



Bharat Lokhit Seva Samiti

(Registered Charitable Trust-1994)

ANNUAL REVIEW 2019-2020



Chinmay

Residential and Day-Care Institute
For Intellectually Disabled



*Every child
matters-
Helping
them
realize
their
potential*

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Annual Review 2019-2020



1. Introduction:



Bharat Lokhit Seva Samiti was established in 1994 with the aim to serve the society. It endeavours to fulfil the aim in different ways - establishing Ashrams for human welfare, colleges and Universities for spread of knowledge, running Ayurvedic and Homeopathic clinics and centres, Physiotherapy and music therapy centres and establish residential schools and guidance cells for mentally challenged. Various activities are carried out for overall social welfare, which includes conducting action oriented research, organising seminars and workshops on developmental activities, adult education, training and education for intellectually and physically challenged (“Divyangjan”), workshops, seminars and short term courses for children, youth and women in backward rural areas for their empowerment and learning.

The ultimate goal of the organization is to help each individual reach his or her highest standards of ability, by providing a caring and a positive atmosphere where they are able to recognize their fullest potential.

It is an institution that has spanned 25 years in dedicating itself to enhancing the quality of life of people. The institution keenly believes in a systematic, scientific and a cost effective approach headed by a multi disciplinary team, which constitutes a part of the BLSS family and is drawn from different disciplines especially the rehabilitation of physically or socially deprived.

Vision: *To build a society where intellectually challenged children are able to realize their full potential and are able to grow with a sense of dignity and self-worth whereby they are accepted with dignity by their family members and society at large.*

Mission: *To offer high quality residential training, care and education to intellectually challenged children through addressing their behavioural and speech problems, imparting self-help skills and catering to their therapeutic needs so that they are able to reduce their dependence on others and live a full-filling life.*

Activities for Intellectual Disabled (Mentally Challenged)



‘CHINMAY’ Resident Institute For Mentally Challenged was established in 1998 under the auspices of Bharat Lokhit Seva Samiti Trust. It serves these underserved sections with the philosophy of “Service to human is service to God”. In its endeavour to reach out to those population of the society that are still not able to enjoy the benefits of overall development and growth it was realized that those with mental retardation and Persons with Disabilities are the ones who need attention both in terms of investing in their talents and also to help them grow with dignity. As a society we have just isolated them, at the most sympathized with them but not actually supported them. It emerged that in our society very few programmes or projects are having targeted intervention for mentally challenged. Hence with the mission of making the mentally challenged self-reliant by all means and enhancing the quality of their life CHINMAY was formed. Organization caters to all children and at all levels of retardation, irrespective of religion and territorial backgrounds.



2. Primary Objectives:

- i. To undertake a proper assessment and diagnosis (mental, physical, loco-motor skills etc) of each child.
- ii. To identify the psychological and therapeutic needs of the child.
- iii. To assess the capabilities of each child and thereafter place them in groups and grades. (As per prescribed standards and instructions of NIMH regarding Special School).
- iv. To enable intellectually challenged children to manage their behavioral problems and to impart special skills, self-help skills, and cater to their therapeutic needs.
- v. To give special inputs for the improvement of the communication skills of the MR Child.
- vi. To offer high quality training, care and education by employing Trained Teachers - with desirable minimum qualifications prescribed and recognized by RCI who are well attuned to the specific needs of mentally challenged children.



3. Strategy:

CHINMAY has adopted a multipronged strategy to carefully address the overall mental, physical and spiritual well-being of each PwD (Persons with Disabilities- both mental and physical). Therefore a residential program aiming at personal care addressing behavioural and speech problems, vocational skills to bring out the hidden and unexplored talents are being imparted and handed so that the PwD children are able to realise their full potential and are able to reduce their dependence on others.

CHINMAY aims at providing single window concept of providing for the plurality of therapy needs of the beneficiaries with the support of RCI recognized BRS graduates who can provide for the above viz, Speech Therapy, Physiotherapy, Occupational Therapy, Colour Therapy and Music Therapy as well as psychotherapy and parental counseling.

These children are encouraged to participate in activities like arts and craft, sports, music and cultural events to instil enthusiasm and happiness in them. Exercise, yoga and meditation help them in their overall physical and mental well-being. One day picnics to places close to mother's nature make these children observe, appreciate and feel overwhelmed with whatever they see and learn. In order to keep them rooted with Indian tradition and way of life, all the major Indian festivals are observed with much enthusiasm and joy.

Parents play an important role too in the overall growth of PwD children and hence they are counselled from time to time so that they don't blame themselves and instead are encouraged to be active supporters.



4. Approach

For effective results the institute has adopted the approach of obtaining services of professionals of various background like Psychiatry, Psychology, Psychotherapy, Audiology and Speech therapy, Occupational Therapy, Music Therapy, Educational and Social field. The institute recognised that parent's cooperation and staff's physical and mental dedication towards providing a holistic care and education to these children is necessary and hence parents and staff members are also brought in contact with these professionals.

The institute has two main programmes- Residential and Day Care programme. Admissions are given under both the programmes. To be able to provide individual care and attention at the most 50 students are enrolled. At present most of the students are from Ahmedabad, some rural areas of Gujarat and neighbouring states of Rajasthan and Maharashtra.

The institute has an independent three storied building and a big playground adjacent to it. Each storey is separately allotted for hostel, educational and Training activities and extracurricular activities. Physical training and sports activity take place in the playground.

Children are assigned groups according to their physical and psychological age and training is imparted accordingly. **Toilet untrained (Severe) children** mainly admitted in the institute. Normally the training is imparted right from taking care of daily routine to developing occupational skills. Feedback from parents is obtained on children's performance during vacation at home. Modification in training pattern is made on the basis of feedback and suggestions of parents as well on the suggestions from professionals whose guidance is sought from time to time.



5. Team Members

<u>Educational Staff</u>		<u>Hostel Staff</u>	
• Director	1	Warden	1
• Special Teacher	2	Attendant	2
• Asst. Teacher	2	Sweeper	1
• Occupational Therapist	1	Cook & Helper	2
• Psychiatrist	1	Accountant	1
• Speech Therapist	1	Physician	1
• Physiotherapist	1	Ayah	5

6. Making steady progress - A quick glance

- Since 1998 **168** children trained.
- In the year 2019-20, **8** new admissions were given.
- During 1998-2020, 855 parents contacted the institute for admissions.
- During 1998-2020, guidance and counselling to parents of **486** children.
- In the year 2019-20, **37** children trained under residential training course.
- In the year 2019-20, **2** meetings/seminars organised for parents in which 62(30+32) parents participated.
- In the year 2019-20, **35** children were examined by Psychologist and Psychiatrist.
- In the year 2019-20, **35** children were received speech therapy.



7. Distribution and Arrangement of Groups

For providing training appropriately, according to their physical and psychological age, and behavioural pattern, the children are divided into four groups. The institute accommodates about 45 to 50 mentally retarded children under various training programme. The criteria for distribution of children are medical and psychological diagnosis, type of psyche, education capability and evaluation of child's current capability.

Sr. No	Name of Group	Intelligence Quotient	Psychological Capability	Educational Capability
1.	Ullas	50-65	Moderate Mild	Educable
2.	Umang	40-50	Moderate	Trainable
3.	Asha Kiran	30-40	Moderate Severe	Trainable
4.	Varun	20-30	Severe	Trainable

7 a.Children According to Psychological Diagnosis

Sr.	Type of Psychology	Residential	Day Care	Total
1.	Profound	---	---	---
2.	Severe	12	---	12
3.	Moderate	23	---	23
4.	Mild	---	---	---
	Total	35	---	35



Abstract of Beneficiaries

Sr. No	No.of. Beneficiaries	Category of Disability															
		OH		MR		VH		HH		LCP		Multiple Disabled		Other (Specify)		Total	
		M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
i.	At the start of the previous year			35	0							1	0			36	0
ii.	Addition during the year			8	0							0	0			8	0
iii.	Dropouts/ Left Outs			8	0							1	0			9	0
iv.	Successfully completed (those who have left the institution after completion)			0	0							0	0			0	0
v.	At the end of the previous year [(i+ii)-(iii+iv)]			35	0							0	0			35	0
vi.	Out of (iv) above:-																
a.	Residential:-			35	0							0	0			35	0
b.	Non - Residential:-			0	0							0	0			0	0
vii.	No.of. Beneficiaries as on the date of application for the current year			35	0							0	0			35	0
viii.	Out of (iv) above:-																
a.	Residential:-			35	0							0	0			35	0
b.	Non - Residential:-			0	0							0	0			0	0

7 b. Children According to Medical Diagnosis

Sr.	Medical Problem	Residential	Day Care	Total
1.	Brain damage	---	---	----
2.	Hydrocephaly	---	---	---
3.	Microcephaly	---	---	---
4.	Cerebral Palsy	---	---	---
5.	Down's Syndrome	01	---	01
6.	Epileptic	11	---	11
7.	Ketyngym (Thyroid)	---	---	---
8.	Oxycephaly	---	---	---
9.	Mentally retarded	23	---	23
10.	Mentally retarded with learning difficulty	---	---	---
	Total	35	----	35

7 c. Children According to Educational Capability

Sr. No.	Capability	Residential	Day Care	Total
1.	Educable	01	---	01
2.	Trainable	34	---	34
3.	Custodial	00	---	00
	Total	35	----	35



8. Report on Activities

Activities during the year included arts and crafts, sports, music, other cultural events, physical training, Yoga therapy and celebration of birthdays and festivals, picnics and parents' meetings.

8.a Sports competition

Sports competition was held on 2nd December 2019, on the playground of institute. Competitions were for short race, Ball Throw, Lemon & Spoon, musical chair etc and about 24 children of different age participated. Prizes were distributed for first second and third winners' categories. Parents of children were present on this occasion and encouraged the children.



8.b Cultural Events

During the year, 2 cultural programmes were arranged in which the children and their parents took part. In the cultural programme the children sung film songs. The celebration of national festival was also arranged. Parents and children also took part in playing Garba on the Full Moon Day. Prizes were also given to the winners to encourage them.



8.c Painting Competition

About 14 children in different age group participated in on the spot painting competition organised on Mental Retardation Day by the institute. Prizes were distributed to three winners. Such competitions help them to bring out their hidden talent if any and they realise their self-worth.



8.d Picnics

To provide exposure and a part of socialization, one-day picnic was arranged. Children were taken to historical places and Children's Park. All children and staff members joined and enjoyed together.



8.e Celebration of festivals and birthdays

During the year different festivals were celebrated with the children and they were made aware of importance of festivals in our lives. The festivals were celebrated during the years are Kite Festival, Dhuleti (2nd Day of Holi), Navratri (Garba) , Rakhi, Janmashtmi etc.



Birthdays of all children's are celebrated with enthusiasm. Birthday cake is specially prepared for the children's and celebration takes place in presence of their parents and all the members and guests of the institute.



8.f Seminar for parents

Seminar for parents was organised on June 14, 2019 and November 22, 2019. The objective of the seminars was to understand the problems of mentally retarded children in a proper perspective and diagnosis of the problems. Open discussions were held with parents and guidance was given to them by qualified professionals. In the second seminar, the expectations of the parents from their children and how far the expectation can ideally match with the reality was discussed. This was done to make the parents realise the practical aspects and avoid unnecessary burden on their children. Almost all parents attended both the seminars.



Parent's View:

*When my son **Dhairya** was born after a delayed labour, the joy of being blessed by another son didn't last long. Its now more than 5 years that he has been boarder at CHINMAY, and our hearts are filled with joy when we see our son eat his meals by himself. His irritability is now a thing of the past and he is more playful now. He can now walk long distances, sense time and indicates for toilet. I am fully satisfied with the care and overall inputs provided at CHINMAY which has brought these changes in my child.*

- Mr.Himanshubhai Parikh, Father of Special Child.

8.g Parents' Counseling and Training

Parents are trained in Behaviour modification techniques, which are a systematic application of the principles of learning techniques, for controlling the problematic and undesirable behaviour. This helps the parents also, in training and rehabilitating the disabled condition.

A positive attitude on the part of the parent helps the Institute also to be much more effective to reach out to the children. The parents of the mentally disabled child are also given training in self-help skills so that they may learn how to organize their child's educational, vocational, and functional skills. The workshops are aimed at imparting knowledge and management of their child's problem.

Home based training is also given so that the parents of the children can teach them and also cope with them in an organized way at home. The institution provides for special training and orientation programs for those parents whose children are unable to come to the Institute. Special educators demonstrate and teach the parent how to deal with the child. After this the child is either admitted in home guidance clinic or brought by the parents from time to time for consultation.

During the year, counselling was provided to parents of about 44 children on various aspects related to development of mental retardation and medical problems. Qualified professionals were invited for the dialogue with parents. Type of guidance given is as follows:

Sr.	Particulars	Number of Children
1.	For admission in institute	22
2.	For training at home	06
3.	For Psychological treatment	09
4.	For occupational treatment	05
5.	For Psychiatric treatment	03
6.	For Speech Therapy	04
7.	For other institutes	14
	Total	63

9. Rehabilitation of Mentally Retarded

The ultimate aim of the institute is rehabilitation and over all development of mentally challenged children. Due attention is paid to tackle problems of speech development, behavioural problems, physical problems like muscular problems etc, which often isolates these children from the rest of the society. By consistent efforts made by the institute between 1998 and 2020, 124 children were rehabilitated with the society. The various categories are:

Sr.	Particulars	Beneficiaries
1.	Children can live with the society but are incapable	54
2.	Children can earn self-employment in the society but require support	13
3.	Can help others in the society	01
4.	Can live with the society and do routine activities	61
5.	Have opportunity of self-employment and support is not required.	04
	Total	133



10. Special Training

- In the year 2019-20, 5 children with severe behavioural problems were enrolled and their hyper activism could be tackled considerably.
- Speech therapy remained effective for children in need of speech development.
- 9 severely incapable children were trained for performing their routine activities on their own.
- 8 toilet untrained children received toilet training and now are independent.



11. Vocational Training

Every parent of mentally challenged children dreams of making child self-reliant. For making children self-reliant vocational training is provided. It also helps them in rehabilitation. During the year, children made the following items as part of their vocational training.

Sr. No.	Items	Independently	Require support	Total
1.	Door-mates	04	05	09
2.	Candles	04	05	09
3.	Candle Diya	04	04	08
4.	Rakhis	02	02	04
5.	Colour work	06	06	12



12. Physiotherapy

Over the years, we have seen many mentally challenged children experience the very positive and helpful effects of regular physiotherapy sessions. Sometimes, the sessions help the children deal with pain and discomfort; or they can help the children grow and develop better, improving their motor skills and mobility.

Our Regular physical therapy programme provides mentally challenged children with opportunities to reach their optimal functional ability. Treatment may include activities and exercises for strengthening, stretching, range of motion, relaxation, endurance, head and trunk control, gait training, sensory integration and gross motor challenging. Working within an interdisciplinary team approach, our special educators regularly work as per physiotherapist's guidance for daily activities that enhance the child's physical therapy programme.

The school has all facilities available in-house for a child's physiotherapy session.



13. Music Therapy

Music therapy is an effective educational and therapeutic tool for children with forms of disabilities. The strategies involved with music therapy may effect changes in skill areas that are important for people with a variety of forms of disabilities such as learning disabilities, intellectual disabilities, cerebral palsy, autism and many others. As a person with disabilities, I have found music to be invaluable in relation to the forms of disabilities I experience.

From a therapeutic perspective, music has a number of benefits for people with disabilities. It is an important learning tool of course. A portion of the benefits of music comes from the fact that repetition within music may be more enjoyable than without it. Music also provides significant memorization assistance. Maybe the most important thing for some people is the fact that they can participate in music even if they experience difficulties in other areas and music therapists are trained to help them accomplish this goal. Successful participation in music can find a person with a disability feeling motivated to pursue additional efforts.

Music therapy is an effective tool to use for stimulating and motivating a person's speech. It provides a path for nonverbal communication as well. Music therapy is a valuable tool for people who are learning to use an augmentative or alternative system of communication.

Music therapy is based on the understanding that the ability to respond to music remains unimpaired by disability and is the planned use of music to achieve therapeutic aims with children who have special needs because of social, emotional, physical or learning difficulties. The institute has adopted the music therapy for improving the effectiveness of all the programs with the PwD children of the institute.



Celebration of National and International Days

Bharat Lokhit Seva Samiti celebrated Republic Day (15th August) & Independence Day(26th January) in organization's campus. In this programmes parents of inmates and other local leaders were participated. Various cultural program, games and competitions were organised on this occasion.



Tree Plantation

In the view of Global Warming situation and for ecological wellbeing our organisation organized Tree Plantation program with intellectual disabled with the aim of “We Not Only Plant a Tree but also Grow the Tree”. Around 51 various type of tree plants in the event.



Awareness Programs

The Institute has initiated and explored all possible modes and methods for enhancing awareness on health and education. It has organized several programs for general awareness and education at the community level. This would help the community to accept PwD with dignity and respect.

1. Preparation of slogans, used for highlighting positive attributes and charts, posters depicting factual information on the condition.
2. Organizing rural camps, mini camps, rallies and runs on awareness.
3. Using public address systems, public information channels, mass media and communication.
4. Lectures seminars for different target groups.
5. Preparation of audio and video advocating for empathy and human rights by popular play back singers.
6. Tapping folk media for awareness in rural areas.
7. Media seminars.

As an Institute with a purpose, BLSS organized various Health Camps for the benefit of the children as well as for the common man.

Drug Awareness and Counseling

BLSS also provides the guidance on anti-drugs issues and Tobacco de-addiction. Drug addicts are mobilized and informed about the probable physical and mental damage caused by the consumption of drugs.

A camp was organized in collaboration with other organizations and participants took oath for de-addiction and convinced at least 5 other people for tobacco de addiction. A 5 KM half marathon was also organized to create awareness on this occasion.

In addition to the above activities, organization also provided the material information about the various festivals & holidays declared by the Government. It also developed and distributed pamphlets that provide information about the forest conservation and pollution.

BLSS requests people not to shy away from asking for help and looks at changing the overall outlook of the society.

Future Plans

The institute has envisaged the following plans:

1. Conduct Vocational Training courses and Computer Training center for women from rural areas.
2. Old Age Home
3. Women's Gruh Udhog Center
4. Drug, Alcohol & Tobacco De-addiction Center.
5. Prevention of alcoholism and substance (Drug) abuse.

Acknowledgment

We are extremely grateful to the officials of the Govt. of Gujarat, Govt. of India, Leading Companies, Institutions, Organizations and all the trustees of Bharat Lokhit Seva Samiti for the Co-Operation, guidance and support, which we got from them. It will be voluminous if we try to identify all who have extended their helping hand to us. But we extend our sincere and hearty thanks to all those who have directly or indirectly support us in our activities, Our special thanks and gratitude's are due to :-

1. Social Defence Officer, Ahmedabad
2. Director, Dept. of Social Defence, Govt. of Gujarat, Gandhinagar
3. Disability Commissioner, Govt. of Gujarat, Gandhinagar
4. Department of Social Justice and Empowerment, Gandhinagar
5. Ministry of Social Justice and Empowerment, New Delhi
6. The National Trust, Ministry of Social Justice and Empowerment.
7. Ahmedabad Strips Private Ltd.
8. Tatva Soft – Ahmedabad
9. Act of Kindness, Ahmedabad
10. Shri Chiragbhai Patel, Wonder Masala, Ahmedabad.
11. All well wishers and supporters of the organization.
12. All Team Members and trustees of the trust for their valuable co-operation and excellent guidance.

CHINMAY

RESIDENTIAL INSTITUTE FOR MENTALLY CHALLENGED

(Project of BHARATLOK HIT SEVA SAMITI)

AIM OF INSTITUTE

The Main Aim Of The Institute Is To Rehabilitate The Mentally Challenged Children By Providing A Conducive Environment For Their Overall Development.

It Aims At Providing All Kind Of Support To The Mentally Challenged Children For Their Own Development, For Making Them Self-Reliant And Socially Acceptable.

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