



Udhayam

Quarterly Newsletter

APRIL - 2010



SRI ARUNODAYAM
Home for Mentally Challenged Destitute

A note from the Managing Trustee

Dear Friends and Well wishers,

In a bid to keep in touch and update you about the activities at Sri Arunodayam, we are re-launching our e-newsletter Udhayam. This quarterly e-newsletter will parade the various happenings, and activities at Sri Arunodayam. We seek your participation by way of suggestions, which in turn will enable us to refine our work.

The number of children who seek our care and protection is always on the increase. Presently, our family strength is 81 children. As the years pass by, we aspire to improve the quality of services we provide for the children. This impels us to constantly mobilize resources. At Madanankuppam, the new building is under construction and we are planning to provide the best residential care and rehabilitation.

In the past one year, we have mainstreamed three children into regular schools. Mukesh, a visually challenged boy with normal intelligence was admitted in the Little Flower School, Chennai. Basavaraj, who is also visually challenged, was admitted in the National Institute for Visually Handicapped, Ponnammallee, for a Vocational Training program. Ankeet who is of normal intelligence will be soon enrolled at Sri Ramakrishna Math School, Chennai. These children will come to Sri Arunodayam during weekends and for vacation. We deem it a good achievement to have admitted these destitute children in regular schools and continue to be their guardian.

On 10th January, Sri Arunodayam and Lions Club of Avishkar conducted a fund raising show, which was a moderately successful event. This was followed by Pongal celebrations on 14th January at Sri Arunodayam. Members of the Chennai Pathivuthurai Paniyalargal Sangam celebrated Republic Day with the children at Sri Arunodayam.

The Annual Day was celebrated on 7th March 2010. We conducted a variety of sports and cultural activities for the children. It was heartening to see our children perform so well. It reiterates our belief that anything is possible if we place our efforts, dedication and sincerity together. Udhayam peeps into each department of Sri Arunodayam and presents you an interesting read.

Iyyappan Subramanian
Founder & Managing Trustee

The Annual Day was celebrated at Periyar Community Hall, Anna Nagar, Chennai. Former Secretary to the Governor of Tamil Nadu, Mrs.C.K.Gariyali was the chief guest. Dr.Sumithra Shanmugam, and Mr.J.Srinivasan, Mentor Director, TTK Group of Companies were guests of honour.

Children in the Early Intervention program participated in sports event such as, stringing beads, throwing balls in a basket, stone picking and candle blowing. Children in the Pre-primary level 1 & 2 and Primary participated in events like throwing the ball, running race (juniors & seniors), gunny bag race, frog race, lemon and spoon race, biscuit catching, long jump, filling water in bottles and ball passing. All the children enthusiastically took part in the events and prizes were distributed for the winners.

The cultural programs were a variety entertainment for the audience. It was an assortment of western dances, a folk dance - karakaatam; one boy performed a solo song and another boy recited Thriukural; a fancy dress event with the theme save nature; a comedy skit depicting a quack doctor and his escapades and finally they formed a pyramid which was a fantastic feat by our special children.

We honoured the employees of Sri Arunodayam who have been instrumental in changing the lives of our children and adding meaning to it. The annual day celebration strengthened our core value - to work on the abilities of the children rather than their disabilities.



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What the Special Educators say



The best way to express how our children benefit from Special Education training is to narrate a story. Here is the story of Arul, as told by Special Educator Suguna. Eleven year old Arul, endures Cerebral Palsy and Mild Mental Retardation. Three years ago he was found in Kilpauk, Chennai and was sent to Sri Arunodayam. When he joined, he

could talk but could not walk and his hands did not function. Though he could talk, he would not utter his name, he would not respond, showed no interest in anything, and refused to sit in the class.

However, we rigorously planned training sessions for him. Now, he responds to questions, is very obedient, co-operates very well, he recites Five Thirukurals, days of the week and months of the year in Tamil!

For the last three months, we set the following goals for him,

- Insert a key in a lock, and to lock and unlock
- Mealtime activity - to pick a glass of water and drink without spilling
- Sight reading of simple words
- Write his name
- Number work - count using his fingers and match objects with numbers

We are extremely happy to state that he has successfully achieved all the five goals set for him. Next, we are training him to stand. Congratulations to Suguna and team!



From the Therapy Centre

Physiotherapist Malini Babu enthusiastically shares the story of three year old Pooja. She is Spastic-CP, Diplegic. This alert, well behaved child recognises faces, understands and responds to commands. Her locomotion is rolling over and commando creeping. Our goal was to train her hand function, make her crawl and sit without support.



To achieve this, we trained Pooja in mealtime activity, four-point kneeling, crawling training with a Crawler, and sitting with hand support. Now, she feeds herself, of course not the entire meal. She can sit leaning against the wall. Pooja rises on her knees to crawling position and tries to crawl for about three seconds.

Due to the therapy we give, her trunk stability and balance in sitting has improved. She tries to kneel with support. She can stand with support for a minute. Tightness in the leg muscles have reduced due to the passive stretching exercises we make her do. Pooja is a very co-operative child and will soon achieve the goals we have set for her. Well done Pooja & Malini Babu!!

Occupational therapist Padmanathan tells us about seven year old Ayesha who is at Sri Arunodayam since 2005. She endures Cerebral Palsy with Mental Retardation. There is variation of muscle tone. Tightness and restriction in the range of motion of both hands and legs were observed. She also has difficulty in understanding any language and we found that she responds when one speaks to her in Urdu.

Weight bearing, weight shifting and hand function techniques are some of the therapy that we provide for Ayesha. As a result of this, we observe good improvement in her activities of daily life (ADL). Her hand function has improved, she can sit, walk with support and babbles a lot - this is a good sign of social interaction. She is now able to independently feed herself. Good work Ayesha and Padmanathan!

Apart from these, we conduct Yoga sessions for our children. Yoga instructors from Krishnamacharya Yoga Mandiram visit Sri Arunodayam four times in a month and teach our children. Each session is for one and a half hour. On other days, the Special Educators train the children to perform Yoga.

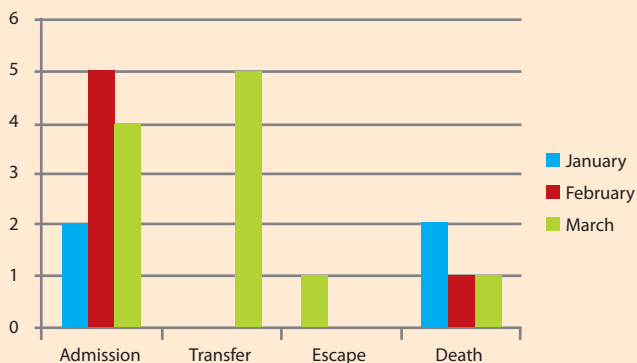


From the Admin desk

In months of January, February and March 2010, eleven children were admitted into Sri Arunodayam. Five children were transferred to other homes, one boy escaped and four children passed away.

We submitted the strength report, death report, grant in aid details, retention letters and death expenditure reports were submitted to the Department of Social Defence on a monthly basis. In January, Ashwin a three month old boy was admitted at Chennai General Hospital and underwent neuro surgery. He is now recuperating well. We conducted pathological tests to rule out Tuberculosis and HIV for the children.

We conducted staff meetings regularly. Apart from these meetings, Founder & Managing Trustee Mr. Iyyappan Subramanian delivered a lecture on mental retardation for the newly appointed special educators. Mr. Thilak delivered a lecture on organization capacity building for the staff of Sri Arunodayam. In the month of February, during staff meetings, we reviewed the staff roles and responsibilities and discussed at length about the Annual Day Program.



Other Activities

- We evaluate the children for their progress in Special Education, Physiotherapy and Occupational therapy. This quarterly evaluation helps us to gauge if the goals are achieved. The third quarter evaluation was performed in March 2010. Twenty-four children were assessed for their response to Physiotherapy; eighteen children were assessed for their response to Occupational therapy.
- The assessment of Special Education Training were done for, thirteen children in the early intervention category, seven children in the Pre-primary level 1, ten children in Pre-primary level 2 and ten children in the Primary category.
- Our staff, Thilak and Jaya Chitra attended a three day training program on fund raising at the Spastic Society of Tamil Nadu, from 19th to 21st January 2010.
- We celebrated the Founding Day on 26th February at our Home by distributing sweets and ice-creams for the children.
- The National Institute of Public Cooperation for Child Development, Bangalore conducted an orientation program on ICPS. Iyyappan Subramanian attended this program.
- Review of the Juvenile Justice systems Meeting was conducted at the Office of the Commissioner of Police, Chennai. Jaya Chitra attended this meeting.
- The Rangoonwala Foundation conducted Prathibimp Exhibition in February 2010. Sri Arunodayam participated by displaying the wares made by the children in the pre-vocational training unit.

Presently we require

1. Special Education teaching material
2. Physiotherapy equipment
3. Photo Copier machine
4. Computer & Printer



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