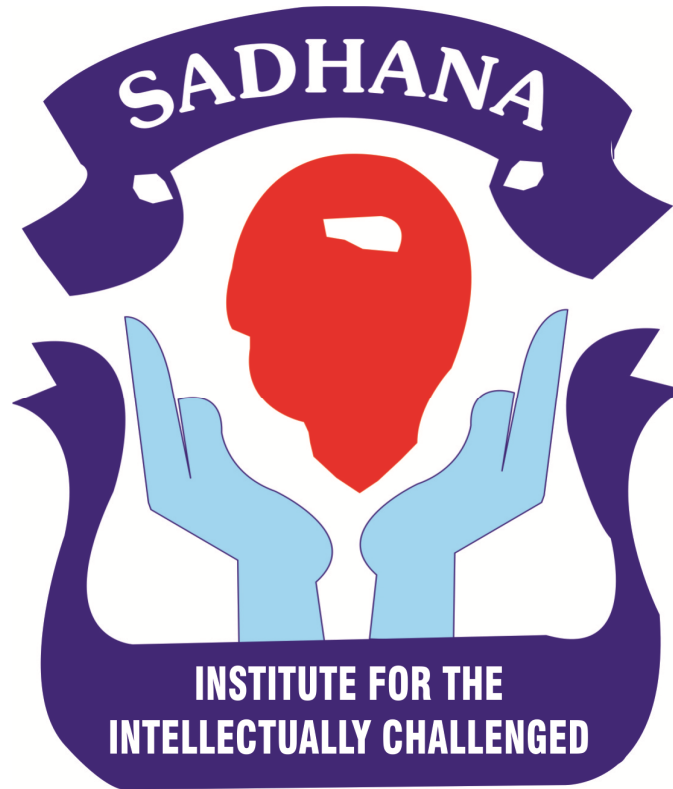


ANNUAL REPORT 2020-21



SADHANA

SOCIETY FOR THE MENTALLY HANDICAPPED

(Residential Institution for the Intellectually Challenged)

(Regd and Recognised By The Govt. of Telangana)

Plot No A-7/5, Industrial Park, Nacharam,

Hyderabad, Telangana – 500076

PHONE: 91 9212568366, 9440625012

Email: sadhanawelfare@gmail.com

www.sadhanawelfare.org

Sadhana is a non-profit, non-commercial voluntary organization dedicated to the welfare of the intellectually challenged. Established in 1996, the institute is based in Nacharam, Hyderabad, Telangana, India, and managed by a team of committed professionals interested in the welfare of the mentally challenged. The institute operates a day-care and residential center for boys and girls with intellectual disabilities.

ORIGIN

A group of likeminded professionals came together in 1996 to register a society to provide Education, Training and Rehabilitation services for the mentally retarded.

VISION

The quality of every person with mental retardation is equal to other citizens in the country in that they will have independent living and community integrating to the maximum extent possible.

MISSION

Through constant professional endeavors empowering the persons with mental retardation to access the state-of-the-art rehabilitation intervention by qualified people viz., Educational Therapeutic, Vocational, Employment, Leisure and Social Activities, Sports, Cultural Services and Full Participation.

GOAL

To act as a resource center for protection of rights, equal opportunity and full participation for the persons with mentally retardation.

Activities of the School and Hostel for the Intellectually Challenged

The present strength of the school is 156 out of which, 72 students are boarders and 84 are day scholars. We are providing special education, behavior modification of the mentally handicapped through the services of physiotherapy, speech therapy, music therapy, and yoga therapy, and special education techniques by a team of interdisciplinary teachers.

Our institution, "Sadhana," is one of the few institutions, which is running a hostel for the mentally handicapped children all through the year in this part of the country.

The parents actually feel that their children could not be managed; children take advantage of parents, controlled or counseled by them in their respective hours. Hence, they wish to keep their children in our hostel itself, for it is being maintained in an efficient and proper manner, acting as a safe place for them to live and to more about in a congenial way.

Our organization has been providing special education to the mentally handicapped children through the efforts of our well-trained staff, who are well qualified in special education. Trainings provided to the children in vocational activities like Diyas making, photo frames making, paper-cup and bags making, and gardening etc.

If generous sponsors are forthcoming, we wish to extend these same facilities to such other children. Efforts in this direction are currently being implemented. We welcome any such gestures from the humanitarian public here and elsewhere.

Our institution is also interested in adolescent problems which need more attention. The period of adolescence is roughly between the ages of 13 and 18 years. In some cases, adolescence may even risk a person. The paramount risk is a tendency towards committing suicides. It runs maximum during the period of adolescence among mentally handicapped persons, when sharply rejected by the society, because it is the stage when failure is taken very seriously in the case of mentally retarded persons. Some of them are even prone to mental illness with no relief whatsoever.

We have been training our students, especially those who are unable to do their personal daily chores, such as eating, dressing, grooming, toileting and further more. The

main purpose of this training program is to infuse confidence in them, to make them feel that they are quite efficient and can attend to their daily needs with more confidence than ever, as ordinary children of their age group, and move in the society with some satisfaction facing challenges.

If mentally handicapped children are given such attention by our experienced staff in activities as mentioned above, the self-confidence of the students will grow more and pave the way for the development of human resources aspect.

Academic performance and performance in other areas such as speech therapy, physiotherapy and behavior modification skills were improved across classes. 70-80% of the short-term goals were achieved in different domains of communication and cognitive aspects.

Academic skills improved from scribbling to copying letters, writing alphabets and reading letters. Speech therapy skills improved from no voice to vocalization, from vocalization to phonemes and to combination of phonemes. Physiotherapy skills improved to standing, balancing and walking without support. Occupational therapy skills improved the fine and gross motor skills of the students.

This academic year started with fresh and new goals in terms of academic and rehabilitative services. The students were placed accordingly by the following process.



Special educators were assigned a group of students based on their assessment scores. Academic schedule and concepts were explained to the special educators to be carried out in daily sessions. Intervention services were planned and scheduled accordingly for each beneficiary.

Students attended speech and language therapy sessions, through which their comprehension skills improved from word level to simple commands to sentence level. Their expression skills improved from sound level to word level to phrase level and further to sentence level.



Occupational therapy services have been continuing once a week and beneficiaries improved in terms of their fine motor skills, concentration and eye contact. Physiotherapy has been continuing on a daily basis to the students, who improved in terms of balancing, walking and running. All the students attended Yoga classes and physical exercises every day, monitored by the special educators.

Recreational activities were conducted for the students regularly such as singing; dancing. Vocational activities were also conducted and are listed below.

- Making Diyas:

Students were engaged in decorating nearly 8000 Diyas. Stalls were put up at Delhi Public School – Nacharam, Johnson Grammar School – Nacharam, Bank of Baroda, Tech Mahindra Info City and DSM Shared Services at Raheja Mind Space. The students' efforts and skills were highly appreciated.

- Making of door mats
- Making craft items
- Making paper bags
- Making of photo frames and paintings
- Simple tailoring skills
- Field activities (vegetable garden)

Through field activities, teachers explained the process of germination, and the importance of including vegetables in one's diet. How to buy the vegetables and concept of quantity. Rates were also explained lively and flash cards were used to make them understand.

- Gardening skills
- Computer training was given to 10 students
- Students were learning Bicycling which helps them in balancing, control of speed and neuro-motor coordination.

Events and Activities

June, 2020

On the 2nd of June, 2020, Telangana Formation Day was celebrated at our institution.

World Environment Day was celebrated on 5th June, 2020.



On 21st June, 2020, Mrs. Geetha Mahesh rane and her team, visited the institute and conducted several recreational activities and also Yoga.



July, 2020

On 8th of July 2020 we have conducted the session on precautions of the Covid and importance of the wearing masks and sanitization regularly. Students were explained the concept of seasons and were advised on the precautions to be taken during the monsoons with Corona.

August, 2020

On the 15th of August, 2020, Independence Day was celebrated at Sadhana with all necessary precautions.



Independence Day celebrations at Sadhana

September, 2020

On the 5th of September, 2020, we celebrated Teacher's Day to acknowledge and appreciate all our teachers and their hard work throughout the year.

November, 2020

On the occasion of Diwali, the students were engaged in decorating Diyas. 6000 Diyas were decorated and supplied to the Individuals and institutions.

On 11th November, 2020, students participated in the Virtual SPLASH 2020 programme (Drawing and Dance) conducted by Concern India at SADHANA.



On 14th November Children's day celebrated



Celebrated Children's Day

December, 2020

On December 3rd 2020, students participated in the celebration of International Day of the Disabled, conducted by the Director of Disabled Welfare, Government of Telangana through virtually. Special guest on the occasion was Smt. DIVYA DEVARAJAN, IAS,

Commissioner & director participated in the programme Our Students performed dance programme through virtually on the occasion



On 12th December 2020 Webinar for Teachers and parents of children with autism spectrum disorders has been conducted by the Dr. Shashidhar Reddy. Our teachers and parents participated in the programme.

15th December 2020 webinar of annual general Body Meeting conducted by national Trust has been attended by P. Madhusudhan Reddy, Secretary of Sadhana.

Christmas was celebrated on the 25th of December, 2020, with cultural activities.

January, 2021

On account of Sankranti, students celebrated by flying kites and making Rangoli on the 10th of January, 2021

On 12th January, A webinar was conducted on National youth day celebration for persons with intellectually disabilities by National Institute for the Empowerment of Persons with Disabilities (NIPED)

On 26th January Republic Day Celebrations has been celebrated and Sport Activities were conducted.

March, 2021

On 8th of March 2021, Golden Cell Ladies Gym members celebrated women's Day with our children.

On March 10th 2021, Orientation programme on Virtual Arts by Nalandaway Foundation and TMF was attended by our Teachers.

On March 21st, 2021, the World Down Syndrome Day was celebrated, with all students with the syndrome actively participating in the program.

April, 2021

On 2nd April, World autism Day was celebrated and a Webinar was conducted by Fernandez hospital , Dr. Samraj explained about Sensory Integration Therapy.

Awards and Recognitions

Certificate of registration by ISO 9001-2015

Best Service Award received from the Collector R.R District in 2000

Best Service Award by United Voluntary Action for the Disabled in the State of A.P in the year 2004

ATA (American Telugu Association) Life Time Achievement Award in 2005

Service Award from Lion International in the Year 2007

Humanitarian Award by Lions Clubs International in the year 2010

Rotary Vocational Excellence Award by Rotary International in 2012

Noble Deed Award by Shekinah Foundation in the year 2013

Seva Award from Raksha International Foundation in 2014

Merit Certificate from World CSR Congress in the year 2016

Best Service Award from the State Government in the year 2017

Certificate of Merit by AMBA Core Center Bangalore in the year 2017

Best Service Award by Suchirindia Foundation in the year 2019

Meritorious Service Certificate Received from Dr. MV Reddy, Collector, and Medchal-Malkajigiri District of Telangana State on 26th January 2019 and 26th January 2020

Felicitation by Her Excellency Dr. TAMILISI, Governor of Telangana on 4th March 2020



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