

INTEGRATED REHABILITATION & DEVELOPMENT CENTRE -IRDC

ANNUAL REPORT 2020-2021





Greetings to you all!

Hope you all are safe & doing well!

I am very happy to write a message for Annual Report 2020-21. Despite pandemic COVID 19, our IRDC team remained committed to providing comprehensive health care & rehabilitation to people with disabilities and children in need (orphans, semi-orphans, or destitute children).

In 2020-21, IRDC has supported 65 pregnant women from refugee camps in Villupuram by providing grocery items & vegetables, 57 sanitary workers, 49 frontline workers (Doctors, Nurses, Physiotherapist, Social Workers, and other staff from Primary Health Care Centre Ariyankuppam by providing PPE and COVID 19 protection kit, 20 families of people with disabilities in Cuddalore, 76 families of PwDs in Puducherry. IRDC also supported families of orphan students and supported their studies by enabling them to attend online classes through smartphones.

This year, we vaccinated all our residential beneficiaries at Baby Sarah's home and also got an opportunity to work again for the National Trust for the welfare of persons with autism, cerebral palsy, mental retardation & multiple disabilities, govt. of India as State Nodal Agency Centre (SNAC) in Puducherry.

Here, I would like to say thanks to all our donors/wellwishers/volunteers for their unconditional support & contribution. You all enable us to do this. IRDC team invites you to visit us and volunteer your time in the service of needed children & adults with disabilities.

Thanking you,

Stephen Raj Secretary,IRDC

REGISTRATION DETAILS

INTEGRATED REHABILITATION & DEVELOPMENT CENTRE- IRDC Registered as NON PROFIT ORGANIZATION Under THE SOCIETIES ACT 1860. (Registration Number 161/92)

TAX EXEMPTION

ALL Donations to INTEGRATED REHABILITATION & DEVELOPMENT CENTRE- IRDC are Exempted U/S 80G (Income Tax ACT 1961) 50% Tax Exemption.

LEGAL STATUS	
PARTICULARS	DETAILS
• THE SOCIETIES ACT	161/92
• FCRA	285130084 (EDUCATION, SOCIAL)
• 80G	C.NO.9165E(560)/CIT/PDY/2010-11
• PAN	AAAAI6672B
•12A	C.NO.9165E(560)/CIT/PDY/2009-10



ABOUT INTEGRATED REHABILITATION & DEVELOPMENT CENTRE

INTEGRATED REHABILITATION & DEVELOPMENT CENTRE (IRDC) popularly known as Baby Sarah's Home is a Non-Government Organization (NGO) registered under the Indian Societies Act 1860 vide registration number 161/1992 in Puducherry. Thiru. A.P. Joseph was a visionary of the organization who establish the organization to support orphan children, especially children & adults with disabilities.

In 2007 IRDC has been recognized by the State Government & registered under PwDs Act 1995 and in 2010 the organization was recognized by the National Trust, for the welfare of persons with Autism, Cerebral Palsy, Mental Retardation & Multiple Disabilities, Ministry of Social Justice & Empowerment, Govt. of India and awarded as "BEST REGISTERED ORGANIZATION".

Later, in 2011 the organization was appointed as NGO Member for Local Level Committee, Puducherry to issue Legal Guardianship Certificate to PwD's parents /siblings/relatives for better care & protection. IRDC, also appointed as State Nodal Agency Centre (SNAC) in Puducherry to monitor implementation of schemes for PwDs and provide guidance and support to other NGOs who are working in the field of disability. After successfully, completing its tenure of 6 years, IRDC took a break and gave this opportunity to other NGOs. In 2020, the organization was again appointed as State Nodal Agency Centre (SNAC) in Puducherry. Recently, we also got registration under the Rights of Persons with Disability (RPD) Act 2016 via registration number Sl. No. 01/2020.

Vision

To establish an inclusive society and enable the underprivileged people or persons with disabilities to gain power and have the choice to live a holistic & qualitative life with control and access over reproductive resources.

Mission

• To promote inclusion of PwDs in the area of education, employment, and community life by creating awareness about the Rights of Persons with Disabilities Act (RPDs Act) & UNCRPD Act 2006.

• To generate/search for suitable employment opportunities for persons with disabilities and support various vocational training.

• To facilitate the realization of equal opportunities and full participation of Person with Disabilities.

• To empower Children with Special Needs / Person with Disabilities (Mental Retardation (Intellectually Dysfunctional), Autism Spectrum Disorder, Cerebral Palsy, Multiple Disabilities, Down syndrome, Muscular Dystrophy). Blindness (Visually Impaired), Low-vision, Leprosy Cured persons, Hearing Impairment (deaf and hard of hearing), Locomotor Disability, Dwarfism, Mental Illness, Chronic Neurological Conditions, Specific Learning Disabilities, Multiple Sclerosis, Speech and Language disability, Thalassemia, Hemophilia, Sickle Cell disease, including deafblindness, Acid Attack victim, Parkinson's disease.

• To establish Institutions for the above-mentioned Disabilities, Institute for Senior Citizens, Maternity Homes, Convalescent Homes, Charitable dispensary, Infirmaries, Child Care Institutions for Children who are in Need of Care & Protection, After Care Programme (Residential), and other establishments for relief and help to the Indigent and destitute people.

• To provide help to the needy, the destitute, the physically Challenged, Person with Disabilities, and the indigent during Pandemics and emergencies.

• To establish counseling centers for the needy for providing counseling on Education, Health, Family Issues, Employment, and other issues affecting the public in general.

• To enroll Person with Disabilities under various Health Insurance Schemes, Education Schemes, Financial Assistance Schemes, Vocational and Training Schemes.

• To help create a bright future for those with an intellectual and developmental disability and who have very limited resources to help them achieve the quality of life independence and inclusion.

• To provide Aids and Appliances to Person with Disabilities.

• To enable and empower persons with disability to live as independently and as fully as possible within and as close to their community as possible.

• To establish Sports Academies, Agriculture, Farming, Pet Farms, libraries, Music, Dance Academies, Life Skills Programme Academies for the welfare of Person with Disabilities and Children who are in Need of Care & Protection.

• To carry out research activities on Disabilities and Children.

• To launch Helpline for Person with Disabilities and Mentally Ill Persons.

ABOUT BABY SARAH'S HOME

Baby Sarah's Home is a unit of Integrated Rehabilitation & Development Centre (a Registered Organization under the Societies Act, 1860 Reg No.161/92) started by Mr.A.P.Joseph, a Social Worker FROM a native of Puducherry.

The purpose of Integrated Rehabilitation & Development Centre is to work for the welfare of Children with Special Needs, Person with Disabilities and Children who are in Need of Care & Protection through establishing Residential Care Programmes, Special Schools and Various Programmes

As a Unit of Integrated Rehabilitation & Development Centre, A Residential Care Programme for Children with Special Needs and for Children who are in Need of Care & Protection. The Residential Care Programme was started in a rental building with just 3 children in Muthirayarpalayam with the support of many philanthropists of Puducherry.

As the number of beneficiaries was increasing day by day, founder Mr.A.P. Joseph decided to have a own building for the residential care Programme. In order to acquire a permanent place for residential care Programme, the founder was approaching many people and during this process, a family (Mr.Leon, his wife Mrs. Brigitte and their daughter Miss.Sarah) from Germany visited our Residential Care Programme and having understood the purpose of the residential care Programme, they started supporting financially and they contributed to buy land in Ariyankuppam and also for the construction through their Organization (KINDERLACHEN) meaning Laughing Child.

With their support, we are able to have our own land and building in Ariyankuppam now and as a gesture of GRATITUDE to thank the family of Mr. Leon & Brigitte and their daughter Sarah, our founder Mr.A.P.Joseph decided to name the residential care Programme as Baby Sarah's Home.

They are continuing their support and visiting Baby Sarah's Home once in 2 or 3 years.

During the earlier days, children were admitted through Police Station, Our Organization Members, other Non-Government Organizations and for the past year's admission, discharge and restoration of Children are completely done through the Child Welfare Committee of Puducherry.

Activities of Baby Sarah's Home:

- Residential care
- Physiotherapy
- Speech Pathology
- Vocational Training
- Gardening
- Occupational Therapy
- Sports, Music, Art and Dance

INTERNATIONAL BIODIVERSITY DAY

May 22nd is observed as International Biodiversity Day all over the world with a purpose to protect and contribute to Biological Diversity. From nature-based solutions to climate, health issues, food and sustainable and water security, biodiversity livelihoods. is the foundation upon which we can build back better. The theme for 2021 is WE ARE PART OF THE SOLUTION.

On behalf of IRDC & Baby Sarah's Home, International Biodiversity Dav was beneficiaries celebrated among the Orientation through and awareness: beneficiaries were trained to keep a water bowl on the terrace of IRDC premises for protecting the birds from thirst and dehydration during summer. Beneficiaries enjoyed seeing the birds taking water from the bowls.









INTERNATIONAL MISSING CHILDREN DAY

International Missing Children's Day is an International Day celebrated on May 25th of every year, the same day as the United States' National Missing Children's Day designated by Ronald Reagan in 1983. More than 1 million children are missing every year and the percentage of Disabled children could be high among this.

So, there is a need to develop a strategy in tracking the missing children, especially the disabled. IRDC and Baby Sarah's Home is very much involved and interested in restoring missing children with their family members in the past as a support organization for CHILDLINE 1098. IRDC has restored nearly 15 to 20 Disabled Children and Adults with their family members or the concerned state authorities.

IRDC is in the process of developing a strategy in finding out the parents of the missing children and adults through various methods; soon we will have a concrete strategy for the RESTORATION activity.

NEW CHILD ADMISSION

This year, we got a new admission from Puducherry Child Welfare Committee, the male child's name is Yogesh, 09 years old with severe Mental Retardation and Cerebral Palsy, and he is a child who is in need of Care & Protection. After the primary health and psychological assessment, he is now placed in our Special School, getting trained in Speech Pathology and Physiotherapy. There is a lot of improvement in his speech and movements.





PURCHASE OF NEW VEHICLE (VAN & AUTORICKSHAW)

On behalf of IRDC & Baby Sarah's Home, for the welfare of our beneficiaries and for the better movement and accessibility, a new Van and Autorickshaw were purchased. Our beneficiaries enjoy a lot their travel in the Van and Autorickshaw, it's helping us a lot during medical emergencies visit various events and and destinations. Our gratitude to all the supporters who helped us financially with the purchase of new vehicles.

PURCHASE OF WOODEN CHAIRS

For better seating comfort, 10 new wooden chairs were brought for our Special School Spaces, our beneficiaries enjoying a lot as it's like getting closer to nature, away from iron, plastic, and steel chairs.



ESTABLISHMENT OF SPORTS UNIT

Sports provide numerous benefits to People with Disabilities, Physical benefits, such as the improvement of circulation, the development of musculature, and improved balance and coordination. It also improves physical conditioning; it helps to control weight and prevents the onset of diseases associated with a lack of mobility. The positive outcomes that People with Disabilities achieve through practicing sport can help their confidence, flexibility and make them feel more secure in their normal daily lives. Children with Special Needs and Person with Disabilities enjoyed the sport and the event was organized by the Sports Teachers and the volunteers of IRDC.

IRDC has a long-time dream to establish a SPORTS academy for PwDs in Puducherry. The year 2020-21 is a milestone in the history of Sarah's SPORTS academy. With the help of our donors, we received lots of sports equipment's for our beneficiaries.

NEW SPORTS MATERIALS

Sports are used as an INTERVENTION by IRDC & Baby Sarah's Home to bring changes among the beneficiaries.

The purpose of sports activities was to enable the PwDs to express their emotions; sports or physical activities as an outlet to their emotions, helping them cope with stress, anxiety, and depression and also to enhance mental health by building confidence, self-esteem, and resilience.

Prizes will be distributed to all the participants and the volunteers were appreciated for their service. To continue our Sports activities for our beneficiaries, new sports equipment was purchased and distributed to our Sports Unit.



MARUDHU – AS CONTRIBUTOR

Marudhu, one of the beneficiaries of IRDC & Baby Sarah's Home is a Person with Disability (Cerebral Palsy) is now an adult and his wish in life is to contribute to society and the underprivileged. He showed interest in Environment activities, Designing electronic products, and providing support to the people who are in need especially students.

During the COVID 19 Pandemic, he wished to contribute to society by making a Hand Sanitizer using waste and reusable materials; he made the Hand Sanitizer at a very low cost. Currently, the Hand Sanitizer is used by the beneficiaries of IRDC & Baby Sarah's Home.

Our Marudhu was invited as Chief Guest for one of our Community events in which he delivered a speech about Disability and the importance of transforming the community more INCLUSIVE. Happy to see our Marudhu getting transformed from the state of being a BENEFICIARY to a CONTRIBUTOR.

Based on a request from a college student, Our Marudhu raised funds from his known people and donated a Mobile for educational purposes. This act from Our Marudhu was very much appreciated by other beneficiaries and this was more of a Motivation. Hope to see more transformations in the coming years.





NEW BOOKS TO KAVITHAI SATHYA

The previous year, with the help of our volunteer Ms. Yuri from Japan, we were able to have a Library for our Kavithai Sathya, a Person with Disability (Cerebral Palsy). She had a long-time dream to have her own library. The library gave confidence and identity to our Kavithai Sathya and also ownership to her.

She also had her own space to work, write and read, keep her books safe, meet her visitors in her space. The library space also enabled our Kavithai Sathya to arrange her books based on author and journey which helped her to have the knowledge and easy access to books.

Our Kavithai Sathya added nearly 70 books to her library with the support of Donors and a Publication from Thiruvannamalai, the books are of different journers, and sure the books will make a positive impact on her reading skill and Tamil literature. We thank all the contributors for supporting our Kavithai Sathya.



FUN TIME

COVID 19 lockdown has caused unprecedented restrictions, significantly affecting the most vulnerable groups in society, such as those with a disability. Mostly, there is a lack of access to specialist facilities, therapies, and outdoor activities and all these have ended in a negative impact on the Physical Activity Levels and Mental Health of Children and young adults with disabilities.

To avoid these negative impacts among the beneficiaries of IRDC & Baby Sarah's Home, periodical indoor games, sports, and fun activities were conducted and such activities helped our beneficiaries to be occupied and relaxed.



BIRTHDAY CELEBRATIONS

Monthly Birthday Celebration for the beneficiaries of IRDC and Children of Baby Sarah's Home is an event which IRDC was celebrating for the past Years with the support of two fellow organizations (Trust for Youth & Child Leadership, Mughil Social Service Organization).

Every month second Sunday evening, birthday celebration event organized by the volunteer, during the event, children will be given new clothes, cake cutting, sweet distribution, cultural programmes will be conducted, other children will be expressing their talents. IRDC views the Birthday Celebration event as an opportunity to identify TALENTS among the beneficiaries. Due to COVID 19 pandemic, this year Birthday Celebrations were more internal and few of our supporters joined through Skype and Zoom Applications.

EDUCATION SUPPORT

Apart from the residential beneficiaries of IRDC & Baby Sarah's Home, many Children and College students get educational support, medical for support. and support extracurricular activities, special Aids, Appliances for Person with Disabilities. and Ms. Rajeswari, a Person with a Disability from a lower socio-economic family background has been getting support from IRDC. This year, Ms. Rajeswari completed her class XII securing first-class distinction. Academic education expenses and expenses for her caliber are provided by IRDC over the past few years. Ms. Rajeswari's wish is to pursue higher education in a reputed educational institution.





PREPARATION OF COCONUT OIL

Beneficiaries of IRDC and Children of Baby Sarah's Home harvested lots of coconuts from two of their trees from their garden, earlier harvested coconuts will be distributed to our Kitchen Unit for cooking purposes but this time we tried to use them for our Autism Spectrum Disorder Children based on the few researches on small scale study showing that coconut oil has significant improvement in the oral health of autistic children, so coconut oil could be considered as a supplemental oral hygiene aid So, our gardening in for autistic children. chargers decided to make coconut oil and use it for the welfare of our Autistic children.

An expert in making coconut oil was invited to train our beneficiaries in making coconut oil, the result was very productive, and we were able to extract good quality of the oil. This was a new experience and activity for our beneficiaries as the activity is more of a CONTRIBUTION to fellow peer group.

CYTRIL GHARAUNDA CENTRE

CYTRIL GHARAUNDA CENTRE - the project was sanctioned under the GHARUNDA Scheme of the National Trust, for the welfare of persons with Autism, Cerebral Palsy, Mental Retardation & Multiple Disabilities, Department of Disability Affairs, Ministry of Social Justice & Empowerment, Govt. of India in September 2017 and it is functional from 15th of the month. The main objective of the Centre is to provide lifelong shelter with vocational training for adults PwDs and promote independent living skills among them.

The Cytril Gharunda Center fulfilling the basic need of abandoned/destitute people with disabilities by providing Shelter, Food & Clothes, and rehabilitation services such as physiotherapy, speech therapy, special education, and vocational training in various trades like jewelry making, candle making, and terrace gardening, etc. At present, around 26 adults with disabilities are staying. The following activities were carried out during the year:-

UPGRADING OF PHYSIOTHERAPY UNIT:

As per the needs and demand from the Physiotherapy Unit of IRDC for the welfare of our beneficiaries, lots of new equipment were bought twice during the year. Following Physiotherapy equipment were added to our Physiotherapy Unit:



With the advancement in our Physiotherapy Unit, we were able to see constructive progress among our beneficiaries especially our Vincent, who is a Person with Disability (Cerebral Palsy), is now able to stand on his own, walk using Walkers, and walk for a longer distance within the premises through hand railings. Lots of gratitude from IRDC to our Physiotherapist Ms. Keerthana and other internal employees.







NIRAMAYA HEALTH INSURANCE SCHEME

IRDC & Baby Sarah's home also facilitates PwDs of all ages to get enrolment under Niramaya Health Insurance Scheme of the National Trust for the welfare of persons with autism, cerebral palsy, mental retardation & multiple disabilities, Govt. of India.

Under the scheme, PwDs are eligible to claim up to llakh reimbursement by just paying Rs. 250 (BPL) or Rs. 500(APL) once a year. So far around 42 people with disabilities have been enrolled by us in Puducherry. Team Baby Sarah's also assisting PwDs to claim their medical expenses.

APPOINTMENT AS SNAC

Integrated Rehabilitation & Development Centre is appointed as State Nodal Agency Centre (SNAC) for Puducherry regions (Puducherry, Karaikal, Mahe and Yanam) by The National Trust, Ministry of Social Justice & Empowerment, Government of India for a period of 3 years from 01st January 2021.

As State Nodal Agency Centre, we are expected to undertake responsibilities such as Coordination with the State Governments, Coordinate with different State authorities, working as a resource centre for Disability, best practices, research and development, encouraging Organizations Which work for Disability to registered under The National Trust Act, Conducting Awareness and Training Programmes and to form SLCC and Local Level Committee.

Mr.V.Thamizhselvam, a Social Worker is appointed as Coordinator for SNAC Puducherry and he started visiting various Non-Government Organizations in Puducherry and Karaikal which work for the welfare of Person with Disabilities, created awareness about The National Trust and its Schemes and also the importance of getting registered under The National Trust Act.

NIRAMAYA & LEGAL GUARDIAN CAMP





SARAH'S TERRACE GARDEN – UPDATIONS

- The Concept of Drip Irrigation was initiated in our Terrace Garden in order to save water. Beneficiaries were given orientation about Water Resources & Water Management; beneficiaries were trained in fixing the drip irrigation and to check periodically the automatic functioning of the Drip Irrigation System.
- New grow bags and lights were purchased and installed in our Sarah's Terrace Garden as an act of renovation. Funding for the new grow bags and lights were sponsored by some of our IRDC donors
- Our Sarah's Terrace Garden was renovated twice during the year; beneficiaries were involved in the renovation process under the guidance of gardening experts, old grow bags and pots were replaced, the soil was added nourished, new seeds were sowed, organic pesticides were used to control pest among the old plants, shade nets were rearranged.















HARVEST

- Beneficiaries of IRDC & Baby Sarah's Home harvested lots of coconut from their garden, the coconut trees were planted by our beneficiaries a decade ago, and it was a pleasant experience for our beneficiaries to harvest coconut from their own garden.
- Beneficiaries of IRDC & Baby Sarah's the COVID Home during 19 lockdown were completely spending their time inside the premises which lead to a lack of physical movement and outdoor activities. To overcome involved this. they were in cultivating Palmyra Stems which is very good for health and it's one of the ancient food varieties of South India. Palmyra seeds were collected from nearby farms a piece of land was selected and the seeds were sowed. After a period of 3 months, our beneficiaries harvested grown Palmyra Stems and shared them during the snacks sessions.
- Beneficiaries of IRDC & Baby Sarah's Home harvested gooseberries twice from two of their garden, this time it was lots of gooseberries, shared with the community people and other Child Care Institutions. And also a part of gooseberries was used for making pickles by the Kitchen Unit.
- Lots of Tomatoes, Brinjals, Chillies, LadiesFinger, and varieties of Green Leaves were harvested from our Terrace Garden; Our Terrace Garden is the main activity for our beneficiaries during COVID 19 lockdown, our beneficiaries spent most of their time our Terrace Garden.









ONDRAAGA – UPDATIONS

ONDRAAGA is a Tamil word meaning being together on Oneness; it's an initiative from IRDC to create an Inclusive Space where Children with Special Needs and Children who are in Need of Care & Protection will be involved in various activities with a purpose to create an INCLUSIVE Society.

Our ONDRAAGA Project was upgraded, last year it was just land, and we were able to upgrade the initiative with the support of many Philanthropists. Following activities were carried out:

- 1. Construction of a Hut.
- 2. Acquiring Electricity Connection.
- 3. Creating a Pond for water resources.
- 4. Planting of Saplings.

With the above upgrading's, IRDC will be able to initiate and implement the objectives of ONDRAAGA.



















COVID 19 RELIEF & AWARENESS

Distribution of Personal Protection Equipment Kit (PPE kit): the management of IRDC has decided to help FRONT LINE WORKERS by giving them Personal Protection Equipment, which will help them to stay safe. We had supported 25 Health Care Professionals such as doctors, nurses, and physiotherapists, etc. from Primary Health Care Centre Ariyankuppam, 2 drivers (Mr. Mani well known as Ambulance Brother & Mr. Pudhuvai Saravanan who is working for the welfare of animals in Puducherry).









Nutrition & Protection for Pregnant or Young Mothers: Due to lockdown many marginalized people are left without SHELTER & FOOD. The effect of the COVID 19 pandemic, increase anxiety, sad feelings, and loneness. In the pandemic, the IRDC team visited a refugee camp and provided Nutrition & COVID 19 Protection Kit which contain grocery items, vegetables, hand sanitizer, surgical face masks (each kit cost around Rs. 2000) to 65 pregnant & Young Mothers.



COVID 19 RELIEF & AWARENESS

Supporting SANITARY WORKERS in Pandemic: this year we also extend help towards 47 community sanitary workers by providing them footwear, facemasks, hand gloves, buttermilk, etc.



Distribution of GROCERY ITEMS to Families of People with Disabilities: Baby Sarah's Team has provided counseling to the parents of people with disabilities on positive parenting and caregiving to protect children with special needs from abuse/domestic violence. To reduce burned of parents we also provided Groceries & Vegetables along with COVID 19 projection kits to more than 20 families of PwDs in the Cuddalore district of Tamil Nadu and 36 families in Puducherry.



DIWALI CELEBRATION

IRDC Team organized a Diwali Celebration for beneficiaries of Cytril Gharaunda Centre and orphans/semi-orphans/staff members/and volunteers from the local community in the premises of Baby Sarah's Home. During the Diwali celebration, all beneficiaries and staff members have been gifted new dresses and sweets.









CHRISTMAS CELEBRATION

Christmas – a festival of lights & gifts. This year the believers of St. Lukes Church came forward to share happiness and joy with our beneficiaries. On 24th December 2020, many games were organized by the team of St. Lukes Church, and refreshments also were provided.





PONGAL CELEBRATION

This year, we extend our Pongal festival towards community people, with the COVID 19 protocol. We invited young members from local communities to participate in the PONGAL festival celebration. The objective of the event was to create an INCLUSIVE get-together between people with disabilities and people without disabilities. During the celebration, many games were organized for volunteers' participation. At the end of the event; the prizes were also distributed to the winners by PwDs role models (Mr. Marudhu a CP adult with high IQ and Ms. Sathiya, a CP young woman with excellent writing skills).







INCLUSION IS A RIGHT

