

ANNUALREPORT 2022-2023



SUBHIKSHA VOLUNTARY ORGANIZATION

Because We Care..!!

SubbhikshaVoluntaryOrganizationH.

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Thank You Note

The year 2022-2023 was a blend of both the opportunities and the challenges. It forced us to introspect into how we are and what we are here to do. We had strategic capacity building workshop on effective report writing and Budgeting to update practical skills. The core leadership team participated to prepare ROADMAP for the year 2023-25, strategic direction for next phase of Subhiksha. As we step into 15 years of Subhiksha, its time of many changes and opportunities within organization and outside. I hope these changes will help us to emerge stronger towards our journey for inclusive and holistic development for children with and without disabilities. This annual report tries to summarize all those challenges and experiences. It is not only a moment of recall for Subhiksha, but also an opportunity to communicate to our supporters and stake holders who have stood by us through the journey. Thank you!

Founders' Voice

The year that passed was an extraordinary year with many colours. To keep our motto at the centre of our activities, we began to provide Home based care, Community based Rehabilitation, counselling and therapy to children with disabilities. We transitioned back to our full capacity of providing services. We work in the sphere Health, Education and Skill Training delivering a plethora of services. Our services include parents and childcare, early assessment and therapeutic activities, parent training, special schools, vocational training, life skill training, home base education. We have come along ways since our beginnings, moving ahead year by year, changing lives, bringing hope and happiness. Here we are sharing stories which kept us going forward during the tough times and transition.

We have continued our work on the underprivileged Special children and youth. So the year, I would say has been a mixed bag of experiences- some good, some encouraging and little bit challenging also. When I look back, I feel to come out more resilient in dealing with difficult situations. I strongly acknowledge the contribution and support from the donors who stood with us in the crucial situations.

Objective

Subhiksha aims to promote welfare, care and rehabilitation for the special children and expose intellectual disabilities children to arts, sports and music, so that they also get to experience a holistic model of education. While addressing the education component, Subhiksha also intends to use its access to children, to introduce simple health initiatives that can prevent children from being susceptible to infections and diseases.

Our Vision

Every child must get an equitable chance at good quality education

Our Mission

Our mission is to make a difference in the world of disability. We believe in human potential and its expression. Our emphasis is on education and its accessibility, regardless of caste, creed, race, religion and ethnicity. We educate and empower children with special needs to lead dignified, successful lives in the mainstream society.

WHAT WE DO

We work with Special Children, adolescents, and grownups with special conditions such as

- Cerebral Palsy
- Mental Retardation
- Slow Learners
- Autism
- Down

Syndrome Our work focus

is on

Support the families of Special Children by enrolling them in Open Basic Education of National Institute of Open Schooling.

Provide Continuum of care to these children on a long term basis.

Help the children and adolescents to become more self-reliant through Life Skills Building and Therapeutic interventions.

Summary of Activities organised in 2022-2023

Subhiksha Special School is a day care center catering to differently abled children and providing rehabilitation and intervention services for Mental Retardation, Cerebral Palsy, Autism, Multiple disabilities, Downs Syndrome and slow learners.

Subhiksha is working on various aspects in the field of disability such as Community based rehabilitation, therapeutic interventions and academic intervention comprising of Open Schooling (NIOS). We work with special children in a multi-dimensional approach for people with disabilities. We aim to help enhance the quality of the lives of our Special Children.

Major facilities and therapies available at Subhiksha: Special Education

Academics (through NIOS) Customized Program for Each Child Therapy Unit

(Physiotherapy, Occupational Therapy, and Speech Therapy) Day Care Facility

Friendly and Caring Staff Computer Training Classes Vocational Training (NIOS)

Recreational Classes (Dance and Yoga) Sports

Special Education :

The Special education services of Subhiksha encompass a range of learning opportunities for children with disabilities, primarily with cerebral palsy, intellectual disabilities, and down syndrome that plays a vital role in the planning of their future life. The special educator maps out the appropriate strategy for each child aiming at the current and future progress by involving the parents in all stages of the teaching-learning process. Group teaching and individual need-based teaching cover the overall area of learning. The team of teachers made efforts to deal with children with disabilities and their one-to-one session including guiding, counseling, sharing issues and motivating. The special educators prepared small tasks aiming long term goals of each child and trained their parents to accomplish it. In this academic year, a total of 85 students with different types of disabilities were provided special education services to mainstream them in learning and development process. A total of 23 new admissions took place in this academic year.



Community Based Rehabilitation

Community Based Rehabilitation include the interventions which is applied in 5 Slum Communities of Telangana. Subhiksha endeavours to promote human inclusion by providing rehabilitation care, support the practice of education, strengthen economically the needy and advocate for social rights of children/persons with disabilities and families with socio-economic disadvantage. With the aim to carry out these benefits for target groups, projects have been implemented on the key components (Health, Education, Livelihood, Empowerment) of the Community Based Rehabilitation (CBR) matrix from the World Health Organization (WHO). In order to provide rehabilitation services at door steps in the community, a resource centre has been developed for extremely poor children with disabilities. Our CBR team of around 15 people of diverse background has worked in the areas in collaboration with volunteers, local supporters and therapeutic staff members for social transformation of mainstreaming disabled and marginalized children through education and therapies.

Services at Centre

The rehabilitation services of Subhiksha aim to optimize the functional skills of children and youth with disabilities, making it less challenging for them to cope with the various demands of their environment. Subhiksha delivers rehabilitation services to children and persons with disabilities via a team of multidisciplinary professionals. Subhiksha treats children with movement disorders, speech and communication impairments, cognitive impairments and impaired social interaction, as well as a broad range of other developmental disorders. High quality services are delivered including physical therapy, special education, speech/language therapy, psychological and medical evaluations/interventions. The rehabilitation programme includes the screening and identification of children with disabilities, comprehensive assessments of complex individual needs, and the development of individual rehabilitation plans (IRP), all carried out by a multidisciplinary team with the aim of maximising the potential of each child. Most of the families availing services belong to poor social and economic backgrounds.

A total of 85 children received services in the period between April 2022 and March 2023. A transdisciplinary approach is followed, keeping family and child at centre. Every new registered child has gone through a comprehensive assessment by multidisciplinary professionals according to the need of the child. Children with different developmental disabilities were followed up. During the follow-up sessions, the team demonstrated the therapeutic activities to the child and his/her parents according to the IEP.

The team of audiologist and speech/language therapist, special educator, physiotherapist, occupational therapist, psychologist and neurologist interacted to address the issues of parents and children with cognitive impairment and other neuro developmental disabilities. It motivates parents to become more involved in their child rehabilitation programme. Home-based activities were designed for each child on the basis of his/her individual needs.

The programme provides an opportunity to the parents of children with disabilities to observe the therapy sessions provided by different therapists and also practice the same in front of them. The aim of this programme is to train parents so they can participate in the rehabilitation process of their child. It helps the child to become independent to some extent. The duration of intensive therapy session is 45 minutes daily by each therapist (speech therapy, physio therapy and special education) for one week and repeated after 1-2 months, depending on individual needs. During this reporting tenures 65 children with disabilities received regular intensive therapy.

1. Therapeutic Services

- a. Physiotherapy
- b. Occupational Therapy
- c. Speech Therapy
- d. Psychiatry and Counseling
- e. Performing & expressive arts (Dance and Music)
- f. Sports

A. Physiotherapy can go a long way in helping children with their movements and help develop weak muscles. Based on the individual rehabilitation plan, physiotherapists plan the schedule for every child. The therapists work closely with each child and also assess the need for aids - such as standers, walkers, wheelchairs or any other orthotic devices. The various interventions aim to

- Strengthen and recuperate weak muscles
- Ensure mobility with programs such as using walkers and wheelchairs
- Help the child and family to become familiar with the equipment
- Facilitate to achieve the desired goal through manual therapy, frame standing, standing bars, parallel bar training, balance training, muscle stimulators etc
- Advise supplementary home activities of family members and caregivers after training them.



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B. Occupational Therapy with multi-sensory integration : Occupational therapy promotes the health and well-being of individuals. Developing skills that are a must for daily living is the main objective of this intervention. Designed to improve basic motor functions and reasoning skills, thus the programme helps prevent permanent loss of functions. The intervention uses methods such as multi-sensory stimulation and integration to:

- Help eat properly through oral-motor exercise
- Improve motor skills by picking and releasing small objects
- Teach new activities through imitation techniques
- Tone up body balance through exercise like climbing stairs, jumping etc



C. Hearing and Speech Therapy: The most important goal of speech therapy is to provide state-of-the-art therapy facilities free of cost to the disadvantaged population to whom these services are either not available or too expensive. The main area of focus is to improve the child's existing disability through individualized therapy sessions thereby making them as independent as possible which is an important step towards social inclusion and acceptance.

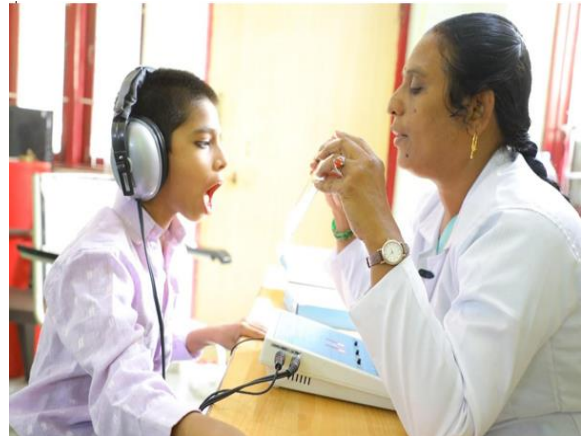
Everyone likes to express. However, it doesn't come very easy to our special children, This intervention helps in improving speech of the children and their ability to understand and express.

Our therapist works to:

- Test hearing ability of children
- Identify difficulties in articulation, fluency, resonance, or language disorders

Demonstrate the rights sounding words and practice with children to follow the same

- Ensure proper mouth coordination to produce sounds to form words and sentences
- Help with voice volume regulation
- Address language disorders to help children express their thoughts
- Practice with Speech Trainer to develop children's speech



- D. Psychiatry and Counseling : Counseling is an extremely crucial part of the rehabilitation process. Children and parents are both counselled. This intervention helps address the fears and needs for both. Since the parents and the children struggle with challenges in everyday life, acquiring new skills also lead to improvement in quality of life of the children as well as the parents
- E. Performing and Expressive Arts : Dancing and singing has been an integral part of human society. It is a great way to bond and has good health benefits. This dancing and singing not only helps improve muscle tone, spatial awareness and kinesthetic sensations but also facilitates with social skills.
- F. Sports: The sports programme enables children to learn things like following instructions, waiting for their turn, develop alternative solutions. This has further enhanced the confidence level of the children.



Subhiksha Voluntary Organisation 2022-2023

Under events all the occasions like Independence Day, Republic Day and festivals like Holi, Diwali and Dasara were celebrated.

Independence Day and Republic Day Celebrations

The National Flag was hoisted in Subhiksha school on the occasions of Republic Day in the presence of Mr. Pondi Kishore Kumar, Director and all the staff members. Our children participated in the competitions and also cultural activities.

Children's Day

Sports competitions, singing and dancing were some of the programmes that made the children feel immense joy on the occasion.

Table of contents depicting Total Number of Children served for the Year 2022-2023

Sl.NO	Name of the Disability	Male	Female	Total
1	Cerebral Palasy	2	1	3
2.	Intellectual Disabilities	74	6	80
3.	Multiple Disabilities	1	1	2
			Total	85

Oursincere thanksto ourdonorsfortheirtimelysupport!

Sl.No	Corporate Donors	Individual Donors
1	Hyundai Motor India Engineering Private Limited, Madhapur	Dr. Kameswara Rao, Safilguda
2	Cybage Software Company Private Limited, Gachibowli	Mrs. Samrajyam, Banjara Hills
3		Mr. Goverdhan, Kondapur
4		Mrs. Sirisha, East Marredpally
5		Dr. Chitti Subramanyam, Somajiguda
6		Ms. Lss Sujatha, Jubilee Hills
7		Lss. Jyothi, Shankarpally
8		Ms. S Geetha, Endowments Department
9		Mrs. Seetha Mahalakshmi, Himayathnagar
10		Mr. LSR Murthy, Dilsukhnagar



