

The Society for the Mentally Retarded

Swashraya
Adult Training Centre

Sneh Nirzar
School

Sneh Spandan
Centre for C.P. Children



Resp. Sir/Madam

Here under I have to submit a detailed report regarding activities done during the 2021-22 and our History

BACKGROUND

To introduce ourselves we have to inform you that we are an organization engaged in education and training to the Mentally Retarded Children and adult men & women since 1983. This institution is called as *“The Society For Mentally Retarded”* in which a section called *“SNEH-NIRZAR”* is a *School for Mentally Challenged Children* and *“SWASHRAYA”* is a section for training *Mentally Challenged*. *“SNEH-SPANDAN”* is a *Center for Multiple Disabilities and CP Child with Mentally Challenged*.

The Society For The Mentally Retarded is a non-profit voluntary organization established on 21st March 1983, which was created for the purpose of helping the mentally disabled individuals. It was born out of the dedicated and selfless efforts by the parents of a mentally retarded boy, Rajesh Kanabar. The fact that their son was mentally disabled they understood the predicament of bringing up a child in a society that was not aware of the needs of a special child. With this aim in mind they moved forward with determination to set up a special school with professional expertise so that no other families would suffer from lack of services for the mentally challenged. Despite the fact that both the parents of the mentally disabled boy were also physically disabled it did not act as a barrier and they moved ahead wholeheartedly to pursue their goal.

Thus the march began absolutely without any financial backup with five mentally challenged children and a few dedicated and committed staff under a small roof giving way to the birth of the school section on 4th August 1983 called the Sneh-Nirzar school for the mentally challenged children. Gradually some generous people joined hands in this noble venture. With God's grace today we are happy that the seed planted in 1983 was raised with hard work, commitment and dedication to reach out to a lot of people far and near and it is the only institute of its kind in Saurashtra. This commitment and dedication resulted in another leap towards the growth of a center for vocational training called Swashraya Adult Training center in 1985 and in April 2003 we started a project for the multiple disability children called Sneh-

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Spandan . As this road to reach the desired destination is not easy we are still striving to move ahead, and indeed we have a long way to go.

The institute is functioning as a center for various co-related activities, focusing on the development, education, training and rehabilitation of the mentally challenged. It aims to develop their inner potential as per their ability.

The institution is situated in Rajkot in its own premises. The revenue free land of 3000 sq.mtrs. was obtained from Govt. of Gujarat in 1997 and with the financial help of donor's construction of new complex started in March 2002.

TSFTMR is an established organization in the area of human development with special reference to the mentally challenged.

Admissions are open for all the sections of the society. There is no such factor like economic factor to act as a barrier for admission. As such 80% percent of the beneficiaries are from the weaker sections.

MISSION

The Society for the Mentally Retarded has a mission. The underlying mission is to provide measures for the welfare and rehabilitation of children who are born with an incomplete development of mind. We have committed ourselves to work for the total development of the mentally challenged people, in accordance to their ability and to chance their quality of life and facilitate reintegration in the society. We want to create a world where the mentally challenged can get an equal opportunity to work and live with dignity TSFTMR believes that every human being in his or her very existence has the right to live, and that also applies to these under development minds.

OBJECTIVES

TSFTMR is a non-governmental organization that is based on the philosophy of kindness towards mankind. The cornerstone of this philosophy lies on a solid structure to ensure welfare to the mentally challenged individuals, making them useful citizens and offer their creativity to the society. At TSFTMR we believe that a mentally challenged mind can be developed if they are provided

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numerous development areas as a normal human being. TSFTMR is committed itself to fulfill the needs of the mentally challenged with dedication by :

- ✚ Maintaining a motivated and dedicated team of professionals
- ✚ Undertaking a proper assessment and diagnosis of each child
- ✚ Identifying the psychological and therapy needs of the child and thereafter place them in groupings and grades.
- ✚ Providing education and training to make them able citizens to live within the community with dignity
- ✚ Spreading and building social awareness through media, TV, Newspaper, seminars, conferences etc.
- ✚ Utilization of scientific methods to their growth and training
- ✚ Provide medical aid and counseling as and when required.

Working by the above philosophy and principles today TSFTMR has reached out to people far and near. We believe that one of the major focuses of education for mentally challenged individual is to develop occupational competence in them through efficient vocational guidance and training.

TSFTMR AIMS TO

- ✚ To educate the mentally challenged children.
- ✚ To train the mentally challenged adults to live a life with dignity.
- ✚ Creating awareness for the mentally retarded persons in the society.

AT TSFTMR WE AT THE PROBLEM FROM ANOTHER APPROACH

We train them to be self sufficient in their daily life routine (like eating, dressing, brushing, going to the toilet etc.) Daily exercises enable them to maintain suppleness of their body.

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Today, four staff members are taking care of 40 children and four vocational instructors are taking care of 45 trainees with mild, moderate and severe brain related disabilities.

Panels of specialists are hired to determine the degree of mental, emotional, communication and behavioral disability of each child. Each child receives individually designed targets of achievement and progress.

Many consider that any expense on such children is money down the drain, since most of such advanced cases will never be able to earn enough to help to support themselves, let alone any pretense of looking after a family.

TSFTMR PUBLICATIONS

- ✚ Greeting cards for Diwali and New Year.
- ✚ **Books in Gujarati for awareness generation** - Till date six books have been released. The author of these books Nilamben Kanabar is associated with TSFTMR for 20 yrs.
- ✚ **Devdoot** - A book for parents regarding home training for a disabled child.
- ✚ **Bidayeli kali** - A book describing about the developmental stages of the child from birth to 6 yrs of age assessing on the Scientific Education details
- ✚ **Kantali Pagdani** - A book on behavioral details.
- ✚ **Devdoot Name Sawal Jawab - Sawal Name Jawab** - A book for awareness of parents and the society.
- ✚ **Devdoot Ni Nisarani** - A book for teachers and parents of the children with mental retardation.
- ✚ **Chalo Agar Dhapiya.**

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SERVICES PROVIDED

This school section got effective from the 4th of August 1983, with 5 mentally disabled children.

The present scenario of students ranges within 40- 45 in a year.

“SNEH-NIRZAR ” a school for children severe needs. Initiative is taken to develop a curriculum planning in such a way by meeting the individual needs of the child and the family by combination of different approaches. Sneh - Nirzar has adopted a technique by teaching daily life method, interaction , music and dance sessions etc.

A detailed study of a child’s case is conducted when he or she joins the school . On the basis of this study a comprehensive programme for treatment and development is devised. Care is taken to prepare the child to go through the designed curriculum and build up their inner potential.

The Project is also approval by Ministry of Social Defence , Govt. of Gujarat.

“SWASHRAYA” Adult training center is a project where 40 men and women are given vocational training. This is the only center of its kind in entire Saurashtra Region In this center opportunity is provided to the mentally retarded men and women to become self sufficient. They are given material to learn and manufacture various Cottage Industry type of items such as Vocational Classes:

- ✦ Gruh Udyog (Papad, Spices and Doormats)
- ✦ Agarbatti
- ✦ File Making
- ✦ Handicrafts (using different fabrics)
- ✦ Candle Making
- ✦ Envelop, File and Book Binding Section

are under the scheme to Promote Voluntary Action for Persons with Disabilities, Govt. of India, Ministry of Social Justice and Empowerment.

“SNEH-SPANDAN” The satellite centre project for children with multiple disabilities got underway in April 2003. This project for children who are impaired with additional disabilities in Gujarat. We

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have started this project with nine multiple disabilities children. Home visits are also made in this project.

“Chatinya” Multi Disciplinary Unit We have now planned to add a new project in our Institution. A Mental Hygiene Clinic is required to start in this area where following facilities are available to such needy people easily and reasonably.

■ Outdoor Clinic service

A day to day by checkup and treatment to needy peoples of the area particularly poor needy people who can not afford to spend more towards treatment. This is a future plan.

■ Speech Therapy

A speech therapy centre is to be opened where treatment by experts is available at minimum charges.

■ Physiotherapy

A full fledged physiotherapy centre to be opened where all required equipments are available for children with C. P, particularly mentally handicapped children and people who need a special treatment at a minimum expense. This centre is to be run by expert therapist.

■ Training

A training centre to be opened to train people for further treatment to be given periodically in absence of experts, at centre as well as at home.

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Psychological Test

A psychological test laboratory is to be established for diagnostic and treatment thereof for assessment of cerebral deficiency accurately so that proper treatment can be prescribed.

- **Psychological Therapy**
- **Clinical Diagnosis**
- **Rehabilitation Camps**
- **Pediatric Physiotherapy**

Section to be opened for treatment to needy children by experts

We, at this stage would like to propose once again to donate us to carry out our above dream project conceived by Late Shri N M KANABAR SAHEB, the great visionary who dedicated whole his life in this field. We hope to establish a first such clinic of its kind, where all the needy people in the area of SAURASHTRA & KUTCH are benefited by the getting treatment and services. All infrastructures like building and space for above activities are ready to start.

You will appreciate that to start such “Multi Disciplinary Unit” or you may call it “Mental Hygiene Clinic” all our efforts are required to be made. This institute is trying to approach people who are kind enough to give their best support for every possible help to the institution. To establish and to run all activities referred above smoothly, need applicable equipment, laboratory etc. and it requires much finance.

Your esteemed institution has always helped us generously in every way. We humbly acknowledge your kind support given to us in the past. We intend to cater needy poor people in the society. We shall also give all facilities at reasonable charge or free of charge to deserving cases.

This will also be applicable to beneficiaries whom your organization refers and as desired by your organization. Your full support is solicited in this great task ahead of us.

- ❖ We arrange a vaccination camp collaboration with Rajkot Muni. Corporation for ID Children 2nd dose approximately 117 children's
- ❖ 39 and 40 students of Harivandana Collage respectively visited institute during two months. They have purchased the product which prepared by our students and enjoyed with our children.

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- ❖ Halari Visha Oswal Aadijin Seva Trust Jamangar was invited our children to his ashram for lunch.
- ❖ Mr. Vasantbhai Khant, Ex. Dy. engineer was requested for take class of yoga to our children for their good health and he agreed to teach yoga.
- ❖ One of the project for **Swashray Adult Training Center** 400kg **Wafer production** was made by the help of the children.
- ❖ Project for **Swashray Adult Training Center** Production of “**Rakhi** “ was held and decided to Exhibition- sale in schools. We have visited 20 schools of Rajkot city, out of that 15 schools had permitted to sale Rakhi in their school.
- ❖ Project for **Swashray Adult Training Center** Production of **Candles** and other items of wax were produced and selling in 10 schools
- ❖ Mr. Pramodbhai Thakker UK Family had visited to this institute and enjoyed with children of this institute. They have donated us huge aluminum utensils with a exercise cycle, trade mile for the use of institute.
- ❖ One Doner Railway Ladies Club visited and **donate Papad Making equipment** for the use of our children. He had also to get prepared a large framed plastic roof for the use of Kitchen personnel. It was badly needed.
- ❖ Students of Bhushan school for the class 8th and 9th were visited to the institute for taking the training of Agarbatti making. They had gifted as a gift to our children. We had packed the same packets of the agarbatti prepared by them and distributed among our children of the institute.
- ❖ 10 students of this institute were selected for the **State level Olympics** event which was held at **District ..**
- ❖ **Camp Physiotherapy** were held for the instructions to the parents and showing their progress reports of the children and discuss regarding participation of physical exercise to be held further.
- ❖ Children of our institution enjoyed the different festivals like Diwali by bursting simple crackers, Holi by playing with colorful colors, Navratri by enjoying garba dance etc.

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- ❖ District Education and Training centre, 100 students visited our institute and purchased our products prepared for rs. 5150/- and contribution of rs. 10,000/- donated to this institution.
- ❖ All the children and staff members of this institution had visited Zoo for Picnic as celebration arranged by Rajkot Municipal Corpo. regarding Annual day. All had enjoyed with the rides, musical water fountains, and Disco theck and enjoyed also delicious meals.
- ❖ A total of 107 children have been registered for scholarships given by Gujarat Government in 2019-20
- ❖ A total of 725 beneficiary enrolled in Niramaya scheme in 2021-22 and trained on all the procedures like registration, how to claim etc.

Thanks

Hitesh Kanabar
General Secretary
The Society For The Mentally Retarded
Rajkot