



SADHANA

INSTITUTE FOR THE INTELLECTUALLY CHALLENGED

Residential Cum Day Institution For The Intellectually Challenged

(Regd. and Recognised By The Govt. of Telangana)

ISO 9001-2015 Certified institution

ANNUAL REPORT 2018 - 2019

Plot No A-7/5, Industrial Park, Nacharam,
Hyderabad - 500076, Telangana.

PHONE: 91 9212568366 9440625012,

Email: sadhanawelfare@gmail.com, www.sadhanawelfare.org

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.

AIMS AND OBJECTIVES

- To identify and Rehabilitate the persons with Mental Retardation.
- To provide the Education for the Children with Mental Retardation.
- To provide the Vocational Training and Job placement for the persons with mental retardation.
- To provide the residential facilities.
- To integrate the mentally handicapped children with normal children.
- It will raise the funds through donations from organizations and individuals.
- To improve the over all quality of life of the rural people and weaker sections of the society, particularly disabled, women, children and aged.
- To undertake and participate in programmes pertaining to health, education, employment, and rehabilitation of the disabled.
- To seek the collaboration and co-operation of other voluntary and Government agencies for development activities and programmes.
- To conduct and or participate in seminars, camps, conferences, research and training programmes.
- To aid and support deserving persons with disabilities and the aged wherever and whenever necessaries

- To organise, undertake, co-ordinate guide, assist and promote integrated Rural Development approach.
- To give orientation to participate towards developing modern self supporting Youth and Mahila Associations in the villages.
- To spread a sport culture among Rural Youth through co-operative and regular tournaments.
- To help the rural innocent people in all activities and make them to participate in all existing Government programmes through our societies activities.
- To organise and undertake and develop Educational Institutions for needy and down trodden people, wherever and whenever necessary.
- To mobilize and organise the Rural Community in awareness and general education for development activities.
- To initiate and encourage the education of women, children and disabled on question regarding their rights and duties.

Activities of the School and Hostel for the Intellectually Challenged

The present strength of the school is 145 out of which, 70 students are boarders and 75 were 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 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 and services as a safe place for them to live and to more about in a congenial way.

Our organization, “Sadhana” 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. Training, is provided to the children in vocational training like craft items Diya's making, Photo frames making, paper-cup and bags making, and gardening etc.

If generous sponsors are forthcoming, we wish to extend the same facility to some such children because it is a good cause. Some efforts are there now in this direction also and we welcome such a gesture 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. Sometimes the adolescent problems lead persons to a kind of risk. 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 a training our students in their daily living skills, who are unable to do their daily chores, like eating, dressing, grooming, and also toileting etc. 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 the ordinary children of their age group and move in the society with some satisfaction facing challenges.

If such mentally handicapped children are given such attention by our experienced staff in such 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 other speech therapy, physiotherapy and behavior modification skills were improved across the classes.70-80% of the short term goals were achieved in different domains of communication and cognitive aspects. When we see the academic skills improved from scribbling to copying letters, writing alphabets and reading letters.

Speech therapy skills improved no voice to vocalization, from vocalization to phonemes and to combination of phonemes.

Physiotherapy skills improved to standing, balancing and walking without the support.

Occupational therapy skills improved fine and gross motor skills of the students. Academic year started with fresh and new goals in terms of academic and rehabilitative services and the students are placed accordingly by the process of



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

Students attended speech and language therapy and Comprehension skills are improved from word level to Simple commands and from simple commands to sentence level.Expression skills are improved from sound level to word level, word level to phrase level and from phrase level to sentence level.

Occupational therapy services have been continuing once in a week and beneficiaries improved in terms of fine motor skills, concentration and eye contact. Physiotherapy has been continuing on daily basis to the students and beneficiaries improved in terms of balancing, walking and running.

All the students attended Yoga classes and physical exercises every day and those were monitored by the special educators.

Recreational activities were conducted to the students regularly such as singing, dancing. Vocational activities also conducted to the students and those listed here...

Making Diyas:

Students were engaged in decorating Diyas, 8000 Diyas were decorated. We have put up stalls at Delhi Public School-Nacharam, Johnson Grammar School- Nacharam, GVK Bio Sciences -Nacharam Tech Mahindra Info City and Bahadurpally campus, DSM Shared Services at Raheja Mind Space ,People Combine at film Nagar and many individuals have purchased and appreciated the skills.

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 about the germination, Importance of eating vegetables in the 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 & Activities



World Environment day was celebrated on 15th June 2018 and all the children participated in rally near our institution.



Yoga day was celebrated on 21st June at SADHANA



On 21st June Mr MVB Sudheer Head Hyderabad and team from Tech Mahindra Foundation visited the center and conducted recreational activities.



On 3rd July 2018 SADAREM (Software for Assessment of Disability Access Rehabilitation and Empowerment) Camp was organized at SADHANA by Director, Disabled Welfare, Government of Telangana and National Institute for the Mentally Handicapped. 39 students were assessed by the Clinical psychologist and Psychiatrist. 18 parents were attended the camp along with their children. Most of the parents expressed their happiness for conducting the camp



On 6th July 2018, 25 Students were taken to our rural center (Tekulasomaram Village, valigonda Mandal, Yadadri Bhuvanagiri district), the children were actively participated in collecting the vegetables. Teachers explained to the students about vegetables on the field. Students also visited the SRI SHIRIDI SABABA TEMPLE and prayed to the god. Students had lunch in the garden and they enjoyed the trip. Students visited the Goshala in the same campus and teachers explained about the cows.



Rainy Day was celebrated on 7th July 2018 and teachers explained the concept of the seasons and also explained how to take precautions during the rainy season to the students.



On 15th July 2018 Neurology and general medical camp was conducted at our institution. 24 students were examined by Dr. Jaiswal Neurologist from, KIMS Hospital, Secunderabad. He had prescribed the medicines to control the convulsions and some of the children referred for EEG. The general Physician examined all the children suggested to take precautions during the rainy season. He also prescribed medicines to the students who are sick.

Students were taken to Metro Rail Station at Habsiguda and explained about the train, Station and the procedure of purchasing the ticket to enter in to the station



Children were taken to Sri Shiridi Sai baba Temple on the occasion of Gurupournami at Village Tekulasomaram, Valigonda Mandal, and DistrictYadadri



On 13th August we had taken the students for outing DOMINOS (Jubilant Food Industries at Moulali). They have explained how the PIZZA is prepared



Various cultural programmes were conducted for the students.



On the 15th of August Mr. Ln. Y.M Dhar graced the momentous day with his presence.



A workshop “GREEN GANESHA” was conducted on 23rd August with the aid of the Rotary Club and actively participated in the workshop making their own Eco-Friendly Ganesh as well as learning of its importance.



Mr. Jay and Team visited the rural center at Tekulasomaram, Yadadri Bhuvanagiri District on 1st September along with 15 Volunteers from Tech Mahindra.



They have painted the cots and Benches (10no) and Planted (50 No) at our center.





On 5th of the September, Teachers day was celebrated to acknowledge all the teachers & their hard work



On 9th September 2018, Face book friends Group (Naughty Girls and Crazy Boys) conducted a CSR activity at our Institution.



Orientation programme was conducted on 29th September 2018 to the special educators to update their knowledge in planning and assessing the functional skills of students on Management of children with intellectual disabilities



- On 7th November, students of the Delhi Public School visited the children bearing gifts on the occasion of Diwali.



Students from Sri Chaitanya School, Habsiguda visited on 14th November 2018 and participated with our children in programmes. DPS, Nacharam students visited, conducted and participated in cultural activities



- On 6th October an Awareness programme on Automatic Voting Machines and VVPAT for intellectually challenged was conducted. Various social workers from NGO's Disabled associations as well as the state government officials, Medchal District Collector Dr.M.V.Reddy, DRDO Sri Koutilya , Kapra Deputy Commissioner Sri Yadagiri Rao, District Welfare Officer Mrs. Swarooparani, P.O Mrs Indira attended the programme and explained the importance of the voting.



On 23rd November Deloitte celebrated the Impact day at Sadhana and 60 Volunteers were participated in the programme



On 24th November students were taken to Cocoon playschool as part of the integration. On 28th November students from Cocoon playschool visited to share their joy of giving with the children.

On 28th November students participated in Cultural programme conducted by Suchirindia Foundation at Ravindra Bharathi



On 1st December a CSR activity conducted by Genpact Volunteers involved 25 volunteers from Jaipur and Hyderabad. Sports, games, drawing and painting activities were conducted for the children.



On 3rd December our students participated in the games conducted by **Tech Mahindra Foundation** on the occasion of International Day of the Disabled



On 3rd December our students participated in the celebration of International Day of the Disabled conducted by Medchal Malkajigiri district. The students won various prizes in games.

On 5th December the students participated in the celebration of the International Day of the Disabled conducted by Director Disabled welfare, Telangana at Ravindra Bharathi.

On 7th December (42) students cast their vote for the first time during the assembly election.

On 12th December a drawing programme (SPLASH) was conducted by Axis bank, Nacharam Branch and all the students received the certificates

On 25th December Christmas was celebrated wherein the students received gifts from AMD Company.



On 11th January Sankranti celebrations was done by the children with Rangoli and flying kites

- Orientation for the teachers on Integration of the children by Mrs.Sunitha Deshpande was conducted.
- On 16th February Hospitality Information technology professional's forum facilitated Sri. P. Madhusudan Reddy for the services for the disabled.
- Students being given practice for the State level sports and cultural fest to be held in 3rd week of March 2019.
- On 16th February St Joseph's Degree and P.G College students conducted the CSR activity during their social service programme. Drawing, painting, Games and dance programmes were conducted for the Children.



On 2nd April 2019 Autism awareness Day was celebrated.

- On 4th April Sri P.Madhusudan Reddy participated Voter awareness programme at GHMC grounds organised by district Collector Medchalm Malkajigiri District. He was explained the importance of the vote and also thanked the collector for motivating the families of the intellectually challenged to participate in the voting.
- On 14th April 2019 45 students casted their vote in general elections 2019 (Photo Need to be added)
- **Parents Meeting:**
On 18th April 2019 Parents meeting was organised. 86 Parents were attended the meeting. And some parents met the teachers before the parents meeting and interacted with the teachers and management. All the teachers explained the progress of the children and also their development to their parents and clarified their doubts clearly. The parents expressed their satisfaction towards their children improvement and conveyed thanks to the organization for the services for the intellectually challenged

AWARDS & 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

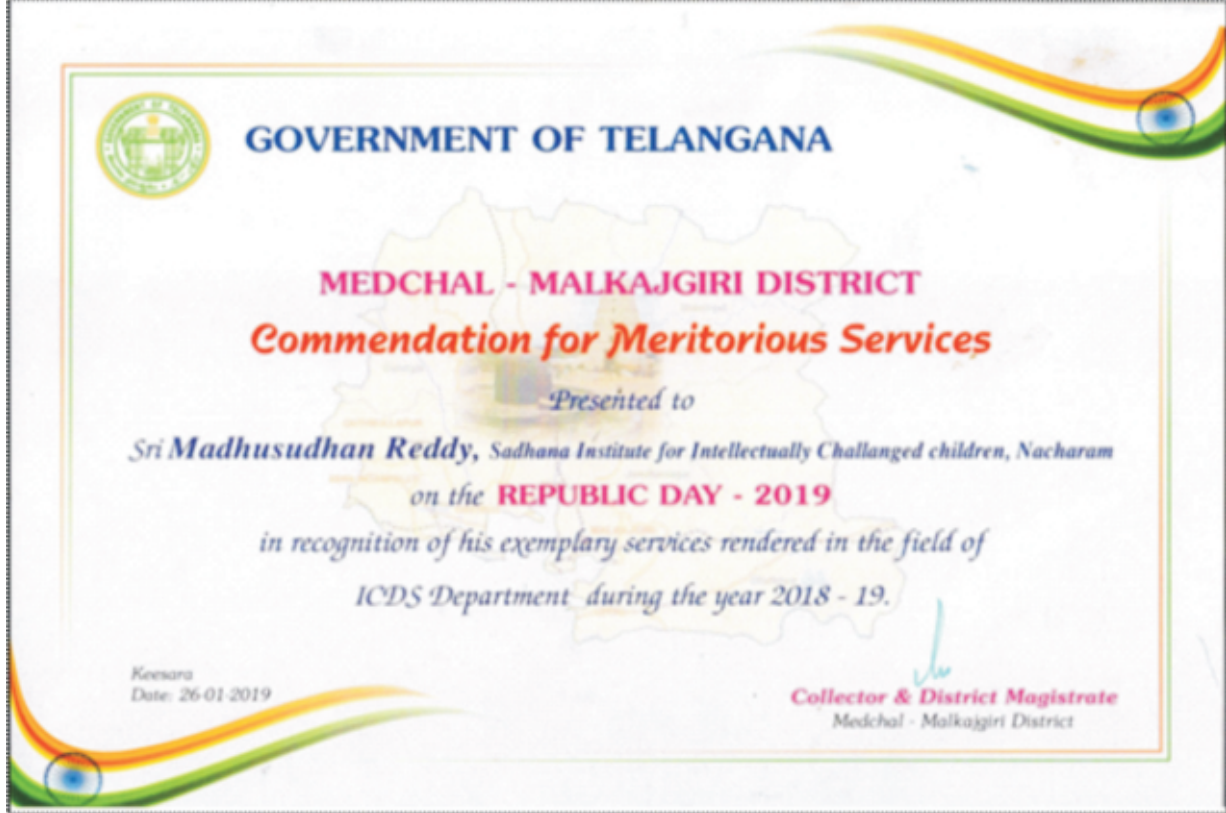
Merit Certificate from World CSR Congress in the year 2016

Best service Award from state government in the year 2017

Certificate of Merit by AMBA core Center Bengaluru in the year 2017

Best Service award by Suchirindia Foundation in the year 2018

Meritorious Service Certificate Received from Dr.M.V.Reddy, Collector,
Medchal Malkajigiri District
of Telangana State on 26th January 2019



ACKNOWLEDGEMENT :

We acknowledge with grateful thanks the support and help extended by various organizations, philanthropists and donors etc., for their timely help and encouragement given to us. We sincerely thank the Secretary Women and Child Welfare Government of Telangana, Collector of Medchal Malkajigiri, Director Disabled Welfare, District welfare Officer Medchal Malkajigiri and other Officials/donors and Govt. of India for their guidance, help and advice from time to time. We thank Tech Mahindra Foundation, Dr Reddy's Foundation for their generous donation towards corpus fund, Give India , Genpact, Math Works Labs Pvt Ltd, Pragathi Pack India Pvt Ltd, MCKS Food for Hungry Foundation Ltd their support. We record our sincere appreciation for the dedicated services rendered by our most valued teaching and non-teaching staff. We also thank the parents and guardians for their all-round support and keen involvement in the functioning and development of our society. Lastly we thank the members of executive committee of the society for their active involvement in guiding the activities of the society.