

Annual report

2020-21



**She Hope Society for Women
Entrepreneurs, Wayil, Ganderbal-
191202, Phone: 0194-2419536
GPO Box: 970, Srinagar, J&K**

Farooq Khan



**Advisor to
Hon'ble Lieutenant Governor,
J&K**



MESSAGE

I am happy to know that "She Hope Society" is bringing out an Annual Report for the year 2020-21 to highlight its activities, schemes and achievements. This will enable the readers to take benefits from schemes offered by the organization.

Although, the organization mostly operates in the domain of disability, however, it has played a vital role in creating awareness about the COVID-19 pandemic, distribution of relief and medicine, and organizing community classes to enable children to catch up on missed out classes. The government is itself doing a lot to mainstream and improve the lives of the disabled through various welfare schemes, however, the role played by non-governmental organizations cannot be ignored.

She Hope Society has been at the forefront in the rehabilitation of persons with disabilities through their outreach programs in remote and far-flung areas of UT of Jammu and Kashmir.

I wish "She Hope Society for Women Entrepreneurs" continuing success in all its future endeavours.

Jammu
19th February, 2021


(Advisor-F)



Mr. Baseer Ahmad Khan, IAS

MESSAGE

I am pleased to extend my appreciation to She Hope Society for Women Entrepreneurs for being instrumental in transforming the lives of persons with disabilities.

Though the Government is doing every bit to mainstream and improve the lives of the disabled through various welfare schemes, however, the role of non-governmental organizations cannot be undermined or ignored.

She Hope Society has been at the forefront in the rehabilitation of persons with disabilities through their outreach programs in remote and far-flung areas of UT of Jammu and Kashmir.

The main intervention areas that She Hope Society has been intervening in over the years include Baramulla, Kupwara, Poonch, Rajouri and Ganderbal.

With partnering with the Organizations such as HCL Foundation, She Hope Society has done admirable work in the domain of disability in addressing to this issue.

The number of direct beneficiaries of rehabilitation services She Hope Society stands at 27,000 whereas the number of indirect beneficiaries is 1,35,000.

I feel happy to know that She Hope Society is bringing out Annual Report for the year 2020/2021 to share its readers. This will enable the readers to take benefits from schemes offered by the Organization.

I wish the management all the success in all future endeavours.


(Baseer Ahmad Khan) IAS³

Message

Things may have improved post lockdown to an extent. But life is not quite the same as we knew it. History bears witness to the fact that pandemics have forced humans to break with the past and envisage their world anew. But the onset of COVID-19 Pandemic's immediate fallout was the transformation of in-person workforces into virtual ones. One year ago the word 'zoom' would conjure the images of speed in the minds of people, today it is an accepted verb that many of us use on a daily basis.

During the lockdown, most of our work was conducted through virtual mode, however, we could not continue with it for long because the kind of services we offer to our beneficiaries required us to be out there in the field physically to create an impact and ensure that the end beneficiary of these services is well and truly benefitted.

It was risky, given the spike in the number of infected cases, but our staff strictly followed safety measures and ensured that their efforts do not prove counterproductive.

The rehabilitation services that stalled for some time due to Pandemic were resumed again by our team despite hurdles for which they deserve a lot of appreciation.

We also had the opportunity to serve people during the economic crisis brought on by COVID-19. Apart from raising awareness about this dreaded disease, we also distributed relief among people suffering due to lack of work. In the Covid-19 project, our financial support came from the HCL Foundation, to whom I am personally thankful.

I owe a huge debt of gratitude to our donors for their support for without which we would not have been able to make any impact. My team deserves kudos for being on the frontline for serving people during the COVID-19 crisis. And lastly, I take this opportunity to thank the state administration for helping us during the distribution of relief and rendering of services to our beneficiaries.

As we are caught in the times that humanity has never seen before, let us all get together and collectively fight this dreaded menace that is getting only bigger by every passing hour.



**Mr. Sami Wani, Executive Director,
Hope Disability Centre**

Testimonials

**Riyaz Ahmad,
Community Worker, Hope Disability Centre**

“I feel privileged to be associated with Hope Disability Centre for getting an opportunity to work for the disadvantaged sections of the society. I learnt firsthand the plight of Persons with Disabilities and how intervention into their lives could give them a second chance at life and enable them to live fully functional and independent lives. I genuinely revere the bosses at HDC for going out of their way and pushing us as well to work overtime in the rehabilitation of Persons with Disabilities especially in the rural belt where health care facilities are inadequate”.



**Manzoor Ahmad Lone,
Community Worker, Hope Disability Centre**



“I was absolutely bowled over by the kind of work Hope Disability Centre was doing for the rehabilitation of persons with disabilities. Their honesty and dedication in improving the lives of this neglected lot inspired me to jump into social work. Working closely with the persons with disabilities in rural areas has given me a new perspective of the suffering of these people and how intervention by Hope transforms their lives for good. I get immense satisfaction and joy when I see myself contributing my bit in the transformation of lives of patients who had completely given up hope of ever living a functional life.”

**Ashiq Hussain Mughal
Beneficiary**

“Alone, dependent for every need, I had accepted it as my fate. I had never envisaged living an independent life. But for the intervention by Hope Disability Centre my life turned completely around. Apart from the treatment given to me by their doctors they also encouraged me to be financially independent by sharing the details of government schemes for the welfare of PwD. With HDC and government’s support, I was able to set up a tailoring shop and I am now respectfully earning my keep. I owe it HDC for giving me a new identity and enabling me to become financially independent.”



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Situation

The invention of the vaccine against the deadly coronavirus virus might have mitigated anxiety among people somewhat. However, the fear of falling prey to it persists as the virus continues to claim lives.

The awareness about coronavirus and relief operation right after the onset of COVID-19 were carried out on a wider scale covering districts of Ganderbal and Srinagar.



The pandemic has changed the rules of the game as far as the work is concerned. Despite lurking fear, people have found ways to work, and we are no exception. Like other organizations, we also switched to virtual mode to reach out to our existing beneficiaries, besides identifying new ones.

She Hope Society for Women Entrepreneurs (SHSFWE) has tirelessly been working for the rehabilitation of persons with disabilities over the past two decades. As a result, a large number of our beneficiaries are today living functional and economically independent lives.

Many activities were planned for the year 2020 like the International Day of Persons with Disabilities, Inclusive Sports Event, T10 Cricket match, cultural events, awareness programs, and various other trainings, etc All the activities were conducted as per the schedule with strict compliance with SOPs.

International Day of Persons with Disabilities, a remarkable event, was held at Tagore Hall in Srinagar. Apart from the beneficiaries, several members of the civil society also attended the event. The officials from various state departments also lend their support to the event by being personally there. The advisor to the Lt. governor Mr. BaseerAhamd Khan was the chief guest.

SHSFWE also organized a cultural event in Poonch in the Jammu province wherein the speakers mostly spoke about the extent of the problem of disability in the region and the steps needed to be taken for its prevention.

Vision

- A World where persons with disabilities have equal rights and opportunities.

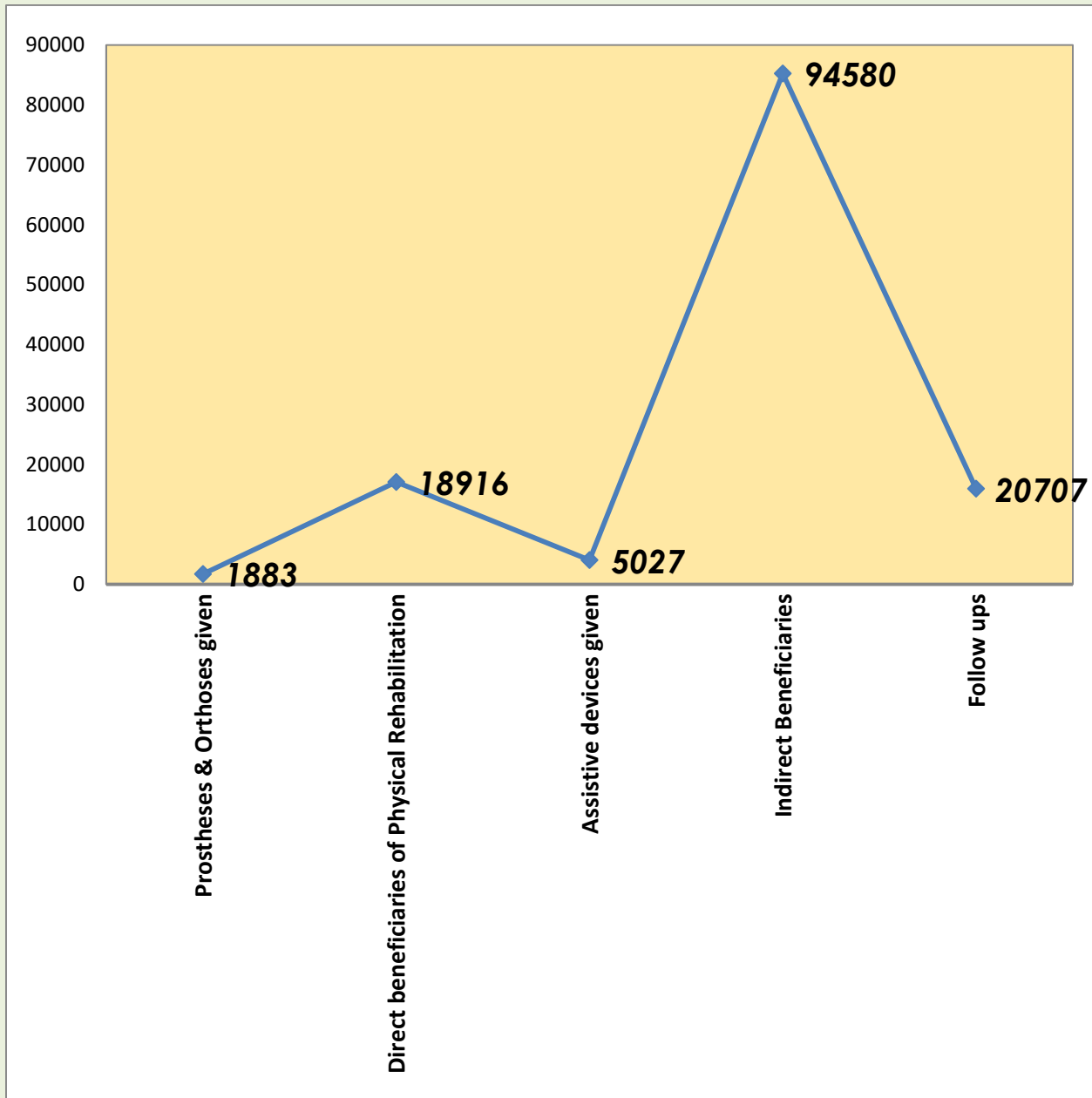
Mission

- To bring positive changes, provide access to good health care, education, livelihood opportunities and advocate for the rights of persons with disabilities.

Values

- To promote respect, honesty, commitment, positive work environment among people associated with HOPE. Our partners are the most important people for us.

Achievements



Physical Rehabilitation Achievements from 2000-2021

Our partners



THE SHAMDASANI
FOUNDATION
Hong Kong





ABILIS





Community classes in view of COVID



T10 inclusive Cricket match -2020



Inclusive Sports Event



in recognition of Covid-19 service



Relief distributed during COVID-19 crisis



International Day of persons with Disabilities

Activities

She Hope Society generates awareness about COVID-19 in the first phase



Post the outbreak of COVID-19, it felt like the world around us has completely changed beyond recognition in the blink of an eye. Nobody had a clue a pathogen emerging from China going global would create havoc with our daily lives.

As a responsible social organization, She Hope Society for Women Entrepreneurs with a profound sense

of its commitment towards welfare of the society conscientiously galvanized itself for the response to COVID-19. As the outbreak of coronavirus disease posed challenges galore, the immediate concern were awareness and the economic fallout of nationwide lockdown on the lower rung of society. Before putting together relief efforts, we joined hands with district administration Ganderbal for creating awareness on prevention against COVID-19 disease. The relief operation was carried out on a wider scale covering districts of Ganderbal and Srinagar. Apart from awareness, food kits, masks, sanitizers, personal protection coveralls, and IEC material etc.

Community Classes held to help children catch up on missed classes

As schools closed down following the outbreak of Coronavirus, the focus shifted on virtual classes. However, children of disadvantaged families with no access to internet didn't have this advantage and consequently were falling behind in their studies. Realizing the need to address this issue, She Hope Society for Women Entrepreneurs (SHSFWE) as a responsible social organization took it upon itself to arrange classes for children with no internet facility. Teachers were identified from the community itself to teach and enable children to catch up on missed syllabus. The initiative was a success as most of the children did well in their respective exams.



Events

International Day of Persons with Disabilities celebrated with hope and enthusiasm



with disabilities”.

International Day of Persons with Disabilities - 2020 was celebrated with the intent to promote consciousness among the general public about disability and make society aware of the political, social, economic, and cultural life of people with disabilities.

In view of COVID-19 pandemic, the theme for this year’s IDPD was “Building Back Better: toward an inclusive, accessible and sustainable post-COVID-19 world by, for and with persons

This year’s theme lays stress on fortifying our collective efforts for universal access to essential services, including health, social protection, education, employment, and other socio-cultural opportunities to ensure that persons with disabilities are not left behind in times of crisis.

Four success stories were featured during the event. Besides two benefices shared their thoughts with the audience about the disability day and the challenges they face in their everyday life.

Advisor to Governor Mr. Baseer Khan was the Chief Guest and about 300 people were in attendance belonging to different walks of life including people with disabilities.

The chief guest Mr. Baseer Ahmad Khan in his address held forth on various government schemes meant for specially-abled persons and assured that government will provide them all support for overcoming the hurdles that life throws at them.

T-10 Inclusive Cricket match saw an absorbing game of cricket

Hope Disability Centre in league with Valley Hunks and District Cricket Association Ganderbal organized a T10 inclusive cricket match at Shalbug in District Ganderbal on 11 September 2020. The teams from twin districts of Baramulla and Kupwara, which have suffered a great deal on the account of the conflict and where the number of physically impaired is maximum in Kashmir valley were the two



Events

competing sides. The composition of the teams was decided on a 70:30 ratio comprising persons with and without disability.

Baramulla Tigers won the toss and decided to bat first and in their allotted 10 overs they scored 69 runs. Kupwara while chasing the target got past the winning line in the 7th over with Danish scoring a well-played 36 besides taking three wickets. Danish is a below-knee amputee and yet the signs of his disability were barely visible. He played like a professional and contributed with both bat and ball. "Today I realized that we can play as well as persons without disabilities and I feel really good about it", says Danish.

Kupwara Lions got the winning trophy while as Baramulla Tigers ended runners up. Mementos were given away to the players with and without disability for enthralling the crowds with an absorbing cricket match.

Various cultural programs held on Inclusive Cultural Event in Poonch



To inculcate a mindset among people and key government functionaries about the importance of inclusion of persons with disabilities in the mainstream, She Hope Society for Women Entrepreneurs (SHSFWE) in collaboration with the department of education organized an inclusive cultural event in the district Poonch.

During the event, strict COVID-19 protocols were complied with to ensure the safety of participants.

A large number of people including persons with disabilities and students had turned up for the event which commenced with the 'Tilawat' of the Quran followed by a 'Naat', which had audiences completely mesmerized.

An inclusive skit was presented wherein the message given was that people should desist from making the distinction based on race, culture, and disability.

Zonal Education Officer Mohammad Aziz was the Chief Guest while other dignitaries present on the occasion included Principal higher secondary School, Mendhar, Panches, Sarpanches, and some prominent members of the civil society.

Events

While hailing SHSFWE for working tirelessly for the inclusion of persons with disabilities, ZEO stressed upon society to create a supportive and respectful environment for persons with disabilities

Inclusive Sports Event tests the strength of Persons with Disabilities

Although COVID-19 brought most of the activities to a halt, we, therefore, were reluctant to go ahead with the event as the safety of participants was a priority for all of us, but it was our beneficiaries who pushed us to conduct the event, which we eventually organized, but with strict compliance with safety protocol.

The venue like last year was Ski resort Gulmarg, which remains enveloped with snow during this season.



The main objective behind this event was to encourage the inclusion and well-being of persons with disabilities. It is the second time an inclusive sports event was organized in such a setting.

Since the event was inclusive so the competing teams comprised both persons with and without disability. The competitions were held for two indoor and one outdoor game. The indoor games included Carrom and Chess while the outdoor game included skiing.

The teams were chosen based on a draw as the number of persons interested in playing was high. And equal representation was given to both persons with and without disabilities.

The games were played with keen competitiveness and in a friendly spirit. Chess was intensely fought and carrom had some fun moments. Skiing drew a lot of attention of passersby and they also cheered the participants especially persons with disabilities.

Training of Local Traditional Professionals conducted to build their capacities



This training is imparted to local traditional professionals to spare our beneficiaries the trouble of traveling to our office from their homes in remote areas for repairing their assistive devices in case of breakdowns. With this training, local traditional professionals take care of most of the repairing of mobility aids of our beneficiaries in their respective places.

Home Adaptation

During the past year, SHSFWE has conducted six such trainings to build the capacities of local traditional professionals. The professionals such as carpenters, cobblers, cycle mechanics, and prosthetic mechanics are trained in fixing glitches like strapping, padding of splints of prosthetic and orthotic devices including repairing and developing aids and appliances particularly corner and toilet chairs. The training mostly focuses on familiarization with the devices and practical learning. The trainings are given by an external expert and in-house technicians and they are conducted in our intervention areas such as Ganderbal, Baramulla, Kupwara, Poonch, and Rajouri.

Home Adaptations undertaken to improve accessibility of Persons with Disabilities

Every year beneficiaries are identified based on their need for modification of their homes to enhance their accessibility and mobility. Usually, poor and marginal families, especially children get the preference for this provision. SHSFWE gets financial support for carrying out home modifications from its donors. Under this activity, ramps are built to ensure mobility of wheelchair-bound persons; similarly, bathrooms are changed according to the requirement of persons with disabilities. In the last year about 25 homes have been modified.



Donations made to improve functionality of differently-abled persons



Hearing Aids.

Making donations make an integral part of the rehabilitation of persons with disabilities. Like every year, this year 999 aids and appliances were donated by She Hope Society for Women Entrepreneurs to the identified beneficiaries based on their need and economic condition. Poor and financially weak persons with disabilities get the preference. The aids and appliances donated include walkers, Axillary crutches, toilet Chairs, Wheel Chairs, Corner Chairs, Elbow Crutches, Walking Sticks, and

Community Awareness camp

Community Awareness Programs held to disseminate knowledge about disability



Despite loads of information available on the internet and in other media about disability and its allied issues, paradoxically, ignorance about it still pervades among people especially in rural areas. Ironically, even persons with disabilities themselves are ignorant about how the early signs of disability can be detected. Besides, they know very little about state welfare schemes meant for them. As such role of NGOs is critical in raising awareness about disability and its related issues.

SHSFWE has in the year gone by conducted 80 awareness camps in the five districts of UT of Jammu and Kashmir. By holding awareness camps SHSFWE tries to sensitize and improve the knowledge about disability issues, rights, and entitlements, and government schemes available for persons with disabilities among the general masses and PwD.

Laser Therapy Device installed at Hope Disability Centre

We at Hope Disability Centre continue to upgrade facilities in order to provide better services to our beneficiaries. HDC recently installed a high-tech laser therapy device at its centre to better its facilities for treatment of various musculoskeletal conditions. It is one of the four such machines available in the valley. It is a non-invasive light source treatment that generates a single wavelength of light. The device can be used in the treatment of 45 different musculoskeletal conditions in reduced time and results are fantastic. Laser therapy is used by



physiotherapists for relief of pain, to accelerate healing and decrease inflammation. By installing this machine our beneficiaries have a specialized treatment available at reduced prices.

Distribution

Kurlon and HDC distribute warm bedding in five districts of Jammu and Kashmir.



Kashmir has suffered immensely due to conflict over the last three decades which not only caused huge loss of life but has also brought about great economic suffering to people. Those living along the line of control and in remote areas suffered doubly. The people living in these areas mostly fall below the poverty line. With reduced accessibility, the state welfare schemes do not reach them in time. The winter in particular is a tormenting time for them as they are not fully equipped to prevent themselves from the intense cold. Most of the villagers suffer due to a lack of warm bedding.

Even disease caused by the cold is common there. Kurlon Enterprises and Hope Disability Centre came together to mitigate the sufferings of people in these areas by distributing warm bedding there under 'Sahulyat scheme'. Five districts were covered during the distribution namely Ganderbal, Baramulla, Kupwara in Kashmir division and Poonch and Rajouri in Jammu Division. The items distributed included mattresses, bed sheets, comforters and pillows. By providing mattresses to persons with disabilities (especially Post-Polio Residual Paralysis, (PPRP cases), their incidence of developing bedsores has significantly reduced.

Cerebral Palsy patients comprise largest chunk of our patients

A large number of cerebral palsy patients have successfully been rehabilitated. All latest techniques apart from the conventional methods of treatment are used to offer services to patients in order to make them functionally independent.

Our intervention commences with the identification of the patient by our field team who takes her details which is followed by the Rehab wherein our trained physiotherapists conduct assessment of the problem and devise a treatment plan keeping in view the patient's needs.

The patient is subsequently referred to our main Centre where his treatment plan is structured and enrolled. The patients visit the Centre on daily basis for treatment. The treatment includes physiotherapy, occupational therapy, paly therapy, corrective assistive devices such as AFO (Ankle Foot Orthosis), KAFO (Knee ankle foot orthosis, hand splints, etc) . The beneficiary is also given aids and appliances which include CP Chair, Corner Chair, Wheel Chair, Rolators, Wedge etc.



Most of the patients that we get are children in age group 2-12, and occasionally older age groups as well. For wheelchair bound beneficiaries we built ramps and modify their bathrooms to improve their accessibility at their homes.

Beneficiaries imparted comprehensive treatment to overcome multiple disabilities

For Beneficiaries suffering from multiple disabilities we provide them comprehensive treatment which includes physiotherapy, occupational therapy, prosthetic and orthotic services (donation of artificial limbs), hearing assessment (audiometry and donation of hearing aids) speech therapy, and post-operative care.

Different modes of treatment employed to treat autism

This condition is generally identified by assessing whether patient is making sufficient eye contact, does he prefer isolation and avoid mixing people, asymmetrical movement of fingertips and flat foot.

We treat the condition by following ways

Improving eye to eye contact in front of the mirror, joint compression

Sensory Integration: It includes

- 1) Joint compression,
- 2) swing to and fro,
- 3) Bubble bath,
- 4) Sitting tolerance,
- 5) Bouncing on the therapeutic ball
- 6), inclined ladder,

We also impart the patient Cognitive behavior therapy which includes the following

- 1) Ring and rods activity
- 2) Color perception
- 3) Different types of textures and shapes
- 4) Spinal cord massage.



Various Cognitive Behavioral therapies used to treat Intellectual disabilities



The patient is identified when symptoms such as difficulty in thinking and understanding is found. Also Life skills that can be impacted upon include certain conceptual, social and practical skills.

For treatment we mostly resort to Cognitive Behavioral Therapy.

Hope Special School

This is an inclusive school wherein children with special needs, particularly those suffering from Autism, Mental Retardation, Cerebral Palsy and multiple disabilities are trained and imparted education.

There are different types of challenges in dealing with such children like learning, developmental, behavioral and physical and on top of it all training on self-care.

We don't have a one-size-fits-all approach to education. Instead we offer customized programming to meet each student's unique needs. This also needs emotional and social needs.

We offer the following

- 1) Individualized attention
- 2) Small classes
- 3) Academic and psychological counseling
- 4) Resource rooms
- 5) Cognitive behavioral therapy
- 6) Self-care

Data

In this calendar year another **86** children were enrolled. The total number of children enrolled for the past years is **151**. The list of children as per their disabilities for this year is given below.

S.No	NAME	AGE	PHONE NUMBER	GENDER	ADDRESS	TYPE OF DISABILITY
1	Sahil Hamid	12	9622799801	Male	Ganderbal	Cerebral Palsy
2	Jala Bi	17		Female	Ganderbal	Multiple Disability
3	Tasleema Kousar	18	917288981	Female	Ganderbal	Multiple Disability
4	Sona Bi	16		Female	Ganderbal	Multiple Disability
5	Falak Jaan	13		Female	Ganderbal	Cerebral Palsy
6	Masrat Nazir	17	8082201634	Female	Ganderbal	Cerebral Palsy
7	Bilal Ahmad Mir	18	6005318312	Male	Ganderbal	Cerebral Palsy
8	Naseer Ahmad Sheikh	17	7051505228	Male	Ganderbal	Cerebral Palsy
9	Rahil Ahmad sheikh	7	9596199799	Male	Ganderbal	Cerebral Palsy
10	Shaheen Ahmad sheikh	14	7051505228	Male	Ganderbal	Cerebral Palsy
11	Sonila	10	9596495674	Female	Ganderbal	Cerebral Palsy
12	Parmeena Bano	17	7051770601	Female	Ganderbal	Cerebral Palsy
13	Innayyat Ahmad Malla	16	7051586187	Male	Ganderbal	Cerebral Palsy
14	Hussain Ahmad	3	7051586187	Male	1	41
15	Atif Khan	3	9414960690	Male	Ganderbal	Multiple Disability
16	Toibah	5		Male	Ganderbal	Cerebral Palsy
17	Isha Zulafkar	3		Female	Ganderbal	Cerebral Palsy
18	Mushtaq Ahmad Dar	16	8803893099	Male	Ganderbal	Cerebral Palsy
19	Irfan Ahmad Sofi	17		Male	Ganderbal	Cerebral Palsy
20	Rabiya Bano	6		Female	Ganderbal	Cerebral Palsy
21	Talib Muzaffar	15	6005742214	Male	Ganderbal	Cerebral Palsy
22	Rehmat Bi	15		Female	Ganderbal	Cerebral Palsy
23	Mohammad Saghir	15		Male	Ganderbal	Multiple Disability
24	Ummar	16		Male	Ganderbal	Multiple Disability

25	Saima Kouser	14		Female	Ganderbal	Cerebral Palsy
26	Mohd Zaid	12		Male	Ganderbal	Cerebral Palsy
27	Faiz Ahmed	3		Male	Ganderbal	Cerebral Palsy
28	Mohd Azim Khan	6		Male	Ganderbal	Cerebral Palsy
29	Janvee Birplal	3		Male	Ganderbal	Cerebral Palsy
30	Manish Sharma	14		Male	Ganderbal	Multiple Disability
31	Manzoor Ahmed	17		Male	Ganderbal	Multiple Disability
32	Mohd Alyas	14		Male	Ganderbal	Cerebral Palsy
33	Sajma Kouser	17		Female	Ganderbal	Cerebral Palsy
34	Imran Khan	10		Male	Ganderbal	Cerebral Palsy
35	Noor	2		Female	Ganderbal	Cerebral Palsy
36	Aiza	4		Female	Ganderbal	Cerebral Palsy
37	Noreen Akther	15		Female	Ganderbal	Cerebral Palsy
38	Umar Ahmed Khan	15		Male	Ganderbal	Cerebral Palsy
39	Novied Ahmad	11		Male	Ganderbal	Cerebral Palsy
40	Pryia Devi	17		Female	Ganderbal	Cerebral Palsy
41	Rizwan Ahmed Khan	12		Male	Ganderbal	Cerebral Palsy
42	Amar shoil khan	7		Male	Ganderbal	Cerebral Palsy
43	Showkat Choudhary	15		Male	Ganderbal	Cerebral Palsy
44	Saqib	8		Male	Ganderbal	Cerebral Palsy
45	Mohd hafizah	17		Male	Ganderbal	Multiple Disability
46	Ajaz ahmed	17		Male	Ganderbal	Multiple Disability
47	Bilal Ahmed	6		Male	Ganderbal	Cerebral Palsy
48	Iqra Tabassum	9		Female	Ganderbal	Cerebral Palsy
49	Shalu	12		Male	Ganderbal	Cerebral Palsy
50	Sabra khanam	7		Female	Ganderbal	Cerebral Palsy
51	Umar Iklaq	3		Male	Ganderbal	Cerebral Palsy
52	Mohd iqbal	8		Male	Ganderbal	Cerebral Palsy
53	Mohd rameez	3		Male	Ganderbal	Cerebral Palsy
54	Shabir Ahmed	14		Male	Ganderbal	Cerebral Palsy
55	Anyat Hussain	17		Male	Ganderbal	Cerebral Palsy
56	Owas mushtaq	3		Male	Ganderbal	Cerebral Palsy
57	ZOYA	10		Female	Ganderbal	Cerebral Palsy

58	Sadaam	6		Male	Kangan Ganderbal	Cerebral Palsy
59	Basit Ahmad	10		Male	Tulmulla Ganderbal	Cerebral Palsy
60	Adida Banu	8		Female	Lar Ganderbal	Cerebral Palsy
61	ilyas	17		Male	Lar Ganderbal	Cerebral Palsy
62	Sofi Rehan	9		Male	Ganderbal	Cerebral Palsy
63	Amaan Irshad	8		Male	Wakura Ganderbal	Cerebral Palsy
64	Roman Farooq	10		Male	Ganderbal	Cerebral Palsy
65	Zoya Mustafa	4		Female	Ganderbal	Cerebral Palsy
66	Kalsoom	11		Female	Ganderbal	Multiple Disability
67	Rizwan	14		Male	Ganderbal	Cerebral Palsy
68	Mohd mehran	4		Male	Ganderbal	Cerebral Palsy
69	SACHIN KUMAR	13		Male	Ganderbal	Cerebral Palsy
70	Tokeer Ahmed	3		Male	Ganderbal	Cerebral Palsy
71	Mohd aajad	14		Male	Ganderbal	Cerebral Palsy
72	Mohd azam	13		Male	Ganderbal	Cerebral Palsy
73	Pryia sharma	17		Female	Ganderbal	Cerebral Palsy
74	Mohd Zaim	12		Male	Ganderbal	Cerebral Palsy
75	Nahyeem Kouser	17		Female	Ganderbal	Multiple Disability
76	Razwana kouser	18		Female	Ganderbal	Multiple Disability
77	Zainab Bi	17		Female	Ganderbal	Multiple Disability
78	Mohammad Nazir	15		Male	Ganderbal	Multiple Disability
79	Gulab Deen	17		Male	Ganderbal	Multiple Disability
80	Kalu	17		Male	Ganderbal	Multiple Disability
81	Gias Mehmood	17		Male	Ganderbal	Multiple Disability
82	Ulfat jan	8	6005648997	Female	Lar Ganderbal	Mental Retardation
83	Nighat	15	9541722753	Female	Lar Ganderbal	Mental Retardation
84	Salim khan	17		Male	Lar Ganderbal	Mental Retardation
85	Rubeena BANO	13		Female	Lar Ganderbal	Mental Retardation
86	Fancy	17	8899918251	Female	Ganderbal	Mental Retardation

Case Study

Name: Danishta Mushtaq

Age: 23 years

R/O Salor, Ananatnag

Danishta Mushtaq, unfortunately, met an accident a year ago when she fell from the second floor of her house while cleaning the window panes. She was taken to a hospital right away whereupon examination doctors diagnosed serious injury to her back with compression in her upper back,(D12) and



Case Study

bilateral lower limb paralysis below the level of D12.

Upon examination, the patient was found to have suffered the following injuries

- 1) Bilateral lower-limb paralysis
- 2) Bilateral lower limb sensory motion loss
- 3) Bowel and bladder dysfunction

Case Study

- 4) Manual Muscle testing was zero

With zero mobility and a catheter permanently fixed to her, Danishta was living an extremely painful and despairing life. She had almost given up all hope of ever being able to stand up on her legs and live a moderately functional life. Doctors however had suggested that her condition can improve by physiotherapy. Danishta was identified by the Community Based Rehabilitation (CBR) team of Hope Disability centre during a camp. When she was examined by the HDC team, she was found to have bi-lateral lower limb paralysis, bi-lateral lower limb sensory and motor loss, and bowel and bladder dysfunction. The first challenge before the Physiotherapists at HDC was to get her off the catheter, prevent the occurrence of bedsores, passive range of motion (ROM) to prevent joint stiffness, and continue weight-bearing exercises. She was put through various exercises such as kneeling for a couple of months, standing on the walker for weight-bearing, and walking on the frame. The treatment did show perceptible improvement in her condition sooner than was expected. She is now able to walk independently on crutches; also the sensory-motor function below the level of D12 has been restored. At one point when Danishta's world turned completely upside down and reduced her to a hopeless entity, she was

staring into a bleak future. But the intervention by HDC has given her a new lease of life. She can't believe the fact that she can walk without support and she is optimistic that with continuous physiotherapy she would be able to live a better life.

Case Study:

Fahmeeda Banoo,

Age: 18 years

R/O: Naribal Baramulla, Kashmir

Fahmeeda, an 18-year-old girl lost her ability to walk due to a natural calamity when an earthquake in 2005 hit Jammu and Kashmir. In a jiffy, her world upended for the worst. From being a happy-go-lucky soul she was reduced to a situation of doom and gloom when she found herself unable to move her lower limbs following a freak accident. It was like any normal day for her and she was going about her routine as usual. It was then she felt an incredible jolt that shook the house. It was a powerful earthquake that had hit the state. The impact was so



powerful that the upper story of the house came apart. Unfortunately, the concrete of the house fell exactly where she was sitting and hit her badly resulting in severely injuring her back.

Doctors after examining and performing various tests on her concluded that her spinal cord is so badly damaged that she will have to live with this condition for the rest of her life. She was diagnosed with 'Spina Bifida'. Coming from a poor economic background, the news of being dependent on others for the rest of her life left her completely devastated. Her father is a labourer and her mother a housewife, so the family barely manages to eke out a living.

However, she was lucky in that she was able to go to a primary school which is located in her close vicinity where her parents would drop and pick her up. "Although I lost few years of my schooling due to accident, but thank god, I just got through 8th standard and whatever little education I have is due to my parents", she avers.

She is keen to pursue her education; however, there are challenges galore for her. Her movement was restricted as there was no ramp facility at her home for her to move around without support. Besides, the high school is some distance away from her residence which is not easy for her to travel to. Hope Disability Centre first decided to address her mobility issue. A ramp was built by HDC in her house which has eased her movement considerably. She has also been provided a wheelchair. She can now go to every nook and cranny of the house and in the compound of the house as well. As far as her education is concerned, there is an effort going on to arrange online classes for her to enable her to further pursue her education. Her steely resolve and determination to make a life of her own is something that her parents are proud of.

Case Study

Name: Usman Tariq

Age: 4 years

R/O: Ganderbal

A very poignant and at the same time a very heartwarming story of a four-year kid who was unable to walk and now with the efforts of a therapist of our physical rehabilitation centre, he can take few steps without support. For parents, it was like Usman was born again when they saw him walking. "I can't express my emotion after seeing him walking", says an emotional father. Usman Tariq comes from district



Ganderbal. He was like any normal child at the time of birth. His parents notice something is amiss when Usman was unable to walk even after turning one and half years old. This caused tremendous anxiety to the parents. He was taken to a doctor who after examining him found that Usman was born with bowed legs and also had length discrepancy. He was put on vitamin supplements but it didn't work. And that is when they took recourse to Hope Disability Centre. The therapists of Hope Disability Centre went to his home, examined him, and devised an exercise protocol for him to follow. He was provided a rollator as well. The community facilitators of HDC religiously followed the exercise plan devised by the therapists and his condition started improving. He is now able to walk few steps which looked unlikely for his parents when the problem was detected. The job is only half done for the therapists as Usman needs constant physiotherapy till he can walk independently. He has also been referred to another institute for speech therapy and special education.



Accomplishments

- **18,916 people with disabilities and who are at risk of developing disabilities have received physical rehabilitation services.**
- **20,707 persons with disabilities were provided technical and community worker follow-up.**
- **5027 Assistive devices (such as wheelchair, tricycle, crutches, toilet chair etc.) have been donated to increase mobility and community participation.**
- **1,883 Prosthesis and Orthosis delivered.**
- **9377 Care givers received training on basic home based rehabilitation care, ADL, proper use and maintenance of aids and appliance.**
- **515 people with disabilities have received surgical intervention.**
- **225 low cost home modifications.**
- **575 Poor people and persons with disabilities have received Livelihood support.**
- **94,580 Indirect Beneficiaries of Physical Rehabilitation Services.**
- **35 Medical Camps conducted.**
- **Inclusive Skill development program: provided training to 2516 youth including persons with disabilities.**
- **Provided training to almost 4,560Asha/Anganwadi Workers.**
- **Set up 4 Self Help Groups in 5 districts of Jammu and Kashmir.**
- **24 Inclusive Sports events organized.**

**Hope disability Centre an undertaking of She Hope Society for
Women Entrepreneurs**

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