fig 1.0**

All daily activities are organised and performed with the aim of giving alternative therapies to them so that their pain is reduced, performance in life skills is improved, motor skills are improved and stress reduction is there. List of various therapies are as follows:

Physical Therapies	Occupational Therapy	Relaxing Therapies
☉ Massage Therapy	☉ Art & Craft Therapy	☉ Music Therapy
☉ Yoga	☉ Drama Therapy	☉ Prayer Therapy
☉ Exercise	☉ Sound Therapy	☉ Mantra Ucchharan Therapy
☉ Clapping Therapy	☉ Dance Therapy	☉ Laughter Therapy
☉ Sand Therapy	☉ Story Telling Therapy	☉ Food Therapy
☉ Acupressure	☉ Painting Therapy	☉ Mudra Therapy
☉ Physiotherapy	☉ Gardening	☉ Meditation
		☉ Game Therapy

☉ Celebrations

- ❖ **Birthday Celebrations:** Birthday of each member at Aarohan rehab centre is celebrated. Our beneficiaries enjoyed allot with dance and music. Some of our beneficiaries feels like heaven because their never celebrated their birthdays before .
- ❖ **Festival Celebration** so as to keep our rich festival heritage alive.
 - ✓ **Raksha Bandhan Celebration** on 15 August, 2019. Rakhi's were made & Decorated by Aarohan beneficiaries & prepared Rakhis were displayed and Sold in Different Schools and Colleges.
 - ✓ **Janmashtami** celebrated on 23 August 2019 in occasion of shri Krishna birthday On this day devotees set up jhulas at their houses. It's a quintessential cradle in which an idol of baby Krishna is kept Our NGO were decorated with flowers and parents dressed their wards as Sri Krishna and Radha ji . A ritual called Annadam (serving food to devotees) is carried out for the devotees in NGO.
 - ✓ **Navratri Celebration** by organized and Celebrated with Inner Wheel group, & Dandia was played by our Aarohan beneficiaries & Inner Wheel group members on 3 October, 2019.
 - ✓ **Diwali Celebration:** -For Diwali celebration earthen diyas were painted and decorated, Wax candles were prepared and displayed in Different Schools and Colleges.
 - ✓ **Guru Nanak's Gurpurab** was celebrated with all beneficiaries. A Visit to **Santpura Gurudwara Sahib** for blessings was made and enjoyed langer. on 12 nov.2019
 - ✓ **Children's Day** was celebrated with **fun frolic and group Dance** on 14 November, 2019.
 - ✓ **Xmas** was celebrated on 24th Dec 2019. Our beneficiaries all about receiving gifts from Santa Claus. He also loved children and enjoyed giving gifts to them secretly. Celebrating Christmas with your kids is actually a great chance for you to spend quality time with them. But to make this an unforgettable time of togetherness,

- ✓ **Republic day** was celebrated at Centre by **singing patriotic songs** and **quiz about India**.
- ✓ **Holi** was celebrated at centre on 9th March 2019.

© **Success Stories**

- Slow Learner Parameter started working as care giver to senior citizen.

© **Awards & Recognitions**

- Dr. Ritu Soni President of Aarohan Welfare Society Awarded by Brijbhumi Foundation on 5th July 2019.
- Dr Ritu Soni was invited as Chief Guest by Senior citizen club Shashtri Colony on 12th Aug 2019.

List of Beneficiaries
At
Rehabilitation & Occupational Therapy Centre

Year	Cp	Multiple	MR	Autism	Special cases	Total
19-20	6	3	3	0	01 CP (Home counselling)	13

ADIP related activities (Self Supported & Funded)

Provision/Fitment of Assistive devices	Year (2019-2020)
Wheel chair	NIL
Any other aids and appliances	02
Motor skills games	03
Memory related Games	03
Fitment of limbs	02

Alternative Therapies (Self Supported & Funded)

Therapy	No	Therapy	No
Physiotherapy/ Occupational	12	Yoga & Meditation	12
Massage	12	Prayer Therapy	12
Acupressure	12	Painting Therapy	12
Clapping therapy	12	Sand Therapy	12
Music therapy	12	Food Therapy	12
Dance therapy	12	Game Therapy	12

Training related activities- No of persons trained **(Self Supported & Funded)**

Category	Year (2019-2020)
Care Givers	06
Total	06

Vocational Skills Training

Category	Year (2019-2020)	Category	Year (2019-2020)
Diya Decoration	12	Computers	10
Holi Colors	12	Photostat	12
Khad Making	12	Packaging	12
Sharbats	10	Marketing	12
Pinnis	10	File Management	12
cooking	12	Team Leader	05
Kitchen Management	7	Store Keeping	05
Daily life skills	12	Stress Management	12
Anger Management	12	Diet Management	12
etiquettes	12		

Awareness generation (Self-Supported & Funded)

Category	Year 2019-2020
Preparation and free distribution of written material in local language (Banners)	04
Film (motivational film)	01
Publications of articles in print media	03
Visits in schools /College and addressing teachers /principal and students	08
Clubs and Society	03
Meeting with parents of disabled children	13

Employment /Facilities concession: (Self Supported & Funded)

Category	Year (2019-2020)
Employed in Govt/pvt sector	01
Provided disability certificate/concession/ UDID	08
Admission in regular school	NIL
Admission to Open School	02

Recreational Activities (Self Supported & Funded)

Activity	2019-2020	
Birthday celebration	04	
Musical Program	Semi Classical evening	NIL
	Intakhasri	03
Stage Performances	Song	01
	Narration	NIL
	Shalok / Dohe / Shabd	01
Spiritual Program	Satsang	01
	Navratri Hawan	NIL
World Helping day celebration	01	
Festival celebration at Centre	Diwali	01

	Holi	01
	Xmaxs	NIL
	New Year Celebration	01
	Lohri	01
Out Door Activities	Picnic	01
	Tour	01
	Events (Teej)	01
	Out Door Games	01
	Market Visit	01
Movie	Bi-monthly on projector	03

Education (Self Supported & Funded)

Class	Board / University	2019-2020
10 th	HSEB	01
12 th	HSEB	01
Graduate	Open	01
ITI	----	NIL
Competitive exams	HSE	NIL
Govt aided Vocational Training Promotion for other training centres		02

Occupational Therapy & Rehabilitation Centre

Transportation facility



Physiotherapy



Walking



Mediation



Massage Therapy



Acupressure/ Clapping



Yoga



Holistic Food



Painting Thrapy



Diya Decoration and selling



Together enjoying Happy Moments



Christmas celebration



Picnic



Navratri Celebration



Birthday celebration



Children's Day Celebration



Satsang

Donation for Activa Accessible



Ramp Walk by Dimple



Artificial Limbs Distribution/Maintenance



Distributed Sanitary Pads and Diapers



Awards & Recognition



Holistic Food





Annual Report of Aarohan Welfare Society 2019-2020

Aarohan welfare society (Regn no. - HR-YNR-2013-00045) was established on 8th Feb 2013 at Yamuna Nagar, Haryana for the welfare of people with various physical disabilities irrespective of age or gender, with a special focus on disabled women and senior citizens.

Based on the United Nations estimate that 10% of the population has a disability (WHO estimates for 6%), there are about 120 million people with disabilities in India. The Indian government itself admits that of the total disabled population, only 2% are educated and 1% employed. Yet, no great effort is being made to give physically challenged people a better world. There are hardly any support services such as affordable and accessible health facilities, rehabilitation, counselling, self help groups, etc. in the community for persons with disabilities. And situation is even worse for the women & old persons.

Aarohan – EkIchhashakti has been trying to put a bit of effort in this field. **Aarohan Welfare Society** works for such kind of people, to make them self sufficient, accessible, acceptable in society with dignity. It works in the form of self help group which is also supported by physically challenged persons & works for them.

Objectives:

- Empowerment of physically challenged persons.
- Women Empowerment.
- Skill development for women and disabled persons.
- Life skill development for leading healthy life for senior citizen, women and disabled persons.

Major Ongoing Projects:-

1. **Aarohan Rehabilitation and occupational therapy centre.**
2. **Monthly Free Artificial limbs distribution.**
3. Maintaining database for handicaps.
4. Sponsoring handicap students to attain technical education / bank coaching's / other services coaching.
5. Arranging special education tutors for them (speech therapy, writing skill development etc.).
6. Creating awareness in them for their rights / education benefits.
7. Creating awareness about various government schemes for differently abled people.
8. Developing vocational skills in order to empower them.
9. Developing life skills for them to become more helpful for the society.
10. Career guidance consultancy for them.
11. Sensitizing general people regarding difficulties of disabled persons.

Besides above said regular efforts are done for the benefits of weaker section of people. below are some of the workshops organised.

Major events:-

© **Rehabilitation Centre**

On 3rd September, Aarohan welfare society has started “**Aarohan Occupational Therapy & Rehabilitation Centre**” for females with age greater than 15 years.

As a service to our clients, **Transportation facility** is provided to bring them from their homes to Aarohan where they are provided care and alternative treatment for their respective physical disabilities. Various physical therapies like **Physiotherapy, Yoga, Acupressure and different Massages** are provided to them to help to cope up with their pain and discomfort. Such therapies keep their nervous relaxed, controls their anxiety and stress.

For their holistic development and wellbeing, food is prepared in desi ghee / cold pressed oils with certain herbs & spices the special diet helps relieve them of their body pain and provide the necessary nutrition. Milk products and fruits are provided for the divyangs at centre, Nuts is also provided for strengthening their muscles and nervous. **Such a diet reduces their need for medicines thereby reducing the side effects of medicines also**

Besides these, occupational therapies are also provided. Life skills and vocational skills are provided to the beneficiaries. At Aarohan, our motto that each of individual should lead a happy, fit and live a dignified life.

© **Waste Management**

Used marigold flowers and rose flowers are collected from different Mandirs and Hotels etc to reuse them for making certain organic products. One successful product has been made from them is holi colours. In future, research will be done for organic therapeutic Dhoop Battis from them also.

© **Skill Development**

Various skill developments are taught to the divyangs to make them self-independent by the NGO. Following skill development is there:-

- To all the clients at Centre, training for **Rakhi Making, Diya Decoration, Packaging & entrepreneur skills given**. For all these activities Raw material was supplied by the NGO.
- Skills for making **Organic Holi Colours** are also given to our clients at centre.
- Skills for making **Therapeutic Pinni making and sharbats** are taught to members of Aarohan Rehabilitation & Occupational centre.
- Skills for **Rakhi Making, Marketing & Management** are being taught to the beneficiaries.

© **Women Empowerment**

- 15 females were empowered for each skills taught to the beneficiaries of centre.

All these activities are conducted by the NGO from time to time.

Ⓒ **Accessibility**

- **33 Artificial limbs & accessories** were donated to **26 persons** in this financial year.
- Free Artificial Limbs Distribution, Limbs Maintenance and survey is done on every Third Thursday of each month.
- **Rs 15000/-** was **donated** to **Divyang Rohit** for making his **Activa accessible** for divyangs.

Ⓒ **Career guidance & Counselling**

- Parents and Divyangs are regularly given counselling sessions at Rehab Centre.
- Telephonic counselling sessions are available to every divyang 24*7 days.

Ⓒ **Together enjoying Happy Moments**

- Aarohan has made it possible for their clients to enjoy Teej Function organised on 3th August 2019. Some of the girls have been come in the function for the first time.
- While working in centre, ladies discuss their problems, share their views and enjoy each & every moment.
- Birthday of each member at Aarohan rehab centre is celebrated.
- “**Refreshing Childhood Memories**” were organized with Inner Wheel Club Ladies. Various lost games life “**Gitte, Kanche**” was played with beneficiaries.
- Festivals like **Lohri, Christmas, Diwali, Hole , Navratri, Republic day, Gaynesha Visarjan** etc are celebrated.
- **Annual day of Occupational Therapy & Rehabilitation Centre** was celebrated on 3rd Sept 2019.
- **Annual Day of Aarohan** was celebrated on 8th Feb 2020.
- **Annual Divyang Meeting** was organized on 15th March 2020. **42 divyangs** persons attended the meeting. **They were motivated to start their own business in which Aarohan will take the responsibility for selling their product was discussed.** Efforts were also made to **employ two divyangs** (Mr Deepak & Mr Mahesh) at **Hyundai Showroom & Maha Laxhmi Industries** respectively.

Ⓒ **Health Care**

- **Aryurvedic Doctor, Dental Doctor** and **General Physician** are visiting time to time to examine the divyangjans for their treatment.
- Regular **Physiotherapy doctor** is giving their services at center.
- **First Aid Box** is available in centre.
- **Dental awareness camp** is organized at Aarohan welfare society time to time.

- **Diapers and Sanitary Pads** are distributed to the Aarohan members.
- **Regular Massage** and other **Alternative Therapy** are regularly giving at centre as well as to other Aarohan members though video sessions.
- (Following Therapies are given to each client (As per required) at Aarohan Rehab centre:

Physiotherapy	Massage Therapy	Sand Therapy
Acupressure	Music Therapy	Dance Therapy
Food Therapy	Prayer Therapy	Mantra Uchharan Therapy
Mudra Therapy	Walking Therapy	Laughter Therapy
Mudra therapy	Clapping Therapy	Game Therapy
Mediation	Painting /craft Therapy	

© **Social Benefits**

- Aarohan board members are available 24*7 for divyangs.
- Efforts are being made to convince industrialists for employ at least one divyang in their industry.

© **Awards & Recognitions**

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- Dr Ritu Soni was invited as Chief Guest by Senior citizen club Shashtri Colony on 12th Aug 2019.

© **Cultural Heritage**

- **Mudra Gyan** was practicing at centre according to beneficiaries' requirement.
- **On auspicious days**, specific Mantras were chanted.
- **Festival Celebration** so as to keep our rich festival heritage alive.
 - ✓ **Raksha Bandhan Celebration** on 15 August, 2019. Rakhi's were made & Decorated by Aarohan beneficiaries & prepared Rakhis were displayed and Sold in Different Schools and Colleges.
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- ✓ **Republic day** was celebrated at Centre by **singing patriotic songs** and **quiz about India**.
- ✓ **Holi** was celebrated at centre on 9th March 2019.

© **Spiritual Heritage of India**

- **Prayers, Mantra Uchaaran (OM, Gyatri Mantra and Guru Mantra Jap) and Meditation** are done daily in rehab centre.
- **Guru Ji's Satsang** was organised at centre on 12th August 2019 & on 2nd March 2020.

© **Visits**

- **MLA (YNR) - Shri Ghan Shyam Das Arora ji** visited Aarohan Welfare Society on 16th Nov 2019. He donated **two Walkers** to Our Beneficiary Dimple & Khushi. He also donated **sanitary pads & Dippers** to centre.

© **Success Stories**

- Slow Learner Parameter started working as care giver to senior citizen.
- One of our **Senior Citizen** client problems of **sleep lessness** was improved by 60% with **Music Therapy**.

Ritu Soni

Dr. Ritu Soni

President

Aarohan Welfare Society