

# ANUGRAHA TRUST FOR THE HANDICAPPED

## ANNUAL REPORT

2021-2022



Mela Kattuvilai, Near Esakkiamman Koil,  
Manikattipottal Post – 629 501 Kanyakumari District, Tamilnadu

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## *Annual Report*

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### INTRODUCTION:

Welcome to the readers from Anugraha Trust. We are happy to present this report to you of the painstaking work we have done in the last year.

As you all know Anugraha Trust for the Handicapped is working with indomitable spirit in spite of all odds and obstacles for over two decades, in Kanyakumari District the southernmost tip of our glorious country Bharath (India).

We function irrespective of cast, creed, and religion for the welfare of the people with Intellectual impairment, Autism, Cerebral Palsy, Multiple Disabilities, Visual impairment, Hearing impairment, and Loco motor disabilities. Our activities cut across the barriers of gender, education, and socio economic classes.

***Main focus of our activities is Intellectual impairment, Autism, Cerebral Palsy and Multiple Disabilities.*** We are running two separate programs for them. Both are institution based programs. In the earlier years we struggled hard to focus on early intervention, inclusive education and so on. Due to paucity of funds, barriers of infrastructure on the one side and parental attitude, educational policies and social stigma on the other side we couldn't succeed much. To overcome the barrier of transportation for our first project of special school we added residential facility. We received fairly good response in the beginning. Looking at the dedication and loving care of our entire team of workers we began to get a good response from parents. Anugraha became a home away from home to these children. Mothers in the beginning would ask in a worried tone whether their child would forget them. We are careful that child's ties with their parents and siblings are kept intact.

In the past we have done a lot of field work for all other disabilities in collaboration with

- CAPART (New Delhi), as NGO,
- Sarva Shiksha Abhiyan, Central Government Scheme; as Nodal agency,
- VazhiKattumThittam Government of Tamil Nadu; for all ages, all disabilities,
- The National Trust, New Delhi; LLC Member Kanyakumari District; for all ages, with Intellectual impairment, Autism, Cerebral Palsy and Multiple Disabilities

Here we are with the report of the year 2021-2022. India was under the grip of Covid 19 in this year also till the month of September; after which the force of pandemic began to reduce slowly. According to Government instructions we had opened residential wing of our both projects in the month of May 2020. We did not give any holidays in between and conducted all activities without break.



We conducted many Vaccination Camps at Our Special School and Adult Home for the benefit of our students, their parents and also other villagers. It was a tough task to motivate parents and villagers. Here is the short data of vaccinations.

| Sl. No. | Name of Vaccine | Dose                 | Number of beneficiaries |
|---------|-----------------|----------------------|-------------------------|
| 1.      | Covishield      | 1 <sup>st</sup> Dose | At Special School: 85   |
| 2.      | Covishield      | 1 <sup>st</sup> Dose | At Adult Home: 102      |
| 3.      | CovidShield     | 2 <sup>nd</sup> Dose | At Special School: 85   |
| 4.      | CoviShield      | 2 <sup>nd</sup> Dose | At Adult Home: 102      |

Apart from this few students received vaccination in January and February 2022 with the age group of 14 to 16 years of age. Palliative treatment staff of the State government was also available at every camp and they gave some preventive medicines like Antipyretic tablets.



Following Government order; in the month of November 2021, all schools were reopened. Thus Day scholars also began to attend the school.



In both our centers all are entering the campus by washing their hands and feet with the water mixed with Dettol. Children are trained to observe Social Distancing. School began to function regularly. But..... The third wave of

Corona hit India and again the schools were asked to keep closed. Yet we continued functioning with our residential students at both places.

## ***Special School for children with Intellectual impairment, Autism, and Cerebral Palsy, Multiple Disabilities***

Our school project was inaugurated in 1994 in a rented building. From then on we continued to shift our buildings almost every 2 years. In the first place it was very difficult to convince to the owners that these children are not destructive by nature, and if at all any damage took place to their property we would compensate for the losses. They would tell us to shift because it was too much of a disturbance to them. In this way we switched in to 4 houses. The owner of a fifth house was an ideal human being with high human values. We functioned from there for about 8 years.

With God's infinite grace we received a piece of land (15 cents) in donation from His Holiness Dayananda Saraswathi in the year 2000. Yet we were not able to gather funds to construct a suitable building for our special school. At long last after 15 years of our beginning in 1994 we shifted in our own place and had a wonderful campus for our dear ones.

### **Therapeutic Exercises:**

- ❖ *Breathing exercises and exercises for lips and tongue:* These exercises improve their immunity and are preparatory to speech and good eating habits.
- ❖ *Yoga Asanas:* Help immensely to improve their concentration and reduce the distractive tendencies.
- ❖ *Physical exercises:* Improve general health, co-ordination and stamina along with endurance.
- ❖ *Creative exercises:* Improve the ability to use both hands skillfully at a time. Enhance imagination and learn to play with creative toys, which stimulate their thinking ability. Playing with modeling clay is a preparatory exercise to improve the hand functions while eating food.
- ❖ *Individual exercises:* Are given to the children with Cerebral Palsy mainly to develop their motor functions.



### **Special Education**



Special Education is a specially designed instruction to meet the unique needs of child with Disability. Special education may include speech, language, pathology services, Occupational therapy, Physical therapy and Vocational Educations.



This process involves individually planned and systematically monitored arrangements of teaching procedures, adapted equipment and materials and accessible settings. These interventions are designed to help learners with special needs achieve a higher level of personal self sufficiency and success in school and their community, than may be available if the student were only given access to a typical classroom education.

## Individual Education Plan (IEP)

An IEP is created with step-by-step targets to enable successes to be celebrated early and often. This plan is used to carefully tailor lessons to suit each young person and encourage enhanced thinking skills and an enjoyment of the learning experience.



## Yoga Therapy

Over-stimulation is common to almost all autism diagnoses, and the techniques we use are specifically designed to calm the nervous system. Teachers work one-on-one with students of all ages. Parents and care-givers also are invited to learn the techniques.

Yoga was designed to meet the challenges of those with autism, including individuals with Sensory Integration Disorder, Attention Span Deficit, Mental Retardation, CP & MD In addition to the benefits typically associated with yoga – improved strength, flexibility and breathing.

- Develops motor skills
- Improves confidence and social skills
- Provides sensory integration
- Provides coping techniques to children and parents both
- Facilitates self awareness
- Engages the emotional brain
- Reduction of aggression
- Reduction of obsessive and self-stimulatory behaviors
- Reduction of anxiety
- More control in regulating anxiety and emotions
- The joy of sharing class with others and making new friends



When someone with autism can feel more calm and comfortable in his body, with less pain and anxiety, it is easier for him to control his behavior, learn new skills and enjoy social interactions.



Yoga also facilitates deeper inhaling and exhaling, which calm the nervous system. It builds core strength, which supports deeper respiration and, in the long run, will create a much healthier body. Only when the individual feels more calm and comfortable in his body, he can really work on behavior.

We have already recorded in our earlier reports about our routine activities. Method of assessment, evaluation, and management, classification of children into different categories like mild, moderate, severe and so on. Also the different classes conducted namely Pre-primary, Primary, Secondary and Pre- Vocational.



### ***Adult Home for persons with Intellectual impairment, Autism, Cerebral Palsy and Multiple Disabilities***



Looking at our commitment to the people with disabilities and dedication to the cause of children with Intellectual impairment, Autism and Cerebral Palsy, State Government entrusted us to run a project; Residential Vocational Home for Intellectually impaired Adults. Anugraha is running this project of State Government's initiative, in a Government building. This is located at Boothapandi, which 35 Km away from our school project at Melakattuvillai.

It is observed that the response to adult home is more spontaneous from society than to the special school. May be this is because there are many Special schools in K.K. District whereas only one adult home of its kind.

Here the adults are given facilities like stay, food, uniform and training in different vocations free of cost. There are manager, special educators, warden, cooks, watchman and sweeper to conduct all activities of 41 trainees smoothly. General Secretary C. Balasubramaniam looks after their morning ablutions personally. They are trained to do coconut brooms, floor mats, Phenyl, greetings cards, jewelry, envelopes, Sea shell dolls, gift items along with bakery products namely puffs, biscuits, bread, bun and so on.

13/11/2021: This day has become unforgettable in the history of Anugraha. Due to torrential rains Anugrah's Adult Home building at Boothpandi was flooded. There was water up to 3 feet all around the building. The Government rescue team came and rescued all children and staff to a safe place. From there, all were taken to a Government Higher| Secondary School to stay till further notice. We were camped



there for three days and three nights. Deputy Collector came to visit the spot and arranged to fulfill children's, and staff's basic needs like food, sanitation etc. Some voluntary organisations and good Samaritans also were very helpful. They provided bed sheets and pillows, snacks, night food and so on. Our toilet and Bathroom Facilities were satisfactory. Cleaning staff was keeping our area clean with regular periods. They even sterilized our area with sanitizing spray. Palliative treatment staff came along with one Doctor and checked Everyone's general health. They gave antipyretic tablets, and preventive Kashayam to all. Fourth morning we were back to our Home. In the beginning children were confused with the total change in the situation. But quickly adjusted and began to enjoy the new atmosphere. It was an unforgettable experience.

### ***Celebrations:***

Saraswati Pooja was celebrated in our Special School and Adult Home separately on 13/10/2021. Children and Staff together decorated the area. All sang devotional songs after Pooja, Prasad was distributed to all.



Our celebration mood did not dampen due to either Covid19 or the dislocation and total disruption caused by floods. We celebrated *World Disabled Day* in a very simple manner and following all rules set by Government to keep the infection at bay. We followed Social Distancing, sanitization of every guest, and wearing of masks was compulsory. Competitions were conducted for our children. Select few guests were invited for the function. Residential children of Special School also came to Boothapandi. We had a good time together. Children who excelled received prizes for their performance and those who couldn't make it received consolation prizes.

Anugraha's General Secretary, Shri. C. Balasubramaniam is functioning as a member of National Trust's Local Level Committee, Kanyakumary District. *Through his efforts 50 Adult Mentally Challenged people received Guardianship certificate this year. It is worthy to note that up until now about 435 persons with Mental Retardation are benefitted with the Guardianship Certificate.*

We thank all those who have helped us to sustain this service through Anugraha Trust; and all our well-wishers who stand strong beside us through the thick and thin days faced by us.



## Adult Home for MR, CP, Autism & MD : Vocational Activities





