

## **SHRISTI SPECIAL ACADEMY**

### **Annual Report 2018-19**

#### **INTRODUCTION**

Shristi Special Academy a CSO/NGO was born for a passion for children with Special needs by three women special educators, dedicated to enabling selfreliance and improving the quality of life to individuals with Intellectual Disability, Autism, Cerebral Palsy and Multiple Disability from infancy to adulthood. Shristi provides a holistic and individual training & care to persons with disability. Shristi firmly believes in providing services to disability effected children and families from economically background households. 80% of our beneficiaries are enrolled into the program belong to lower economic groups. There are also supported through sponsorships.

- Shristi feels strongly that there is a need to make a difference in the lives of special children and adults by understanding their needs not just in the Academy but also at their homes and community.
- Shristi has consistently maintained its quality of services and introduced innovated new and effective systems in its programs.
- Providing trainings to the families to empower and assist them in coping with persons with disability.
- Working to enable the overall development and habilitation of children with learning problems using a scientifically designed and child-centered curriculum.
- Achieved using holistic approach aimed at over all development- mental, physical and emotional.
- Shristi with its multidisciplinary team of special educators, psychologist, therapist (physio, speech occupational, and music) and social worker. Regular medical professionals – neurologists/pediatricians/psychiatrists/orthopedics are also part of team.

Shristi broke away from the traditional framework and provided a wider range of services from infancy to adulthood. Values underlying Shristi's programs are Unconditional acceptance and giving, Positivism and unwavering belief that there can be improvement in every Intellectual Disability individual, no matter how severe the extent of retardation.

All our Programs and services are unique and scientifically designed is provided at Channenahalli, off Magadi Road in Bangalore Rural.

Presently Shristi reaches out to 165+ Intellectual Disability(106), Autism(19), Cerebral Palsy(17) and Multiple Disability(2). 21 normal children from surrounding villages are provided services in Chiguru (Preschool inclusive education program) for rural children.

- Shristi programs are child and family centered, scientific, encompassing all areas of development.
- Awareness of each child's needs and consistent follow up of their progress at home needs parental involvement and assistance is the key aspects if Shristi's

program.

- In addition, the team carries out home visits and regular counseling sessions to every member of the family to empower and support.

Academy has shared its learning at the National and International level and is recognized Training center for Institutions in its field of mental health, child health and special education. Shristi also works closely with Govt. agencies for securing benefits to PWDs.

#### **Our Vision**

- Improve the overall quality of life of Persons With Disabilities (PWDs) and to ensure their full participation and acceptance in society
- Empower PWDs with access intervention and rehabilitation services to promote
- maximum independence and confidence, irrespective of age and severity of the disability.

#### **Mission**

- Empower persons with disabilities to access interventions and rehabilitation services to promote maximum independence and confidence
- Enable families and communities to spread awareness and build capacity to aid acceptance and participation of persons with disabilities who require assistance and support

#### **Details of Events**

**1<sup>st</sup> April 2018- World Autism Awareness Day** is observed all over Bengaluru on this day. It was organized by 15 Local NGOs including Shristi. Beneficiaries along with parents participated in the program. Our student Vighneshsang the invocation and Sameer performed a solo dance.

**23<sup>rd</sup> April to 28<sup>th</sup> April 2018-** Shraddha Charitable Trust organizes a Summer camp every year during summer vacation at Spastics Society of Karnataka. The participants include normal and special children, to encourage inclusiveness within the community. They conduct several activities like trekking, games, etc. **6 beneficiaries and 2 team members** attended the camp.

**25<sup>th</sup> April 2018-** As part of creating awareness about Autism, the Guinness largest Photo Awareness campaign was organized by TCS and Rotary District 3190 at White Field, Bengaluru. Both the directors and one of our drivers pledged their support. Mrs. Suchita was invited as the official Witness for the event.

**4<sup>th</sup> June 2018-** Celebrated Annual Pooja at Shristi. This is the first cultural event at the centre in which all the students participate actively during the preparations and at the time of Pooja.

## Festival Celebrations-

The following festivals were celebrated at Shruti: Varamahalakshmi, Gowri -Ganesh Chaturthi, Dasara, Deepawali and Christmas.

Beneficiaries helped in arrangements like cleaning and arranging the classrooms and the premises, putting rangoli, flower decorations and helped in kitchen in preparing food(peeling and cutting vegetables) etc.; all these activities being part of their Life Skills training.

## Medical Camp

**29<sup>th</sup> January 2019-** Medical camp (Ortho) organised at Shruti in collaboration with RAWWD (Rehabilitation Aids Workshop by Women with Disability) and Manipal Hospital. 23 students were assessed by the doctors and advised aids and appliances.



## **Staff Training**

**3<sup>rd</sup> and 4<sup>th</sup> April 2018-** Both the Directors attended a workshop on “Valued Work, Real Lives, Real Contribution” organized by Key Stone India.

**17<sup>th</sup> and 18<sup>th</sup> April 2018-** 13 team members participated in a workshop on “Importance and Impact of Cognitive learning and Social Adaptive Skills” by Mrs. Gayathri Kiran.

6 other internal ongoing trainings were conducted by the directors to address behavior, skills acquisition and comprehensive programming.

**Dr. Shubha Kashinath, Associate Prof of Chair, Dept of Communicative Science and Disorders, California State University,** spent a day at Shristi observing and talking to parents of Children with ASD and provided program guidelines. She also had an interactive workshop with the technical team.

**J Yoga by Dr. Hideo Yamauchi, Japan, Ms. Huynh Thi Thanh Binh, Vietnam** was organised at Shristi by Anuraag Trust for 25 students and 5 staff members. The Yoga demonstration was carried out by Ms. Karishma Kannan, a young lady with Down Syndrome who learnt J Yoga during her stay in Vietnam. Incidentally, Karishma is an alumni of Shristi. The students enjoyed the different asanas which were compared to different animals and birds.

**On 17<sup>th</sup> November 2018-** 3 Special Educators attended a seminar organized by Brindavan Education Trust. The topic was “Autism in the Mainstream”.

**6<sup>th</sup> December 2018-** Both the Directors and Occupational Therapist attended a workshop on “Assistive Solutions Showcase”, organized by Enable India at IIM, Bangalore

**8<sup>th</sup> December 2018-** Both the Directors, 9 Special Educators and one Family Counselor attended the Pre-Conference Workshop organized by Key Stone India as part of Global Autism Convention. The topic was “Introduction to Social Role Valorization” and “Creating Homes: Foundations for High Quality Residential Support”. This preconference was initiated and facilitated under the leadership of

Ms. Suchita. The program impacted 65 participants including parents and professionals from across Bangalore and other cities across India.

**15<sup>th</sup> December 2018-** 15 members of our technical team attended Training on “Introduction to Social Role Valorization” by Suchita Somashekaraiah. The focus was to make the team rethink about the future IEPs based on the different roles of each student in his/her life

**10<sup>th</sup> to 12<sup>th</sup> December 2018-** Shristi was one of the key partners of the planning and organizing committee of Global Autism Convention 2018. The convention had 12 International speakers including Ms. Elizabeth Neuville from Key Stone and more than 25 National Speakers and was attended by over 500 delegates from India and Abroad. Leadership was also provided to conduct an Autism Awareness Program as a curtain raiser to the GAC across two State divisions, Davanagere (22<sup>nd</sup> November 2018) and Koppal (29<sup>th</sup> November 2018) along with the Pre-Conference Workshop on 8<sup>th</sup> December 2018. Global Autism Convention 2018 was organized at St. John’s Medical College on 10,11 and 12 December 2018, 5 team members including both the directors attended the convention.

**5<sup>th</sup> January 2019-** 5 Special Educators attended the training on “Goal Oriented Parenting of a Special Child” by Mrs. Vani Nagaraj.

Mrs. Gayathri Kiran conducted a training program on “Creating smart IEPs” on these dates: **(23<sup>rd</sup> January 2019, 6<sup>th</sup> February 2019, 20<sup>th</sup> February 2019, 12<sup>th</sup> March 2019, 27<sup>th</sup> March 2019, 3<sup>rd</sup> April 2019).** 18 Special Educators attended the training.

**7<sup>th</sup> February 2019-** Both the directors, 2 family counsellors and 2 Special Educators attended the training on “Matching Skills to Available Livelihood Opportunities” by Ms. Shanthi Raghavan from Enable India.



**13<sup>th</sup> February 2019-** One of our Directors , 2 family counsellors and 2 Special Educators attended the training on “ Creating a Supportive Eco System for Carers” by Dr. Anil Patil from Carers Worldwide.

**15<sup>th</sup> March 2019-** 6 team members including 2 Directors, 1 Occupational Therapist and 3 Special Educators attended “ Manthan” organized by Enable India, as part of “Mission 1000” at St. Marks Hotel .

The sessions focused on the current status of job opportunities for PWDs, how far Mission 1000 has succeeded, what is the road map for further action, etc. The speakers included employers, heads of NGOs and parents.

### **Training for Parents**

**8<sup>th</sup> December 2018-** Pre -Conference Workshop organized by Key Stone India- The topic was “Introduction to Social Role Valorization” and “Creating Homes: Foundations for High Quality Residential Support”. – 8 parents attended.

**10<sup>th</sup> to 12<sup>th</sup> December 2018-**3 days Global Autism Convention 2018 at St. John’s Medical College- 3 parents attended the convention.

**5<sup>th</sup> January 2019-** 70 parents attended the training on “Goal Oriented Parenting of a Special Child” by Mrs. Vani Nagaraj, who happens to be a Parent-Professional.

The talk stressed on the need for parent’s involvement in training their children right from the beginning and providing ample opportunities to learn varied skills.

**on 23<sup>rd</sup> January, 6<sup>th</sup> February and 20<sup>th</sup> February, a series of parent training program was organized at Shruti:**

Quite often, parent’s expectation about their special child’s training do not match the child’s potential-its either too high or too low. These training sessions were organized to educate the parents on this issue, to facilitate future planning for every Beneficiary. The groups were formed based on child’s age (0-8, 8-12 and 12-18years.) 3 sessions were conducted for the first group; 9 parents attended.

2 sessions were conducted **(on 13<sup>th</sup> March, 27<sup>th</sup> March 2019)**, 16 parents attended.

For the 3<sup>rd</sup> group, training will start from June 2019.

**30<sup>th</sup> January 2019-** 12 Parents attended the training on “Working towards a meaningful future for Persons With Autism” by Ms. Jayashree Ramesh, Director-ASHA, Bengaluru.

**7<sup>th</sup> February 2019-** 27 parents attended the training on “Matching Skills to Available Livelihood Opportunities” by Ms. Shanthi Raghavan from Enable India.

Her talk was very motivating, made the parents look at the employment possibilities for their wards from a totally new perspective.

**13<sup>th</sup> February 2019-** 70 parents attended the training on “ Creating a Supportive Eco System for Carers” by Dr. Anil Patil from Carers World.

He spoke about the various aspects of care giving, their own needs and creating support systems for them within the family/ community, etc.





**15<sup>th</sup> March 2019-** 12 parents attended “Manthan”, organized by Enable India as part of “Mission 1000” at St. Marks Hotel

### **Sports and Running Program**

**3<sup>rd</sup> June 2018-Anandayana Run (4k)** at Sneha Care Centre ,Sarjapura Road. **9 beneficiaries** participated. The Vocational trainers and adult trainees from Vocational training unit stitched 1450 bags for the run.

**On 21<sup>st</sup> October**, 9 Beneficiaries participated (4 Beneficiaries from ECP and 5 From VT) completed 5k in the **Bengaluru Marathon** at Kanteerava Stadium.

**Bengaluru 10k Challenge Run** at Nice Road-17 Beneficiaries participated ( 10 From VT and PVT, 7 from ECP)

**Hyderabad 10 k Challenge run.** 12 trainees (7-VT, 5- ECP) and completed 10 k run successfully.



**10<sup>th</sup> February 2019-** 19 beneficiaries participated in Auroville run at Pondicherry, ( 9 from ECP and 10 – from VT & PVT), 5 beneficiaries completed 5k and 14 beneficiaries completed 10k.

**3<sup>rd</sup> March 2019-** 20 beneficiaries participated in Contours Women's Day Run (11- ECP and 9 from VT and PVT) and successfully completed 5k.

**11<sup>th</sup> January 2019-** Many students participated in sports organised by Rajajinagar Youth Club, Bengaluru.

**18<sup>th</sup> January 2019- 27** Students of Shristi participated in Sports organised by ShashwathiSevaSamithi. They won 1<sup>st</sup> and 2<sup>nd</sup> prizes for "Ball in the bucket".



## Field Visits

**29<sup>th</sup> June 2018-** Visit to APD Horticulture department at Doddagubbi to understand the details about training given to adults with special needs and placement options available for livelihood.

8 team members, (both the directors, MSW, OT, vocational instructor and staff involved in the garden work at Shristi) went for the visit.

**21<sup>st</sup> July 2018-** 25 beneficiaries (17 from ECP, 8 from VT and PVT) along with 4 team members and 5 parents participated in **Eco Therapy** 1<sup>st</sup> Session at Bengaluru University.

**18<sup>th</sup> July 2018-** 24 beneficiaries (16 from ECP and 8 from VT and PVT) along with 5 team members and 3 parents participated in 2<sup>nd</sup> session of **Eco Therapy** at Bengaluru University.

**29<sup>th</sup> August 2018-** 25 beneficiaries (11 from ECP and 14 from VT and PVT) along with 5 team members and one parent participated in **Eco Learning** at Savanadurga Hills.

**21<sup>st</sup> September 2018-** 24 Beneficiaries( 15 from ECP and 9 from VT and PVT) along with 4 team members participated in 3<sup>rd</sup> session of **Eco Therapy** at Lalbag.

**24<sup>th</sup> September 2018-** 80 beneficiaries (46 from ECP and 34 from VT &PVT) were taken to Lalbag for a field visit. They could see some huge trees, glasshouse where a variety of indoor plants are grown. They were thrilled to see the shapes of different animals carved out of trees. Apart from a variety of colorful flowers grown all around , they also saw some water lilies and lotus in the pond. It was a good opportunity for them to practice their social skills also.

**22<sup>nd</sup> November 2018-** Visited Fire Station for teaching the children about fire hazards, prevention and how the Fire Brigade works. 52 beneficiaries (20 from ECP and 32 from VT and PVT)

**24<sup>th</sup> November 2018-** 3<sup>rd</sup> Session of **Eco Therapy** program organized by Bengaluru Environment Trust at Ramakrishna Mission-Shivanahalli. 23 beneficiaries attended (16 form ECP, 7 from Vt and PVT).

**14<sup>th</sup> December 2018-** 2<sup>nd</sup> Session of **Eco Learning** at Savanadurga organized by CBR network. 32 beneficiaries attended (19 from ECP, 13 from VT and PVT)

**15<sup>th</sup> December 2019** - 4<sup>th</sup> Session of **Eco therapy** at Cubbon Park, Bengaluru. 23 beneficiaries participated (16 from ECP, 7 from VT and PVT)

**29<sup>th</sup> December 2018-** All beneficiaries visited the **Annual Cake Show** at St. John's Indian High School and enjoyed seeing cake models of Red Fort , penguins, Jesus Christ , Santa and traditional Indian marriage scenes etc.

**19<sup>th</sup> January 2019-** 23 beneficiaries (16 from ECP and 7 from VT and PVT) Participated in 5<sup>th</sup> Session of **Eco Therapy**.

**16<sup>th</sup> March 2019-** All beneficiaries were taken to **The Native Indians**, a Resort for annual picnic.

**23<sup>rd</sup> March 2019-** 25 beneficiaries (16 -ECP and 9-VT and PVT) participated in **final session of Eco Therapy** program at Bengaluru University

### **Volunteers and Visitors from Other Organizations/Schools**

Having volunteers spend a day at Shristi creates the right platform to assess the social and communication adaptability and skills of the students.

Activities like Gardening, Campus cleaning and preparation of meals and fruit salad along with the students provided opportunities for Shristi team to assess not only the efficacy of training and intervention programs but also to be aware of areas and skills for further training .

**11<sup>th</sup> June 2018- 20** Volunteers from Red Lock India Pvt Ltd visited Shristi campus for day of service. They worked along with the students and helped in garden work and campus cleaning

**22<sup>nd</sup> June 2018- 40** Volunteers from CISCO visited campus for day of service. They helped in garden work and in making products at VT. They also played cricket and volley ball with the children.

As part of Shristi's awareness and sensitization program, almost **150 students** from **KK Education Centre** and **75 students** from **M S Ramaiah Nursing Institute** from Bangalore visited Shristi as an educational tour.

**2 MPT students** from Padmashree College of Physiotherapy completed 2 weeks of internship.

**1 Psychology student** completed 1 month of internship program at Shristi.

In collaboration with DNA (Disability NGOs Alliance,) Shristi, as Knowledge Partner, provided one year certificate training in **Early identification and Early Intervention** to 13 professionals from 7 NGOs from various parts of Karnataka

**14<sup>th</sup> December 2018- 120 students** from Carmel High School, Basaveshwaranagar, visited Shristi as part of their community visit. The students presented a cultural program.

**18<sup>th</sup> December 2018-** 47 Parents and 2 team members from APD visited Shristi, Mrs. Gayathri Subhash gave a talk on Cerebral Palsy. Parents clarified their doubts about this condition.

**20<sup>th</sup> December 2018-** 5 B.Ed Students from Rajajinagar College visited Shristi as part of their internship.

**20<sup>th</sup> December 2018-** 3 Visitors from Infosys visited Shristi to donate some sports items.

### **Other events/Competitions**

Children's Day Celebrated at Shristi campus

Teacher's Day celebrated at Shristi along with staff from **ASHA (Academy for Severe Handicaps and Autism)** and **Navprabhuthi Trust**.

**27<sup>th</sup> October 2018**-TV5, a Kannada channel, had organised a TV show-"Shortwood Awards". Students from Shristi performed a group dance and a solo dance on the occasion and Mrs. Suchita spoke briefly about Shristi. The show was telecast on 7<sup>th</sup> November 2018.

**3<sup>rd</sup> November 2018**- 9 Students with special needs from Shankar Mahadevan Academy gave a music concert at Shristi.

**14<sup>th</sup> November 2018**-**Quizabled** prelims organised by Seva-in-Action, 7 beneficiaries participated (5 from ECP, 2 from VT and PVT), all of them were selected for final round.

**20<sup>th</sup> November 2018**-27 Beneficiaries ( 18 from ECP, 9 from VT and PVT) participated in **Sports Meet** organised by Department for Empowerment of Differently Abled and Senior Citizens on the occasion of **International Day of Persons With Disabilities** and Won **12 prizes**.

**23<sup>rd</sup> November 2018**- 6 Beneficiaries participated in **Cultural program** organised by Department for Empowerment of Differently Abled and Senior Citizens on the occasion of International Day of Persons With Disabilities

**24<sup>th</sup> November 2018**- 6 beneficiaries participated (4 from ECP, 2 from VT and VT) in **Quizabled semi - final** round at Basavanagudi.

**24<sup>th</sup> November 2018**- 4 beneficiaries participated in Art Competition organised by Inner Wheel Club Bengaluru.

**24<sup>th</sup> November 2018**- 8 Beneficiaries (6 from ECP, 2 from VT) Participated in **Art competition**organised by Department for Empowerment of Differently Abled and Senior Citizens on the occasion of International Day of Persons With Disabilities

**27<sup>th</sup> to 29<sup>th</sup> December 2018**-In **Kalaangana**, a 3 day Cultural Extravaganza for persons with special needs organised by IRC, 28 Beneficiaries participated in Yoga,

Fancy Dress, Dance and Art competition. They won 2<sup>nd</sup> prize for art competition, 3<sup>rd</sup> prize for yoga and special prize for music competition.

**3<sup>rd</sup> December 2018-** All students and Team members of Shristi participated in the state organized International Day of Persons With Disabilities event at Freedom Park. The event was organised by Department for the Empowerment of Differently Abled and Senior Citizens, GOK.

**9<sup>th</sup> March 2019-** All the beneficiaries participated in Annual day celebration at Shristi campus



**21<sup>st</sup> March 2019-** 10 beneficiaries along with their parents and Mrs. Suchita Somashekaraiah Participated in **World Down's Syndrome Day** organised by Department of Medical Genetics- **Manipal Hospital**, Bengaluru.

## Awards



**29<sup>th</sup> November 2018-** Mrs. Gowramma was awarded **Best Special Educator**, Mrs. Kempamma was awarded **Best Caregiver** and Mr.Kamal (Student) was awarded **Outstanding Achiever** at the KALAANGANA program organized by Information and Resource Centre.

**3<sup>rd</sup> December 2018-** On the occasion of International Day of Persons with Disability, Shristi Special Academy received the *State Award as Best NGO in the field of disability for this year* from Department for the Empowerment of Differently Abled and Senior Citizens, Govt of Karnataka

