

**THE SPASTICS SOCIETY OF TIRUCHIRAPALLI**  
No.5, Revival Nagar, Ramalinga Nagar South Extension,  
Vayalur Road, Trichy- 620017

We are very glad to present this Annual Report for the year April 2021 – March 2022, highlighting the important activities in the Centers during this one year period.

**OUR MISSION**

- Our focus is to provide accessible, affordable and appropriate range of high quality habilitation services for children and adults with CP and other disabilities.
- Our aim is to provide self-development opportunities to the disabled, in order to enable them to live with dignity and be considered as equal citizens of India.
- Our commitment is to change for the better, the lives of the disabled.

**EXECUTIVE COMMITTEE**

The following members continue to function as office-bearers and EC members

1. Mr. P.M.Shafi	-	President
2. Mr.V.Vasudevan	-	Vice-President
3. Mr. M.Subramanian	-	Secretary
4. Dr.Kingsley P.Jebakumar	-	Joint-Secretary
5. Mr. K.Thiruneelakandan	-	Treasurer
6. Prof.Dr.S.Prabakar Immanuel	-	E.C.Member
7. Mrs. Gowri Bhaskaran	-	E.C.Member
8. Mr. N. Venkatramani	-	E.C.Member
9. Mr. M. Muruganandam	-	E.C.Member

The Executive Committee meets periodically to review the activities of the organization and the members have taken initiative and efforts in promoting the development of the Spastics Society.

“The Management, Staff & Students of the Spastics Society of Tiruchirapalli condole the death of Mr. M. Elangovan, General Body Member who passed away on 9 October 2021. He was a senior member who worked for the development of the organization. May his soul Rest in Peace”.

**AUDITING OF ACCOUNTS**

Auditing of Accounts is done by M/S.V.Narayanan & Co., Chartered Accountants Trichy. We thank Mr. N. Venateswaran, Chartered Accountant for the professional service being rendered to us.

RECEIPTS	PREVIOUS YEAR 2020 - 2021		CURRENT YEAR 2021 – 2022	
	BREAK UP	TOTAL	BREAK UP	TOTAL
<b>Donations</b>		<b>32,07,893</b>		<b>✘42,39,670</b>
Trichy Centre			37,49,146	
Musiri Centre			1,49,387	
Lalgudi Centre			1,02,210	
Thuraiyur Centre			1,75,354	
Manaparai Centre			63,573	
Parents Contributions		1,77,850		2,28,170
State Government Projects :		32,65,742		28,61,359
Feeding Grant	5,40,000		4,86,000	
Early Intervention Centre	9,32,065		9,36,650	
Staff Honorarium	14,15,677		10,60,709	
House Rent	3,78,000		3,78,000	
RCI Course : Fees / Mess		2,23,695		2,26,433
Vocational Stream :		1,42,858		1,52,966
Sundry Receipts		4,100		5,560
SST Masala Contribution		90,110		70000
SST Masala Loan		10,214		50000
Bank Interest		--		51,558
<b>TOTAL</b>		<b>71,22,462</b>		<b>78,85,716</b>

✘ It includes meals sponsorship amount of Rs. 62,750 received in the Branches.

✘ It also includes the contribution of Rs. 4,00,000 made by Tarapore Foundation on 29.3.2022 but the amount actually credited into our account only on 4.4.2022.

EXPENDITURE	PREVIOUS YEAR	CURRENT YEAR
	2020-2021	2021 – 2022
Salaries	59,26,751	55,43,357
Rent	4,84,700	4,44,000
Electricity	83,963	1,08,135
Transport / Travel Expenses	41,548	52,939
Administration	2,02,121	78,923
Boarding Expenses	6,34,571	5,96,376
Building Maintenance	79,274	1,47,293
Vocational Training Expenses	59,075	42,782
Miscellaneous	1,50,122	1,70,885
RCI Course Exp.	19,537	72,584
State Govt. EIC	51,043	45,497
Bank Charge	--	1378
Fixed Deposits	2,00,000	----
<b>TOTAL</b>	<b>79,32,705</b>	<b>73,04,149</b>

**Donor who contributed Rs. 4,00,000**

The J.H. Tarapore Foundation, Chennai

**Donor who contributed Rs. 2,80,500**

Suryavardhan Estates Pvt. Ltd., Chennai.

A word of special thanks to Mr. M. Chidambaram, Chartered Accountant, Chennai for his stellar role in getting two notable donors namely Tarapore Foundation & Suryavardhan Estates to make contribution to the Spastics Society of Tiruchirapalli for the first time.

**Donor who contributed Rs. 2,72,000**

**ANONYMOUS HOPE** headed by Mr. Hari, Australia

**Donors who contributed Rs. 1,50,000**

Mr. K. R. Sureshkumar, Mr. R. Balasubramanian, Bangalore

**Donor who contributed Rs. 1,10,000**

Mr. Nandhakishore ( A relative of Mr.K.Thiruneelakandan )

**Donor who contributed Rs. 1,03,000**

Mrs. Gowri Bhaskaran

**Donors who contributed Rs. 1,00,000**

Mr. Athappan, Mr. K. Premananthan, Mr. Clement Vinodh Samuel,  
Mr. Vinayagam, MD., Chennai Silks, Coimbatore,  
Miyan Rowther Trust, Chennai

**Donors who contributed Rs. 75,000**

Mr. M. Muruganandam, Mr. Richie Ravikumar

**Donor who contributed Rs. 72,000**

Mr. Augustine Ponraj

**Donor who contributed Rs. 68,000**

Mrs. Aarthi Kumar, Dubai, UAE

**Donor who contributed Rs. 57,500**

Lions Club of Tiruchirapalli

**Donor who contributed Rs. 52,302**

Mr. Muthukumar, Thuraiyur

**Donors who contributed Rs. 50,000**

Dr. Samson Daniel, Dr. P.M. Bhaskaran, Dr. Shibu Varkey ,  
Sonoco Graphics, Chennai

**Donor who contributed Rs. 47,500**

Ms. M. Sarathambal

**Donor who contributed Rs. 38,000**

Mr. J. Jayakodi

**Donor who contributed Rs. 27,000**

Mr. Varun Prasad

**Donor who contributed Rs. 26,000**

Mr. Jegadeesan, Musiri

**Donors who contributed Rs. 25,000**

Dr. L. Krishnan,

Mrs. C.S. Usha Rani,

TMT. Govindarajan,

Ms. Sahana Narayanan,

Mr. George Mathew Panicker

**Donors who contributed Rs. 24,000**

Dr. Amali Jaya,

Mr. Robert Ravikumar

**Donors who contributed Rs. 20,000**

Dr. Sathya Albert,

Mr. Balamuruganand,

Mr. John Willio,

Mrs. Gayathri Sivasubramanian,

Ms. D. Kavitha

We truly value the contribution made by Persons with Disabilities -

Mr. Rajesh Khanna, a person with CP donated Rs. 5,000/- out of his salary

Mr. Vignesh, a person with CP donated Rs. 2,870 out of his savings in the Piggy Bank

We offer our sincere thanks to all the donors for their very generous contribution

***"We make a LIVING by what we get but ....***

***We make a LIFE by what we give."***

- ***Winston Churchill***

We could make renewal of Certificate of Registration & Recognition under the Rights of Persons with Disability Act, 2016 for the Trichy Centre and all the four Branches from State Commissionerate for Persons with Disabilities, Chennai.

## PARENTS TRAINING PROGRAMME

Date	Topic	Organized by	Participants
26 April 2021	Webinar on Mobility for children with CP in Physiotherapy	Ms. P. Karthigaiselvi, Physiotherapy Dept.	34 Parents
27 April 2021	Webinar on Teaching Methods in Special Education	EIC - Staff	59 Parents
22 May 2021	Webinar on Bones & Joints complications in children with CP	Ms. P. Karthigaiselvi Ms. N. Vasanthi, Physiotherapy Dept.	35 Parents
26 May 2021	Covid-19 & Vaccination	Mr. B. Balachandar Ms. N. Vasanthi Physiotherapy Dept.	56 Parents
14 July 2021	Management of Epilepsy	Dr. Veni Neurologist	77 Parents
29 July 2021	How to improve sitting tolerance in children with ADHD	Ms. C. Joice Vennila Special Educator	78 Parents
2 August 2021	Stress Management for the parents of children with CP	Dr. Sowndaram Psychologist	60 Parents
16 August 2021	Lifting & Carrying techniques for children with CP	Ms. Karthigaiselvi Ms. Vasanthi	22 Parents
3 September 2021	Developing Oro-Motor Skills in children with CP	Ms. Pushpa Sarona Speech Therapist	50 Parents
23 November 2021	Handling of children with Special Needs to manage behavior problem	Mr. Randeep Rajkumar Clinical Psychologist	70 Participants
24 November 2021	Nutrition Awareness Programme for children with Special Needs	Agape Special School	3 Parents
27 November 2021	Sensory Integration Therapy	Mr. Mohamed Riswan Ms. Nandini Priya Ms. Sowndarya from Cheery Therapy Centre, Coimbatore	84 Parents
2 December 2021	Employment opportunities for Persons with Disabilities	Mr. A. Kalaiselvan District Employment Officer	85 Participants
17 December 2021	Toilet Training	Ms. A. Sasikala Special Educator	17 Parents

11 February 2022	Structure and Functions of Eye	Ms. A. Amutha Special Educator	29 Parents
24 February 2022	Orientation Training Programme	EIC – Staff	36 Parents
9 March 2022	Spasticity & its Management	Ms. Karthigaiselvi Ms. Gnanaselvi	21 Parents
22 March 2022	Dressing / Feeding Techniques for children with CP	Ms. Vasukidevi Ms. Malathy	21 Parents



**Mr. Randeep Rajkumar addressed the parents on dealing with PWDs with behavior problem.**



**Mr.Md.Rizwan, OT spoke on Sensory Integration Therapy for children with CP.**



**Ms. Reka, a person with CP who is a Ph.D Scholar narrated her experiences during the meet on employment for PWDs.**



**Ms. Joice Vennila, Special Educator addressed the parents on Teaching Methodology for children with Special Needs.**

### STAFF TRAINING PROGRAMME

Date	Topic	Organized by	Participants
19 & 20 April 2021	Physiotherapy for children with CP	Mr. B. Balachandar Ms. J. Jayasri	9 Staff
12 July 2021	Awareness about Vocational Training	District Differently Aabled Welfare Office, Trichy	19 Staff

26 July 2021	Procedure for applying UDID, smart card for Persons with Disabilities	State Commissioner for the Differently Abled, Chennai.	19 Staff
18 September 2021	Accessible Computer Lab for Persons with Disabilities	Mr. G. Tagore NIEPVD, Chennai	25 Staff
25 October 2021	Webinar on Specific Learning Disabilities	NIEPMD, Chennai	10 Staff
26 October 2021	Curriculum Based Assessment	NIEPMD, Chennai	14 Staff
27 October 2021	Dysgraphia (Inability to write coherently)	NIEPMD, Chennai	14 Staff
29 October 2021	Dyspraxia (Difficulty in activities requiring coordination and movement)	NIEPMD, Chennai	21 Staff
1 November 2021	Dyscalculia (Difficulty in learning maths)	NIEPMD, Chennai	6 Staff
2 November 2021	Legal provisions related to disabilities	NIEPMD, Chennai	14 Staff
19 November 2021	Management of problem behavior in children with Intellectual Disabilities	NIEPMD, Chennai	2 Staff
31 January 2022	Professional Ethics	NIEPMD, Chennai	2 Staff
1 February 2022	Sex Education	NIEPMD, Chennai	4 Staff
5 February 2022	Seminar on Professional Ethics, Sex Education, AAC & Community Ethics	Ms. Susanne Ms. Vasukidevi Ms. Gnanaselvi Ms. Joice Vennila	22 Staff

#### SEMINARS ORGANIZED AT SPASTI

Date	Topic	Organized by	Participants
17 February 2022	Physiotherapy Assessment for children with CP	Mr. B. Balachandar Ms. J. Jayasri	26 Participants from NGOs



Mr. Balachandar, Physiotherapist spoke on PT Assessment for children with CP during the NGO Meet.



Gathering of Special Educators at the NGO Meet to discuss on the Assessment Tool to be used for children with ID.

### PARICIPATION AS RESOURCE PERSON

Date	Topic	Resource Person	Organized by	Participants
2 July 2021	Facilitating Gross Motor Function for children with CP based on the ICF Model	Mr. B. Balachandar Physiotherapist	Cherran's College of Physiotherapy, Coimbatore	48 Students
22 March 2022	Role of a Social Worker in NGO Sector	Mr. C. Shanthakumar Director	Amity Club, Dept. of SW Cauvery College.	120 Students

### MEDICAL CAMP



➤ Dental Camp was arranged at Trichy Centre on 4 December 2021 by Dr. Aarthi & Dr. Shalini from Trichy Ladies Circle in which 65 children participated.

➤ Eye Camp was conducted by Joseph Eye Hospital on 3 March 2022 at Trichy Centre. Dr. Mohana accompanied by 6 Optometrists conducted the camp in which 72 children participated.





- General Medical Camp was organized for the benefit of the children at Trichy Centre on 11 March 2022 in which our Consultant Pediatrician Dr. Kingsley P. Jebakumar examined the children and prescribed medicines.

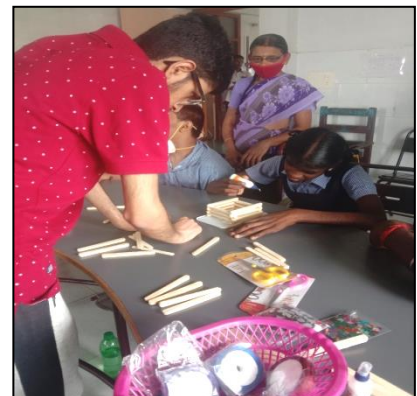
### **JOB PLACEMENT**

- Mr. Balamurugan, a person with mild Intellectual Disability was appointed as a helper in Hotel Saraswathi, Trichy. He joined there on 24 March 2022.
- Mr. Yehiya, has joined in an Industrial Unit at Erode as a helper  
Both are performing well.

### **STUDY / RESEARCH**

Mr. Mansoor Rahman, an Assistant Professor working in JSS College of Physiotherapy, Mysore is pursuing Ph.D. The topic that he has selected for the research study is on physiotherapy, *“a study on Indian folk games to improve physical activities in children with Cerebral Palsy”*. The respondents for the study are children from Trichy Centre & the Branches.


- 3 students doing Master of Social Work course from Jamal Mohamed College, Bishop Heber College and Cauvery College attended field work training during the 2<sup>nd</sup> semester at the Spastics Society of Tiruchirapalli.
- 6 students from the Department of Audiology & Speech Therapy course from Holy Cross College underwent practical training at Trichy Centre. They came in two batches, for a total duration of two months.
- 13 students doing undergraduation course in Rehabilitation Science from Holy Cross College underwent field placement on vocational training. They came in two batches for a total duration of one month.
- Master. Rishi S/o. Mrs. Aarthi Kumar studying in 11<sup>th</sup> std in Dubai, UAE organized training programmes through Online / Offline for the benefit of children with disabilities. The following topics were covered.



- |                 |                 |
|-----------------|-----------------|
| - First aid     | - Play          |
| - Good Manners  | - Reading Books |
| - Drawing       | - Story Telling |
| - Arts & Crafts | - Traffic Rules |

He also taught Basic English Writing for the benefit of Diploma Students.

#### **D.ED SPECIAL EDUCATION COURSE**

- A two-year Diploma in Special Education course with specialization on Cerebral Palsy is being offered for students who have completed 12th standard and aspire to work as special educators in the field of rehabilitation for the disabled. This course is recognized by Rehabilitation Council of India (RCI), New Delhi. In the 10<sup>th</sup> batch of this course, 5 students have joined. The inauguration of the course was held on 17<sup>th</sup> March 2022 in which Dr. Umesh Samuel, Vice- Principal, Bishop Heber College, participated as a Chief-Guest. Mr. S. Chandarmohan, DDAWO, presided over the function.
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- As part of the Alumni Meet, seminar was conducted through Google Meet on 2<sup>nd</sup> October 2021 in which 48 Special Educators participated. The alumnus presented the following topics -
    - Ms. Nandhini Priya who is working in Cheery Therapy Centre, Coimbatore spoke on Autism and its Management.
    - Ms. Kalaiselvi who is working in Vaanavil Special School, Thanjavur spoke on Treatment of Alcoholics in Medical set up.
  - Ms. Susanne, Special Educator was a member of RCI Inspection Team who visited Vidyasagar Special School, Chennai on 24 August 2021 to conduct an assessment of B.Ed. Special Education (MD) Course for granting extension of recognition.
  - Ms. Vasuki Devi, Course Coordinator was a member of RCI Inspection Team who visited St. Andrews College of Special Education, Vijayawada on 11 October 2021 to conduct an assessment of D.Ed. Special Education (ID) Course for granting extension of recognition.

We are thankful to Reaching The Unreached (RTU), a Social Service Organization at Kallupatti in Theni District for regularly sending prospective candidates to join this Diploma Course by sponsoring their studies.

We also convey our thanks to Mrs. Shanthi, Headmistress, Panchayat Union Primary School, Maniyampatti, Musiri Block for sponsoring the students to study in the Diploma Course.

### **AWARENESS PROGRAMME**

- Ms. Joice Vennila & Ms. Amutha, Special Educators participated in the NSS Camp organized by Cauvery College and gave an awareness programme on disabilities. It was held on 2 March 2022 in which 72 students participated.



### **EXERCISING THE RIGHT TO VOTE**

- A total of 71 persons with disabilities had cast their vote in the State Assembly Election held on 6 April 2021. Here is the feedback of their experience –

Ms. Bhuvaneshwari : *“Ramp facility was available at the Polling Station..... I was taken in a wheelchair to go up to the Polling Booth where Electronic Voting Machine was kept..... I was allowed to cast my vote to the symbol I liked...”.*



Mr. Sudhakar : *“ the officials from the Election Office came to my house with Electronic Voting Machine..... I was able to cast my vote from my house itself.... No need for me to venture out to Polling Station.*

### **NATIONAL TRUST**

The Spastics Society of Tiruchirapalli is the Institution Member of the Local Level Committee (LLC) of Tiruchirapalli & Perambalur Districts to implement special schemes for persons with Cerebral Palsy, Autism, Mental Retardation and Multiple Disabilities under the National Trust. The important activities of the National Trust during this period are listed below.

➤ Legal Guardianship Certificates by LLC, Trichy were issued by DDAWO, Mr. S. Chandramohan to a total of 102 persons as follows.

- 26 persons received the Certificates on 30.06.2021
- 20 persons received the Certificates on 04.08.2021
- 25 persons received the Certificates on 13.10.2021
- 31 persons received the Certificates on 16.02.2022



- Legal Guardianship Certificates by LLC, Perambalur have been issued to 2 persons.
- Participated in the Annual General Body Meeting of the National Trust held through Google Meet on 28 September 2021.

### **VOCATIONAL TRAINING PROGRAMME**

- SST Masala Unit: Even though orders have dwindled due to Covid-19, a total of 8174 kg. of masala powders have been sold out.
- File Making Unit: We were able to produce & supply a total of 5510 files at a total cost of Rs. 62,370/-. Our regular customers are –
  - Gitanjali Medical Centre
  - Retna Global Hospital
- Doormat Unit: 134 pieces of Doormats at a total cost of Rs. 5,360/- were sold.
- Jute Product Unit: Jute articles at a total cost of Rs. 48,388/- were sold.



### **ACADEMIC ACHIEVEMENT**

A total of 53 students pursue regular mainstream education through Inclusive Education set up. Out of these, 13 students appeared for 10<sup>th</sup> standard public examination this year and wrote the exam with the help of a scribe. All have successfully passed out, getting promoted to the next class.

## AIDS & APPLIANCES

We regularly receive aids & appliances from the District Differently Abled Welfare Office, Trichy. They supply us with CP Chair, Rollator, Walker, Wheelchair, etc. The materials that we received during this one year period are given below.



- 4 Sewing Machines were distributed by District Differently Abled Welfare Office on 9 July 2021 for the mothers of children with Intellectual Disabilities.

- 7 Rollators were supplied by District Differently Abled Welfare Office on 7 March 2022 for the benefit of children with CP.



## FUNCTIONS & CELEBRATIONS

- World CP Day was celebrated at the Spastics Society on 6.10.2021. An Inter-Centre Quiz Competition for the children with CP was conducted through Google Meet in which 36 children participated.

- Sports Meet was organized by the District Sports Office / DDAWO in Anna Stadium in which children from this organization participated.

- Teachers Day Programme was arranged at Trichy



Centre on 8 September 2021 in which Best Teacher Awards were given to the following -

Ms. D. Suganya, Special Educator, Thuraiyur Centre

Ms. M. Valli, Developmental Educator, Trichy Centre

Ms. S. Sathya, Cook, Manaparai Centre.

This programme was sponsored by Rotary Club of Jambukeshwaram in which 67 persons participated.

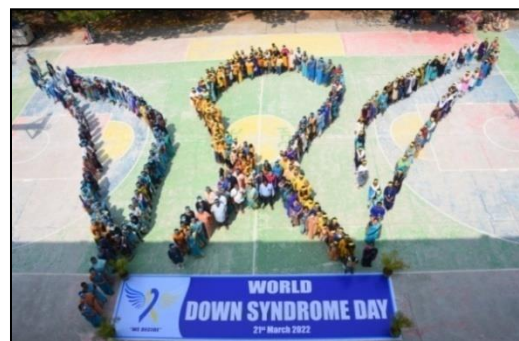
- To Celebrate the Children's Day, Drawing Competition was conducted on 16 November 2021 by Trichy Round Table in which 23 children from EIC & Day Care Programme participated.

- International Day of Persons with Disabilities was celebrated through Trichy Disability Forum in which heads of organizations representing various NGOs participated. Mr. S. Chandramohan, DDAWO, presided over the function. The programme was held at the Auditorium of the Spastics Society, Trichy.



**Oath Taking with lighted candles on World Disabled Day.**

- Quiz Competition was conducted through online by the Spastics Society of Tamilnadu, Chennai in which 38 children from this organization participated.
- A total of 39 children participated in the Painting & Drawing Competition held at our Rural Branches in connection with Children's Day Programme.
- Annual Christmas Programme was held on 22 December 2021 in with 171 persons participated.
- Pongal Celebration was held on 12 January 2022 in which 65 persons participated.
- World Down Syndrome Day was celebrated through Trichy Disability Forum on 21 March 2022 at Holy Cross College in which 18 persons participated from this organization.



**Down Syndrome symbol formation by the staff from NGOs.**

## **NEWS FROM THE BRANCHES**

### **MUSIRI CENTRE**

- The Annual Day Programme was held on 23 February 2022. The occasion was the confluence of children, parents, staff, well-wishers and government officials. It was certainly a memorable day.
- A total of 32 House Visits were made to see children with disabilities in their home environment and suggest necessary training and suitable modifications.



- Republic Day was celebrated with Flag Hoisting by the Health Inspector in our premises. The children, staff & parents participated.
- Dr. Meera Mohan is our Consultant Medical Doctor, well-wisher and donor for the Musiri Centre.

### LALGUDI CENTRE

- 22 House Visits were made to see the children in their home environment.
- The Staff Seminar for the Rural Habilitation Centres was held on 23 April 2021 in which 13 staff members participated. The following were the topics



- *“Teaching children the Social Skills”* was handled by Ms. Gnanaselvi, Special Education
- *“Teaching children with Number Concept”* was presented by Ms. Sobana Mary, Special Educator

- Jai Jawan Sangam is an association of ex-military personnel. Members from this association participated in the Republic Day celebration held at the Centre and distributed sweets to all.
- The Annual Day Programme was held on 26 February 2022. Dr. B.Vijayasekaran, Cardiologist presided over the function.
- Dr. M. Rajkumar continues to be the Consultant Pediatrician who comes to the Centre at periodical intervals, examining the children & distributing medicines free of cost.

### THURAIYUR CENTRE

- As part of the Visual Stimulation, a darkroom with colourful lights was set up at this Centre.
- The staff members worked with District Differently Abled Welfare Office in issuing 840 UDID cards (Smart Disability Card) to persons with disabilities in Thuraiyur Taluk.



- It must be mentioned here that Mr. Muthukumar, Correspondent, Zamindhar Hr. Sec. School, is our regular sponsor for grocery items. This year he supplied grocery provisions worth Rs. 52,302/-
- Dr. Samuel Devakumar from Perambalur is our Consultant Medial Practitioner who also happens to be our regular donor, making generous contributions.

### **MANAPARAI CENTRE**

- Self Help Group (SHG) meeting was held on 9<sup>th</sup> July 2021 for the benefit of mothers of children with disabilities.
- 26 House Visits were made and 300 UDID cards (Smart Disability Card) were issued to persons with disabilities in Manaparai Taluk.
- Dr. C. Balaji is our Consultant Pediatrician and donor for the Manaparai Centre.



### **THE STAFF**

- The members of the staff are 42 in all the five Centres. Of these, 4 are Physiotherapists, 11 Special Educators and 3 part-time visiting faculties. In addition to this, 3 staff members continue to work in our SST Masala Unit. The staff members discharge their duties with commitment, competence and compassion for promoting the welfare of children with disabilities under our care.

### **VISITORS REPORT**

*“Very good Centre for such students. Really they are training in various aspects to improve the children depending upon their needs. Surroundings are very neat and clean. Met all teachers, really they are very polite to them. Experienced physiotherapists are also there to train the children. We must salute this society. Well done Spastics Society Centre”.*

1 March 2022

Mrs. Vasunthra / Mrs. Achinthia  
Anonymous Hope



*“Visited Spastics Society Trichy. We came here, spent time for 3 days. Blessed to see the kids and teachers efforts to support their needs. Very peaceful and stress free surroundings, lot of positive vibes, and tremendous hard work put in by teaching staff. We wish the Centre the very best and we look forward to continue our support to the Centre in whatever ways possible”.*

20 March 2022

Mrs. Aarthi Kumar  
Dubai, UAE.

## **CONCLUSION**

So we have had an eventful year which we can look back upon with sincere gratitude to the **One** without whose guidance and help, no mere human endeavor can hope to succeed. With the assurance of divine support manifested in the past, we can look forward with confidence to brighter future for our work with these little ones.

**T**HE morning of an exam is usually a picture of chaos for many, with more time given to studies than to get ready to reach the exam hall. However, the case is a little different for Rani (name changed) as it takes her almost an hour to get ready. Not because she likes to do things slow, but because cerebral palsy allows her only that much movement.

Rani was 10 months old when she was diagnosed with the neurological disorder. But not once has she let that affect her from dreaming big. Enrolling at the Spastics Society at the age of four, Rani continued her education there with regular physiotherapy and speech therapy sessions until Class 6. Soon, she wanted to move to a government school, but the teachers there were reluctant to take her in due to her motor disorder. Her parents, however, demanded that the teachers conduct a test to admit her. She passed with flying colours, and secured admission.

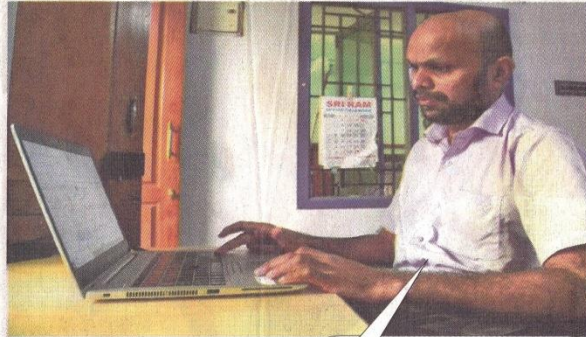
But obstacles kept coming aplenty on her way. Rani wanted to opt for science group after class 10, but was advised against it as it would pose problems. As the disorder affects the stability of hands, measuring accurately for practicals would be a challenge, they said.

"Hence, I took computer science with commerce. Then, I did Bachelor of Computer Application (BCA) and Master of Computer Applications (MCA). After that, I cleared NET, SET, did an MPhil, and I am now pursuing PhD at NIT Tiruchy," said Rani.

Throughout this long journey in academics, taking examinations has always been a problem for her. More often than not, if an extra hour is not given, she finds it hard to complete her paper. As cerebral palsy has affected her speech, using a scribe is also difficult.

"In some colleges, during my post-graduation, I didn't get extra time

## Tales of 'balancing it out', hurdling over stumbling blocks



Rajesh Kanna, who is affected by cerebral palsy, has sailed through the odds and earned a job in an IT company | MK ASHOK KUMAR

for writing the exams. Disabled people are supposed to be given either extra time, or a scribe," said Rani.

The lack of support from the authorities' side has made her take a lot of repeated attempts to clear all the exams over the years. According to C Shantakumar, Director, Spastics Society Tiruchy, as education as become inclusive, examinations should be made too. They have to be changed to accommodate the needs of the differently able, he added.

Rani's story is not a unique one though. Rajesh Kanna, a 37-year-old

with the same neurological disorder, overcame similar odds starting from his childhood till the time he earned a secure job.

He had to try a lot to get into schools initially, before the Chinmaya Vidyalaya in Srirangam admitted him. When he was in Class 8, he heard about The Spastics Society in Tiruchy, and started attending physiotherapy sessions there, once every month. Realising his aptitude in computers, Rajesh did BCA and MCA. Then, however, started the next phase of his hardship. After completing MCA in the year 2011, Rajesh knocked at several doors for a job, but was rejected every time at HR rounds of interviews citing his "communication problem".

"I took up some government exams after I finished MCA. I also started looking for jobs. I cleared all the written tests, aptitude tests, and group discussions. But the problem would begin when I reach HR rounds. They would reject me citing the 'problem'. At a time when most of the works are done through messages or email, where is communication required? They could have easily given me a job which didn't involve too much communication, right?" asked Rajesh.

Eventually, he took matters into his own hands, drafted a mail to the CEO of a company to which he had applied for, and explained his conditions and abilities. Further, he did a software testing course and went for an interview held by an NGO for the differently-abled in Bengaluru. Things looked up, and soon he got hired as a test engineer by the same company to which he had mailed.

"Most private companies have a quota for the differently-abled. Nobody knows or talks about it. They have to hire people under 'diversity and inclusion'. I hope more companies take initiatives like mine did. I hope that cerebral palsy is recognised as a separate category for quota in jobs," Rajesh said, and added that his current organisation has been greatly supportive.

**Q** I hope more companies take initiatives like mine did. I hope that cerebral palsy is recognised as a separate category for quota in jobs

Rajesh Kanna

### 'Make exams more inclusive for disabled people'

According to Rani, the lack of extra time or the help of a scribe during exams has cost her dear in her academics. She said the authorities are mandated to provide the help to people with disabilities. Spastics Society Director C Shantakumar seconded her opinion and asserted that exams should be made more inclusive



# Artistic 'Agal vilakku' painted by disabled people for Karthigai Deepam sold out

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Trichy: Artistic agal vilakku (clay lamps) made by students of Spastics Society of Tiruchirapalli for Karthigai Deepam festival have been sold out. Clay lamp designing activity is a part of therapeutic intervention to improve the motor skills of the students with cerebral palsy.

The spastics society here is in the process of rehabilitating around 130 students including children and adults with disabilities through vocational training involving 25 staff comprising special teachers. As part of engaging the students in physical activities to lead a normal life, the society had purchased 5,000 earthen lamps from the wholesale market. The lamps were cleaned with sandpaper and a coat of primer applied by the stu-

## THERAPEUTIC EFFECT

Pic: R Baskar

How painting clay lamps helps those with cerebral palsy



- Improves fine motor skills
- Enhances finger dexterity
- Reduces spasticity in the hands
- Controls involuntary movements
- Can learn to calculate cost and profit margin

dents. After drying the lamps, yellow paint was applied twice on them followed by decorative dots in red paint. In all, 10 people including children with cerebral palsy completed the task weeks ahead of Karthigai Deepam to be celebrated on Friday. After finishing

the painting work, the students counted and packed the lamps in the boxes for sale. All the 5,000 clay lamps designed by the students were sold out through educational institutes and social media handles despite the pandemic.

The lamps were sold at Rs5

apiece including in rural areas like Manapparai, Thuraiyur, Musiri and Lalgudi where the society has branches to train rural children with special needs. "Engaging the children and persons with disability in such artistic work will instil self-confidence. As the students calculate the number of lamps painted and sold, their arithmetic skills shall improve too," C Shanthakumar, director of the spastics society in Ramalinga Nagar, said. Special teachers help the students enhance their motor skills and hand-eye coordination. The activity helps students with cerebral palsy to learn packing and to count the sales. Shanthakumar said such activities help the students to become an entrepreneur or an employee by overcoming their disabilities.

# Impact assessment of native games on children with cerebral palsy

Study gets under way in Tiruchi

NAHLA NAINAR  
TIRUCHI

The mental and physical benefits of playing traditional Indian games such as *ezhu kallu* (seven stones), *goli* (marbles), and *kalla-manna* (stone or mud, a team game) by children with cerebral palsy is being assessed under a research project that began in special schools run by The Spastics Society of Tiruchi on Tuesday.

"Usually in Western countries, games like basketball, cricket and volleyball are part of the curriculum for children with special needs. But in India, especially in rural areas, this is missing, and it may not be possible to install dedicated facilities in every institution.. So I am exploring the health benefits of traditional games for children with cerebral palsy, to see if playing them has a positive impact on their academic performance," A. Mansoor Rahman, assistant professor, J.S.S College of Physiotherapy, Mysore, told *The Hindu*.

With previous experience in paediatric and clinical physiotherapy, Mr. Rahman has been working with three more team members to study 104 children with cerebral palsy for the project in Karnataka and Tamil Nadu.

"After shortlisting 31 traditional games, we have picked out the ones that can be adapted to the needs and goals of children with special needs. As per World Health Organisation (WHO) guidelines, we will make the children play at least 10 games thrice a week in sessions of 45 minutes to an hour, depending on their ability. This will be done for six weeks," said Mr. Rahman.

As children demonstrate their skills in playing *kalla-manna* and *goli* on the Spastics Society's Ramalinga Nagar campus, Mr. Rahman says the games have been



A. Mansoor Rahman

adapted and simplified to encourage team participation. "Wheelchair-bound children can also play these games because they will be inspired by their peers. Sometimes, the achievements are significant – children who would have been forced to do exercise earlier may now voluntarily play with their friends."

For the study, the team will evaluate 54 children undergoing regular physiotherapy and compare the results with that of the 54 who are part of the 'experimental' or games group. Mr. Rahman has selected 14 special children each from The Spastic Society's Tiruchi and Thuraiyur sections, and five from the Musiri branch campus. Twenty-five children drawn from special schools in Mysore are already being assessed.

"We have split the children into three groups according to their physical abilities. All the games and equipment will be used with a physiotherapist in attendance, as we want it to be safe for the participants," he says.

Mr. Mansoor Rahman hopes the study would ultimately inspire more differently abled people to represent India on a global sporting stage. "We can work harder to have a strong presence in the Paralympics, and also revive interest in these games that engage both mind and body of the players."

## 'BUILDING LEADERSHIP'

# International Day of Persons with Disabilities celebrated in Tiruchy

EXPRESS NEWS SERVICE @ Tiruchy

THE Tiruchy Disability Forum celebrated International Day of Persons with Disabilities on Wednesday and Thursday.

Various programmes were conducted throughout the district to raise awareness and celebrate the achievers.

On Thursday, alumni were invited to the Spastics Society of Tiruchy and their achievements were shared. Information and awareness about multiple sclerosis and Cerebral Palsy was also raised in the meeting.

"Cerebral Palsy is an umbrella term for various conditions of handicap resulting from damage to that part of the brain that controls muscles and movements. It is a disorder of muscle control which causes

difficulty in moving and positioning the body. Sometimes the damage affects other parts of the brain and may cause other defects such as mental retardation, speech defects, visual defects, convulsive disorder perceptual disorders etc," said C Shantakumar, Director, Spastics Society.

**Cerebral Palsy is an umbrella term for conditions of handicap resulting from damage to that part of the brain that controls muscles and movements**

C Shantakumar, Spastics Society

He said that the theme for the International Day of Persons with Disabilities 2021 is 'Building leadership'.

"Therefore, we decided to invite alumni and show their example to our children here. They have overcome so many challenges and are true inspirations," added Shantakumar.

The Tiruchy Disability Forum covers 21 types of disabilities and has several organizations working together.



Director of Spastics Society C Shantakumar addressing parents and students at the celebration held in Tiruchy on Thursday | MK ASHOK KUMAR