

List of the activities performed during the year 2022-23 relating to the disabilities covered under The National Trust:

1. **Autism: Total number of children 27** - autism spectrum disorder is a developmental disability that causes hypersensitivity to sight, sound, and other sensory information. Symptoms of autism generally fall into 3 categories- Communication Issues, Social Impairment, and Repetitive behaviour.

Many activities are performed for such children daily. A few have been mentioned below:

- **Social Skill Activities:** The children in The Special class stack blocks, rings, and cups and interactively solve puzzles. Playing and interacting with each other helps them to build their social skills.

Occupational Therapy: OT is a branch of Health Care that help people of all the ages who have sensory and cognitive problem. Occupational therapist help with barriers that affect a person emotional, social and physical needs. We provide OT on regular basis.



- **Speech Therapy:** Almost anyone diagnosed with Autism will be recommended for Speech Therapy. Speech therapy helps children with autism to comprehend the verbal and non-verbal

communication that other people use. Children diagnosed with Autism get the benefit of therapy from a Speech therapist daily.



- 2. Cerebral Palsy: Total number of children: 42-** Cerebral Palsy is a group of disorders that affect a person's ability to move and maintain balance and posture. CP is the most common motor disability in childhood. All people with CP have problems with movement and posture. Many also have related conditions such as Intellectual disability, seizures, problems with vision, hearing or speech or joint problems.

The best activities for kids with CP should encourage them to practice using areas affected by motor impairments frequently and consistently.

Physiotherapy: Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. Physiotherapy helps through physical rehabilitation, injury prevention, and health and fitness. Physiotherapists get you involved in your own recovery. We provide physiotherapy on regular basis.

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- **Arts and Crafts:** Creative activities like painting and drawing are excellent for developing fine motor skills. Fine motor skills involve the use of smaller muscles such as those in your hands, to perform tasks that require more accuracy and precision.



- **Board games:** Board games are fun activities that encourage children to count and strategize.



3. **Mental retardation:** Total number of children 40 - Now known as Intellectual disability, is characterized by below-average intelligence or

mental ability and a lack of skill necessary for day-to-day living. People with intellectual disabilities can do and learn new skills, but they learn them more slowly. The best way to teach such students is practical and functional teaching with repeated rounds of revision.

- **Learning through Project files and Tablets/Computer:** These children learn basic skills of life like money management, understanding time, understanding weight etc through the charts, project files and tablets.



- **Practical Training:** We have a small shop cum canteen at our place where we impart practical training to the students on buying things of daily use and how to keep a budget of money in small denominations.
4. **Multiple Disabilities: Total number of children 11-**Multiple disabilities mean that a person has more than one disability. Common examples of Multiple disabilities are Intellectual Disabilities with blindness, mental retardation and orthopaedic impairment, Locomotor disability and speech impairment.
- **Toys:** students need to learn how to play with toys. Playing is an important part of development. For example, hide the toy under the table and then find it or kick a ball.

- **Playing with scented dough:** The children enjoy playing with dough while understanding the touch and feel like hard/soft, smooth/rough. We can also add some fragrance to the dough so that while a child is playing with dough, he/she is also understanding good/bad smells.



Upholding the mission since 1990.



**Annual Report
June 22-May 23**

Our Theme song... 🎵 🎵

हम होंगे कामयाब एक दिन

हम होंगे कामयाब एक दिन
हो हो मन में है विश्वास, पूरा है विश्वास
हम होंगे.....

होगी शांति चारों ओर,
होगी शांति चारों ओर एक दिन,
हो हो मन में है विश्वास पूरा है विश्वास,
होगी शांति चारों ओर एक दिन।

हम होंगे.....
हम चलेंगे साथ-साथ,
ढाल हाथों में हाथ,
हम चलेंगे साथ-साथ एक दिन
हो हो मन में है विश्वास, पूरा है विश्वास
हम होंगे.....





WHO WE ARE

Established in 1990 by two indomitable ladies, **Mrs Mahenderjit Singh and Mrs Bimla Wig**, Ashayen, The Spastics Centre strives to its commitment to serving the differently abled for more than 33 years in a row. We have helped more than 4600 persons with Cerebral Palsy, Autism and Multiple Disabilities. Ashayen, a Haven for children with special needs, is one of the oldest of its kind in Uttar Pradesh and promises to deliver the best services at a nominal fee. Our list of beneficiaries include children from under privileged families and from all parts of Uttar Pradesh.

Our Managing Committee

NAME	DESIGNATION
District Magistrate	Chairperson
Dr Sunil Taneja	President
Samarjit Singh	Vice President
Suchitra Singh	Hony. Secretary
Dipankar Ganguly	Hony. Treasurer
Kanchan Devnani	Hony. Asst Secretary
Meera Noronha	Director
Radhika Bhushan	Member
Dr Sanjay Rastogi	Member
Vijay Parikh	Member
Bharti Garg	Member
President AIWC	Member

Our Faculty

ADMIN STAFF

Meera Noronha	Director
Sanjay Trivedi	Administrator
Nidhi Kohli	HOD Academics and Digi Com
Shiv Karan Singh	Office Assistant



makes the dream work...!

TEACHING STAFF

Rekha Gupta	Spl Edu/Speech therapist
Madhu Kapoor	Sr Teacher
Neetu Sharma	Sr Teacher
Shikha Tiwari	Sr Teacher
Rina Kashyap	Special Educator
Renu Trivedi	Teacher
Priti Kanodia	Teacher
Pooja Bharti	Teacher
Sapna Kumari	Teacher
Aradhna Bajpai	Teacher
Meenakshi Mehrotra	Voc. Trainer
Archana Bhatt	Voc. Trainer

Our Faculty

THERAPISTS

Sakshi Vaishali Rolston	Occupational Therapist
Waseema Rizvi	Asst. Occupational Therapist
Prem Shankar Kesarwani	Sr. Physiotherapist
Sanjoy Kumar Sinha	Sr. Physiotherapist
Deepika Tiwari	Sr. Physiotherapist
Shalini Pandey	Physiotherapist
Ajay Singh	Physiotherapist
Kamal Kumar Kushwaha	Physiotherapist
Shiva Kant Shukla	Physiotherapist
Yamini Sonvani	Physiotherapist

HELPING STAFF

Ajay Tiwari	Driver
Karan Saini	Chowkidar
Vinod Verma	Helper
Heera Bisht	Helper
Nandi Bisht	Helper
Manju	Helper
Kusum	Helper

OUR MISSION

We can... We shall...We will..!

Ashayen, which means hopes, aims to provide comprehensive support, care, and resources to enhance the quality of life for children with disabilities. They aim to promote inclusion and offer therapeutic services, education, and empowerment opportunities to help these children reach their full potential and lead fulfilling lives.

OUR SERVICES



- **Physiotherapy**
- **Occupational Therapy**
- **Speech Therapy**
- **Special School Section with Open Basic Education**
- **Vocational Training**
- **Parent Counselling**

From the Director's pen...

At the end of the 33rd year, I am filled with gratitude for all that we have achieved. Till 2022 4700 children from Uttar Pradesh and adjoining areas have been enrolled and served by us.

I am deeply grateful for all those who helped us and encouraged us in our work, the local administration, the different clubs with their members and all those involved in our activities. I am thankful to all our staff, each one plays their role in rehabilitating our children and forms a vital link in the organization between management and children

I want to thank our executive members who make it possible for us to work in an organized and loving atmosphere.

It was a difficult period after Covid, but we have come out of it happily. There are dreams and hopes that we continue to strive for and hope one day they will become a reality



Restore Recover and Revive

- **The Physiotherapy Section** has a team of physiotherapists, occupational therapists and speech therapists helping children by giving specialised services.
- Screening camps are often organised for children who can benefit from the treatment and later Botox therapy, if required, is used.
- Early intervention and infant stimulation programs have always been a part of the physiotherapy section. This helps children at a very early age to achieve their developmental goals right from the start.
- Parent counselling has been essential to our services to parents seeking help. Our counsellors help the parent cope with the immediate problems arising from non-accepting family members.
- Medical camps are held at least thrice a year. Referral services are also available to those who need them.

Tell me and I forget, teach me and I remember. Involve me and I learn..!



The Special School Section: Home Management class is the initial section where children learn to sit in a classroom setting. Activities of daily living are of prime importance here. Eating, and drinking are the areas in which parents are trained to teach their children. When a child is ready to sit independently, then they are promoted to the Pre-School section. Along with the prerequisites to learning they start with reading, writing, and counting. When they are around 10 years old, they are assessed for formal schooling or functional learning, and then divided accordingly. The Open School Section is where the children are learning a regular school syllabus prescribed by the National Institute of Open School System. There are three levels here, Level A (Grade 3), Level B (Grade 5), and Level C (Grade 8). When the children complete this class, they are registered with NIOS for class 10th and later for class 12th exams. Assessments are conducted twice every year.

Vocational Training and Sheltered Workshop

This section caters to adult students (18 years and above) who cannot go for formal schooling and are prepared with skills for vocational activities. Alongside they learn reading, time management, weights, measures, and shopping. The ones who are properly trained in these activities get a small stipend for their work. Activities in the workshop include block printing, Diya making, the Rakhi project, gift bags of handmade paper, envelopes, bags of non-woven fabric in different sizes with block printing, the Agarbatti project, Dona project, grinding and packing of spices, floating candles, and herbal Holi colours.




DOCTOR'S VISITS AND MEDICAL CAMPS



3rd September	Dr Sunil Taneja
30th September- 1st October	Dr Taral Nagda with his team
4th/11th/18th/25th November	Dr Sanjay Rastogi and Dr Saurabh Chawla
3rd December	Dr Sunil Taneja
9th December	Dr Sanjay Rastogi and Dr Saurabh Chawla
28th January	Dr Sunil Taneja
17th February	Dr Jaideep Dhamle from Mumbai
15th April	Neuro OT Dr Saima Wasti's session on Down Syndrome



STRENGTH IN THE THERAPY SECTION (June22-May23)

	June	July	August	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May
Bal Bhawan (PT)	72	87	82	84	64	62	61	30	50	59	60	56
Bal Bhawan (OT)	---	---	27	27	25	26	26	13	20	21	24	22
Kidwai Nagar (PT)	15	20	22	22	20	20	15	11	12	18	20	16

AVERAGE STRENGTH IN THE SCHOOL SECTION

Pre School

12

Special Class

17

Junior Class

23

Pre-Vocational

19

**Vocational
Training**

16



CELEBRATIONS



JULY	Eid – ul - Adha
AUGUST	Independence Day
SEPTEMBER	Teacher's Day
OCTOBER	Dussehra, Diwali
NOVEMBER	Children's Day
DECEMBER	Christmas and New Year
JANUARY	Republic Day, Lohri /Makar Sankranti
FEBRUARY	Maha Shivratri
MARCH	Holi
APRIL	Eid- ul- Fitr
MAY	Mother's Day





A GLIMPSE OF THE MOMENTS TO BE CHERISHED FOREVER...!



Humara Bazaar...An Initiative for a cause!

15th October.

Ashayen, The Spastics Centre has been working for the disabled sector since 1990. We desire to do something for our Special children. Our vision is to create a society in which disabled persons can enjoy their rights and fulfil their potential. Efforts are made to enable our Special Children and young adults to improve their quality of life by removing the barriers that hinder their growth.

With this thought, we decided to organize Humara Bazaar, an initiative for a cause! This cause was not only to give our Children a visible presence but also to use the proceedings of the bazaar towards education and therapy of those coming from underprivileged sections as we are a non-profit organization operating solely for the benefit of the education and welfare of the students

Special Thanks to Ms Bharti Garg for organizing this event, The Goldiee group (Chief sponsor) and all our stall holders for making this event a grand success.



Picnic to the ISKCON Temple

3rd December, World Disability Day.
Joyfully accepting and embracing our flaws, we celebrated The International Day Of Persons with Disabilities with a picnic at the ISKCON temple. No wonder these pictures speak louder than words!
Thanks to Ms Neha Swaroop for arranging the bus and making the day sweeter by sending pastries for all the children.



Get up Dress up and Show up...Makeup event by The Lakme Academy.



The Lakme Academy, Mall Road, organised a fun-filled make-over activity at the centre. A team of 28 makeup artists dolled up our students. The students enjoyed having fancy haircuts and tattoo art along with snacks. Big thanks and cheers to team Lakme!



Sending love to dear Aunty...on her 101st B'day

We celebrated our founder's 101 birthday with full zeal and enthusiasm. Aunty's birthday was celebrated as Mother's Day at the centre and every child expressed gratitude to their mother by giving a thank you card and singing for them. No wonder, nobody missed singing Aunty's favourite Mera Joota hai Japani. We are sure she must be smiling while watching her little buds blooming into young adults.



Thank you for being the reason I smile...



We are grateful to Mr Rajiv Soni, Mr Subhash Kakkar, and Mr Kunj Bihari Gupta for donating a new Maruti Ecco to ease the commute of our students. Thanks to Ms Kanchan Devnani for initiating the process.





Giving is loving.

List of donors in cash

Aakriti Gupta
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Giving is loving.

List of donors in kind

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Reshma Kotwani
Ladies Linen Club
Ashish Gupta
Ajay Singh
Ashutosh Singh
Priya Carvalho
Toshi Mehrotra
Sanjay Mehrotra



Life is a painting and you are the artist...beautiful artwork done by some of our students.



Attitude of Gratitude

We extend our heartfelt gratitude to all the donors and associates of Ashayen, The Spastics Centre. Your unwavering support has made a significant impact on the lives of those we serve.

Thank you for your compassion and commitment to making a difference.



For donations and inquiries, reach out to us at:

Ashayen, The Spastics Centre
16/99 A Phool Bagh, Kanpur.
Ping us 7497900996

We are very social, Find us at:
www.ashayencentre.org



Ashayen Spastics Centre Knp.

Sometimes, real superheroes live in the hearts of young children fighting big battles!



“Students don't care how much you know until they know how much you care”

