

ANNUAL REPORT

1st April 2020 – 31st March 2021



TRISHLA FOUNDATION

"A Trust for children with neuro-muskuloskeletal disabilities"

- ◎ TRISHLA REHAB CENTRE-1
182C/350A Tagore Town, Prayagraj
- ◎ TRISHLA REHAB CENTER-2
77/202/1, Tagore Town, Prayagraj
- ◎ TRISHLA EARLY INTERVENTION CENTER
182B, Tagore Town, Prayagraj
- ◎ TRISHLA CP VILLAGE PROJECT
Vill.- Sarai Bahar, Tehsil - Soraon, Prayagraj

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**“ Our mission is to
integrate every
child with locomotor
disability
especially cerebral
palsy to the
mainstream of society
by providing
comprehensive
rehabilitation care.”**

**“ VISION
A centre
where every child
with
physical disability
is able to
achieve
their full Potential.”**

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Preface

Starting of the year 2020 brought an unprecedented situation in the form of COVID-19 threat to the world. COVID -19 started spreading in India by March 2020 and we had to face nationwide total lockdown. All rehabilitation centres of Trishla Foundation also had to be closed. Parents returned to their homes with kids. Some of the families were not able to go back to their native place. So team of foundation were in direct touch with that families. Each children were taken care through virtually by therapist continuously. They were also given help as per need. But parents who have returned to home and other families were in trouble because they were not getting guidance and treatment required by them so their problem increases. So we decided to help them virtually by starting online training, consultation, guidance. First in July 2020 Trishla Foundation started online training to parents for home based therapy program for their own child under the guidance of Dr JK Jain. The results were very encouraging. All this was done by senior most and experienced therapists of Trishla Foundation. After success of this program, we started online live talk series on “cerebral palsy: from basic to advance” on every Saturdays from 1st August 2020. This talk was telecasted on Fb page and you tube channel of Trishla Foundation. In this talk series we also invited other experts on Zoom meeting which was also telecasted online. There was huge response to these initiatives and it brought respite to lot of parents of CP children during the tough times of pandemic. In November 2020, when the effect of pandemic slowed down, we opened our centres with great precautions following full COVID protocol.

This year we could not celebrate our annual function and other programs, but this did not stop us from celebrating International day for person with disabilities online, in which CP children presented beautiful programs online. Apart from this we also continued group interaction with parents who came for therapy of their child via zoom meetings. Though the construction work at CP home site affected due to covid-19 but we somehow managed to continue the work at slow pace.

The world is facing situation of such crisis probably after a century. The challenges are huge owing to fast travel and tourism compared to previous century. The pandemic is still continued though a bit slowed and under control. We hope to grow out of situation and be able to provide our full-fledged services in near future.

Beneficiaries & Rehabilitation program

All the centres were closed by 22nd march 2020 because of nationwide lockdown and upsurge of COVID-19. The parents had to go to their hometowns. Some of them who could not go because of some reason a therapist mentor was allotted to them who was in continuous touch with them online for any help and guiding them for home based therapy. These three months were very troubling for everyone and parents were continuously contacting us for therapy program and opening of centres. So to help these parents online training program was started since 1st July 2020 .

Total children registered for online training program --307

Monthwise sessions for online training program for Home based therapy

Month	Online therapy session
July	90
August	201
September	218
October	208
November	110
December	116
Jan 21	75
Feb 21	81
March 21	98
Total	1197

List of children with cerebral palsy attending Rehab centre of Trishla Foundation (Month wise)

After control of situation and relaxation of lockdown centers were opened with full COVID protocol. Total registration from 1st April 20 to 31st March 21= 637 (online +offline)

S. No.	Month	Trishla rehab centre	Speech therapy centre	Special education
1	November 2020	41	3	—
2	December 2020	123	22	--
3	January 2021	128	36	--
4	Feb 2021	157	48	3
5	March 2021	224	68	10

State wise list of cases registered at Trishla Foundation in 2020-2021

S.No.	State	No. of cases
1.	Andhra Pradesh	8
2.	Assam	8
3.	Bihar	56
4.	Chandigarh	2
5.	Chattisgarh	17
6.	Delhi	17
7.	Gujrat	1
8.	Haryana	13
9.	Himachal	3
10.	Jammu& Kashmir	2
11.	Jharkhand	28
12.	Karnataka	12
13.	MP	47
14.	Manipur	2
15.	Odisha	7
16.	Punjab	7
17.	Rajasthan	20
18.	Tamilnadu	2
19.	Telangana	16
20.	UP	281
21.	Uttarakhand	6
22.	W Bengal	30
	Total	623

International cases registered at Trishla Foundation in 2020-2021

S.No.	Country	No of Children
1	Bangladesh	7
2	Nepal	5
3	Mexico	1
4	Saudi Arabia	1
	Total	14

Trishla Medical Card

Trishla Foundation issues a Medical card to patients from underprivileged society affected with neuro-orthopedic problems so that they can get whole life free consultation for disability & other related medical issues from Trishla foundation. Trishla foundation also tries to provide all kinds of help to these families.

Seven cases from very poor socioeconomic background have been registered for free medical health card this year and a total of seventy three have been registered till now (17 in 2014-15, 14 in 2015-16, 21 in 2016-17 and 8 in 2017-18, 6 in 18-19 and 5 in 19-20 and 7 in 20-21).

Apart from this, 10 children also received therapy at nominal contribution from April 20 to March 21. Total 90 children got this facility so far.

Trishla foundation also helped 17 children to get registered and benefited by the Govt. Scheme Niramaya this year.



Treatment & Response



Aditya Sharma (Rewa)



Anya Tripathi (Bahraich)



Ayushman Singh (Odisha)



Pushpak Yogesh Bhednekar (Maharashtra)



Keshav Verma Muzaffarnagar



Syed Hasan Mehdi (Hyderabad)

Events & Activities

Rising to the challenges of COVID-19 :

I) Online Training program for home based therapy:

It was not possible to open the centres considering the current situation of COVID-19 pandemic. Many families were contacting and were in dire need for starting therapy to their children. So we decided to provide online training to parents for home based therapy to their own children. So we set up a room for providing online training program with computer, audio system, lightening, internet facility, dummy doll and other materials required for demonstration. Guideline were made for online training. Senior most therapist were selected for this purpose and required training was given. It was decided to give training in functional activities and therapy which can be learn and done easily by the parents at home by the home available material. Selected therapists of Trishla Foundation provided training to registered parents at allotted time by the zoom/ skype. The parents were instructed to make record of session. So that they can do therapy many times in a day. The results were very encouraging and it soon became normal routine. Even in the time of controlled pandemic this method is becoming beneficial for parents who can't afford to come to Prayagraj owing to distance and other problems.







II) Trishla Foundation Online talk series: (Cerebral Palsy: From basic to advance):

We conducted online talk series in cerebral palsy from basic to advance during the current pandemic time in order to make parents and families aware , improve their knowledge to deal with cerebral palsy individual at home. In the series we started with introductory lecture on cerebral palsy, to how to identify and deal with the problem. Dr Jitendra Jain and Dr Varidmala Jain delivered these talks and some external expert from the related field was also invited. The talks were organized in a zoom meeting which was telecasted online on facebook page (cerebralspasy99) and YouTube channels of Trishla Foundation.

Sl.	Date	Topic	Expert	
1.	1 August 2020	What is cerebral palsy?	Dr. J. K. Jain	
2.	8 August 2020	How to identify the problem?	Dr. Varidmala Jain	
3.	22 August 2020	How to do complete assessment at home?	Dr. J. K. Jain	
4.	5th September 2020	How to proceed for treatment- visit to doctor, investigation, facilities, experiences.	Dr. J. K. Jain	

5.	12th September 2020	Preparation and some rules for therapy at home	Dr. Vinay Srivastava Dr. Varidmala Jain	
6.	19th September 2020	Advance physio and occupational therapeutic Modalities in cerebral palsy	Dr. J. K. Jain	
7.	3rd October 2020	Quality of life : Meaning of self dependence & importance of hand activity, prognosis.	Dr. Varidmala Jain Dr. J. K. Jain	
8.	10th October 2020	Sports yoga gym and socialization	Dr. Varidmala Jain Dr. J. K. Jain	
9.	17 October 2020	ADL & Nutrition	Dr. Varidmala Jain	
10.	24 Oct 2020	Speech therapy	Dr. Gulab Singh	

11.	8 November 2020	Medical issues of C. P. Children	Dr Meenakshi Murthy Girish AIIMS Nagpur	
12.	28 November 2020	Precaution, Treatment, emergency care in Epilepsy	Dr Sunnanda Reddy New Delhi	
13.	13 Dec 2020	Management of dental problems in CP Children.	Dr Gyanendra MADC New Delhi	
14.	20 Dec 2020	Role of family in management of CP children	Mr. Dhruv Mehta Mumbai	
15.	27 December 2020	Understanding role of assistive aids & technology in holistic care	Mr Dhruv Mehta Mumbai	
16.	2 Jan 2021	Identification of hearing, vision, multisensory impairment	Mr Uttam Kumar Hyderabad	

17.	16 Jan 2021	Child with hearing loss identification treatment, assistive devices and education	Mr Kamlakant Pandey National Secretary SAKSHAM	
18.	6 Feb 2021	Cerebral Palsy affected girls and women: reproductive health issues & remedies	Dr. Neelam Sodhi Jalandhar	
19.	13 Feb 2021	Planning of second pregnancy: Precautions & preventive measures for parents of children with cerebral palsy	Dr Neelam Sodhi Jalandhar	

III) Online programs

15th August 2020 International webinar from parents for parents :

On 15th August we arranged an international webinar for parents where parents from India and some other countries shared their experiences. We also invited Mrs Pushpa Deodhar a very experienced mother who brought up Mr Vasant manohar Deodhar in an age when almost no facility how to deal a CP child. We affected stand up comedian joined us online from Gujrat. from all parts of India, Sharvari, Anamika, pal, Rishabh, and also from Prudhvi), Africa(Mr Peter N (Shormy Roy), joined us their valuable experiences brought their child to



was there to guide about also invited cerebral palsy Mr Jai Chhaniyara who Apart from this, parents parents of Aadvik, Vanshika, Vivek, Pranav England (Pranav Gunga), Bangladesh online. All of them shared how they successfully mainstream of society.,



International day for person with disability on 3rd December 2020

This year we celebrated International day for persons with disability with online mode because of Corona Pandemic and countrywide lockdown. The children who have taken treatment at Trishla Foundation either at centre or in online mode were contacted. Many of them agreed to participate and send videos of their performances. Dr JK Jain and Dr Varidmala Jain joined with all the parents and children on zoom meeting. The whole program was telecasted online on facebook and You tube channel of Trishla Foundation.

Program:

1. Welcome by Dr JK Jain
2. Introduction of program by Dr Varidmala Jain
3. Video display of Chaddi pahan ke phool khila hai....
4. Narayan Gupta from Obra : Activity display with father
5. Vaishnavi Singh jadon: Bhajan Achyutam Keshwam..
6. Advik Sharma Mohane: song Chanda hai tu, mera suraj
7. Display of song Ao bacho tumhe ek kahani sonata hun..

8. Bhaargavi pandey from Rewa: story telling ; Neelu and Chandu
9. Bhavya Agrawal :Story of hare and tortoise
10. Jahnavi from Pune: Jan Gan Man
11. Stanley from tamilnadu: Speech
12. Display of song Ga ga gag aye ja....
13. Jyoti Bhojwani from Agra: poem Hum sab bachhe hain nadan
14. Anya Rautan from dehradun: Song Tujhe sab hai pata meri ma.....
15. Pragati Singh from Prayagraj: Song tu kitni achhi hai O ma....
16. Riyan from kalyan Maharashtra : Poem Johny Johny yes papa....
17. Abhas Kedar Phalke from Buldhana Maharashtra: Ganesh Bhajan in Marathi
18. Sarthak Agrawal from Varanasi: Bhajan and other activities like study and business
19. Video display of song Ek Jindadi.....
20. Rishabh Jain from Pipariya MP: Jain Mantra and display of daily activities
21. Pranijal from Jharkhand: Speech in Milkha Singh Costume and dance on music
22. Shashank pandey from Prayagraj: Song Dil diya hai jaan bhi denge aye Vatan tere liye...
23. Aadvik Shrivastava from Prayagraj: Display of his extraordinary talent and activities
24. Tanay Mehrotra from Kanpur: Speech on earth day in costume and also on Hindi divas
25. Display of song aa chalk e tujhe main le ke chalu.....
26. Om Raj Singh from Sitamadhi Bihar: Display of his walking ability improvement on sticks
27. Shivansh Pathak from Haryana: Poem Johny Johny Yes papa...
28. Swaraj Singh from Rajnandgaon Jharkhand: Display of his walking ability improvements
29. Vivek Keswani from Varanasi: Gayatri Mantra Jap and display of his business activity
30. Vishesh Chauhan from Indor MP: Message to PM Modiji for opening of Schools
31. Vanshika Kiyani from Raipur Chhattisgarh: Dance on song Hosh na Khabar hai..
32. Kaushiki Srivastava from Varanasi: dance on song kaun hun main kya naam hai mera main kahan se ayi hun
33. Display of song Bam bam bhole and all the children were requested to dance on the song
34. Mix audio



IV) International Yoga Day: Although we could not get collected at a place because of COVID 19 lockdown but we did yoga at our respective homes and shared our activities in group . Dr JK Jain and Dr Varidmala Jain also did yoga and telecasted it online on FB and Youtube for motivation of other friends. The team of Trishla Foundation shared their photo and video of doing yoga at home.

V) Felicitation of Dr JK Jain by Dainik Jagran

Dr. JK Jain was felicitated by Danik Jagran Ayushman India program for his exemplary services to Society by Dr Dinesh Sharma, Hon'ble Deputy Chief minister of Uttar Pradesh. The program was held on 20th December 2020 at Lucknow.

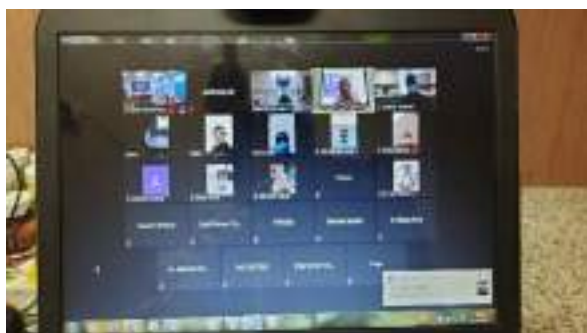


VI) New year at Construction site:

This year we could not gather and picnic with parents and children owing to COVID pandemic, but since the pandemic was slowed down, our staff and some well-wishers gathered at the site with full COVID protocol and enjoyed bati chokha. From ACC cement company gift item was distributed to labourers and other staff present there.



VII) Meeting with Uttarakhand Government officials



There was an online meeting conducted under the chairmanship of secretary medical education and Health, Uttarakhand Dr Hem Chandra, Chancellor Hemvati Nandan Bahuguna Medical Education University Uttarakhand in the premises of Government Doon Medical college on 29 Jan 2021. The details of meeting conducted to discuss regarding rehabilitation of people with cerebral palsy were as under

1. Chairman of Trishla Foundation Prayagraj , Dr. Jitendra Kumar Jain advised that a committee should be constituted for rehabilitation of people with cerebral palsy in Uttarakhand. A tertiary centre should be established in Dehradun, under supervision of Trishla Foundation. Initially the tertiary centre should be established in Government medical college Dehradun which would be conducted by PMR department.
2. Dr Jain suggested that rehabilitation of this condition need services of physiotherapist, occupational therapist, Orthotist, speech therapist etc. under one roof. Apart from this weekly or biweekly advice of specialists like orthopedician, neurologist, ENT paediatrics, Psychiatrist and dentist etc are needed. He also advised that half day or full day CME and training sessions would also be conducted by Trishla Foundation. For the success of this programm Physiotherapy colleges of Uttarakhand should also be included.
3. First a database of people with cerebral palsy in Uttarakhand must be prepared. Help of department of disability, social welfare and health and Rashtriya bal suraksha karyakram must be taken in preparing this database.
4. This was established in the meeting that all the three medical colleges of Uttarakhand Viz. Government Doon medical college Dehradun, Government medical college, Srinagar Government Medical College must be assigned.
5. It was also decided to sign an MOU with Trishla Foundation which can further give training to physiotherapists and other experts which can then work under their supervision via telemedicine.

For this purpose, training of trainers also must be conducted, who can train health workers in remote areas so as to help them identify the cerebral palsy people and guide them accordingly.

Following were present during the meeting-----

1. Dr Ashutosh Sayana, Principal Government Doon Medical College Dehradun
2. Dr Jitendra Kumar Jain, Chairman Trishla Foundation Prayagraj, UP
3. Dr Varidmala Jain Secretary, Trishla Foundation, Prayagraj UP
4. Dr CMS Rawat, Principal Government medical college Srinagar and other heads of Departments
5. Dr CP Bhosoda, Government medical college Haldwani and other Heads of Departments
6. Dr Anil Joshi, Head department of Orthopedics, Govt Doon Medical college Dehradun
7. Dr Ashok Kumar Dept of Pediatrics, Doon Medical college, Dehradun
8. Dr Bhawana Pant, Head dept of ENT Govt Doon Medical college, Dehradun
9. Dr Abhishek Chaoudhari, PMR dept, Govt Doon Medical college, Dehradun.

VIII) Webinar on conductive education with team of German experts

An online webinar on conductive education was conducted with German experts on 6 March 21. The close room zoom meeting was attended by Dr JK Jain , Dr Varidmala Jain, the esteemed speakers Ms. Beate HoessZenker, Ms Daniela Fulle, Ms Elisabeth Pitz, and Ms. Friederike Bock Dr KD Mallikarjuna, Dr Meenakshi Murthi Girish and our team of Trishla Foundation. The experts very beautifully explained the technique and its use in cerebral palsy through photographs and video presentation.

Press coverage

चांकत्सा क्षेत्र के दिग्गजों को मिला अवॉर्ड

जंगलम लालदास लखनऊ-एतहानी में एक तहफा नाम को भी-भीरी पर लुप्त रहा था। वहीं दैनिक जंगलम के अर्थात् सैरिमान हर एक उम्मा भर रही थी। ब्रह्मपुत्र के विविधता क्षेत्र के जूट दिग्गजों ने हॉथ सेक्टर को चुनौतियों पर मंचन किया। साथ ही सम्मान समारोह का जलन भी मंचन।

दैनिक जागरण के आयुष्मान इंडिया-2020 सम्मान समारोह रविवार को हुआ। गलनभरो राणा को जहां लोग घर में कैद रहे। वहीं होटल हवत में अर्जित आयुष्मान इंडिया समारोह में चिकित्सकी ने बहुरूपक हिस्सा लिया। इस दौरान चारों मुख्य अतिथि डिप्टी सीएम डॉ. दिनेश जर्मा मौजूद रहे। वहीं विशिष्ट अतिथि कानून धर्म बूरो पाठक रहे। स्थल ही विकास एवं स्वास्थ्य महानिदेशक डॉ. दीपस मेगा, अटल पूनीबर्मीटी के कुलवर्ति प्रो. एके शिंदे व दैनिक जागरण के राज्य संवादक आरतो शर्मा मौजूद रहे। उन्होंने



संस्थानों में स्वीडिश को रैपिड लर्नरों द्वारा आयोजित अनुष्ठान द्वारा प्रारंभ में ही, विशेष कुशल मिले। प्रत्येक को। को एकीकृत इन लेखकों को करीबतः (अथवा) अर्धी से निम्नलिखित प्रमाणों में विशेष रूप से १९५५ में प्रकाशित प्रकाशित - गणना

प्रदेश भर में अणु चिकित्सकों का आधार जताये। साथ ही कोरोना काल में डॉक्टरों की सेवाओं को सरावा। अतिथियों ने राज्य भर में अणु चिकित्सकों को सम्मानित

किया गया। इसमें लखनऊ के प्रख्यात
पंडितारक सर्वज्ञ हैं, एक बारखल,
प्रसिद्ध न्यूनीलिनिस्ट हैं, टीकानगर,
वाराणसी में हैं, एसके अग्रवाल,
कानपुर में हैं, अखंडा बुध्वा गुप्त,

डॉ. जेके जैन

पंचाल प्राचीन से दक्षिण बंगाल के इलाक़ में जल-समृद्ध की बहुत सघन जंगल रहे हैं। विद्यालयाध्यक्षन के नाम से संबद्ध होने वाले वैदिक जंगल के बारे में लोग अपने बच्चों का इलाक़ समझते हैं। वहाँ 2014 में इन्होंने इस जंगल की नींव रखी थी। अब तक 14 प्रदेशों में कुल 170 कैप लागू हो चुके हैं। इसके तहत 25 हजार से ज्यादा बच्चों का इलाक़ किया जा चुका है। अमरीका के दानव संघीय अर्थो दोनो से 50 हजार इलाक़ के लिए हो चुके हैं। यह बच्चे 80 फीसद तक आयुर्वेद में बने हैं।

डॉ. आरएन चौधरी, व वरिष्ठ के
डॉ. काली वैद्य को प्रतिष्ठित लाइन
टाउन अपार्टमेंट अर्द्ध प्रदान किए
गए। वही प्रणालय के डॉ. नेने जै
समेत 20 चिकित्सकों को अर्द्ध

एक्सप्लेन्स अर्थोड

डॉ. अभिषेक श्रीवास्तव, गोरखपुर

अगोटे छोर एहसीलेन
हेल्थकेयर सर्विसोज

०१. विवेक पुष्कर लेख, प्रकाशना
 ०२. अलखी मुक्त, गोरखपुर
 ०३. मुद्रास मुद्रास, गोरखपुर
 ०४. विद्या प्रकाश, गोरखपुर
 ०५. गंगा शशी, गोरखपुर
 ०६. सानत विद्या, गोरखपुर
 ०७. एन. ए. ए. गोरखपुर
 ०८. गंगा शशी, गोरखपुर
 ०९. गंगा शशी, गोरखपुर
 १०. गंगा शशी, गोरखपुर
 ११. गंगा शशी, गोरखपुर
 १२. गंगा शशी, गोरखपुर
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 १९. गंगा शशी, गोरखपुर
 २०. गंगा शशी, गोरखपुर

परी एम्बोलिसम इन वॉल्व केयर रॉथिस में नवाज गया। इस कार्यक्रम में डॉक्टर डाक्टर स्टैसकाम, ओमेला और आइसोटोन और डॉक्टर डॉक्टर सावो शामिल हैं।



Press coverage





BUDGET

Future Planning

1. To find ways to cope with the new challenge of COVID 19.
2. To collect funds for construction work of CP home and plan for its progress in the light of new situation.



TRISHLA FOUNDATION

*“A Trust for people with
neuro-musculo-skeletal disabilities”*