

Aarambh^{A3C} **आरंभ**
Child Care Centre *Partnering with Families*



**Aarambh
Report-2108**

Supported by



Building Kidz School



HOME OF HOPE



Thank you so much for Supporting Manovikas Charitable Society



Building **Kidz** School

Aarambh Child Care Centre (A3C) is financially supported by Building Kidz School USA



Home of Hope Inc. (HoH) is USA based non-profit organisation supporting Manovikas Charitable Society since 2000. A3C project is facilitated by HoH through Building Kidz School since 2018.



Jai Sai Ram!

We always remember the last year's month of August and thankful to Ms. Vineeta Bhandari, Founder and CEO of Building Kidz Schools, USA for visiting Manovikas and feeling to be part of Manovikas Family. Since then she is financially supporting Aarambh Child Care Center (A3C).



Manovikas Charitable Society presents 'Aarambh Report 2018'. Big thanks! To all teachers and staff members for presenting information open, as per policies, based on the presumption of disclosure, and making this report easily accessible to relevant collaborators. We would like to acknowledge that Manovikas Family have been constantly growing and learning through our involvement with other organizations like Home of Hope Inc. USA, Building Kidz School, the National Trust for the Welfare of Persons with Autism, Cerebral Palsy and Multiple Disabilities, Ministry of Social Justice and Empowerment, Govt. of India

Aarambh Child Care Center (A3C) operates for supporting families towards children's benefit, and especially for the needy and underprivileged having intellectual and developmental disabilities. We are privileged to accept challenges and significantly about transition of these children into mainstream education system. We have financial limitation but we work better and you will be happy to know that during the last quarters at Directorate of Education, NCT of Govt. of Delhi, we have been able to process the admission application of nine children.

The teachers, therapist, families and collaborators have shown continual improvement in their performance for training and education services. The other institutions and hospitals like Institute of Human Behaviour and Allied Sciences (IHBAS), Chacha Nehru Children Hospital, etc. came forward to help us and to learn from each other in pursuit of common goals.

As the world changes, and the spread and innovation of Manovikas programmes changes. From the year 2000 to 2019, the relevant and maximum impact of our work is due to the support of Home of Hope Inc. USA. Without the aspiration and blessings of Dr. Nilima Sabharwal, Founder, Home of Hope Inc. USA it would not be possible to create a stronger support for the persons with intellectual and developmental disabilities in India. We thank you and you are really wonderful genesis in this world.

Our success is the community's success. With the ongoing support of our donors, partners, Board and volunteers, A3C project is ready for the challenges and achievements ahead in 2019.

Dr. Alok Kumar "Bhuwan"
Managing Secretary

Indira Alok
Principal



Project Overview

Project Address: Manovikas Charitable Society, 60A, Radhey Puri-I, Delhi-110051

Project Contact #: 9891507772

Email: aarambh@manovikas.co.in

What is Aarambh Child Care Centre (A3C)

As an early education provider Aarambh Child Care Centre (A3C) work in partnership with families to offer consistent, loving care for young children.

Why is A3C

For the habilitation of children and preparing for readiness to gain admission in mainstream schools

Project Coverage

A3C serves in East and Northeast Delhi Districts and contains two municipal council zones (Shahdara north and Shahdara south). The project is targeting to cover about 5 Km² Areas having about 3 lakhs population and more than 1000 children having intellectual and developmental disabilities.

Target Group

A3C Services are available to children who:

- Are aged birth to school-entry and live in project areas specially in East Delhi region
- Are at risk due to prematurity, low birth weight or other birth complications
- Have development delays
- Have a disability such as: **Autism Spectrum Disorder, Intellectual Disability, Specific Learning Disabilities, Mental Illness, Blindness or Low-vision, Speech and Language disability, Hearing Impairment (deaf and hard of hearing), Cerebral Palsy, Multiple Disabilities etc.**

Desired Developmental Changes:

A3C clinically assesses each child and planning through Individualized Family Support programmes and monitoring the five primary developmental changes in:

- Ability to move, see, and hear—physical development
- Ability to talk, understand, and expressing needs—language and speech development
- Ability to relate to others—social and emotional development
- Ability to eat, dress, and take care of themselves—self help (or adaptive development)
- Ability to think and learn—cognitive development

Indicators of A3C

1: Parents and Family Involvement:

Maintain a relationship with the parents and families for gaining attention of their Children with Disability.

- Parent's/Family cooperation for the empowerment with the children with the disability to informing learning objective/s.
- Parents understanding for providing feedback.
- Review of the parents to present the stimulus or material.

2: Support through quality staff:

- A guideline for Caregivers to help children to achieve their learning objective/s.
- Assessment of performance by special educator of children.
- Speech Therapists, Physiotherapist and Occupational Therapist for assessment and management.

3 : Coordination with the schools:

- Inclusion coordinator networking with mainstream schools and other Systems.
- Do advocacy with and on behalf of parents for admission.

A3C Confidentiality:

A3C is committed to protect the privacy of children and family. We support and are bound by privacy policy of Manovikas Charitable Society and strict confidentiality is maintained at all times. In order to plan programs with child we need to collect information from different sources. This information helps us to assess and plan programs in partnership with child, family, school and community. We do not disclose personal information about child and family to other people or organisations without the consent, unless we are required to do so by law. The reports can look at the child's file at any time, or request a copy of information in the file.

In this report children's names are changed as well as it is not inevitably pictures are displayed to protect the privacy of children and family

A3C Health Policies:

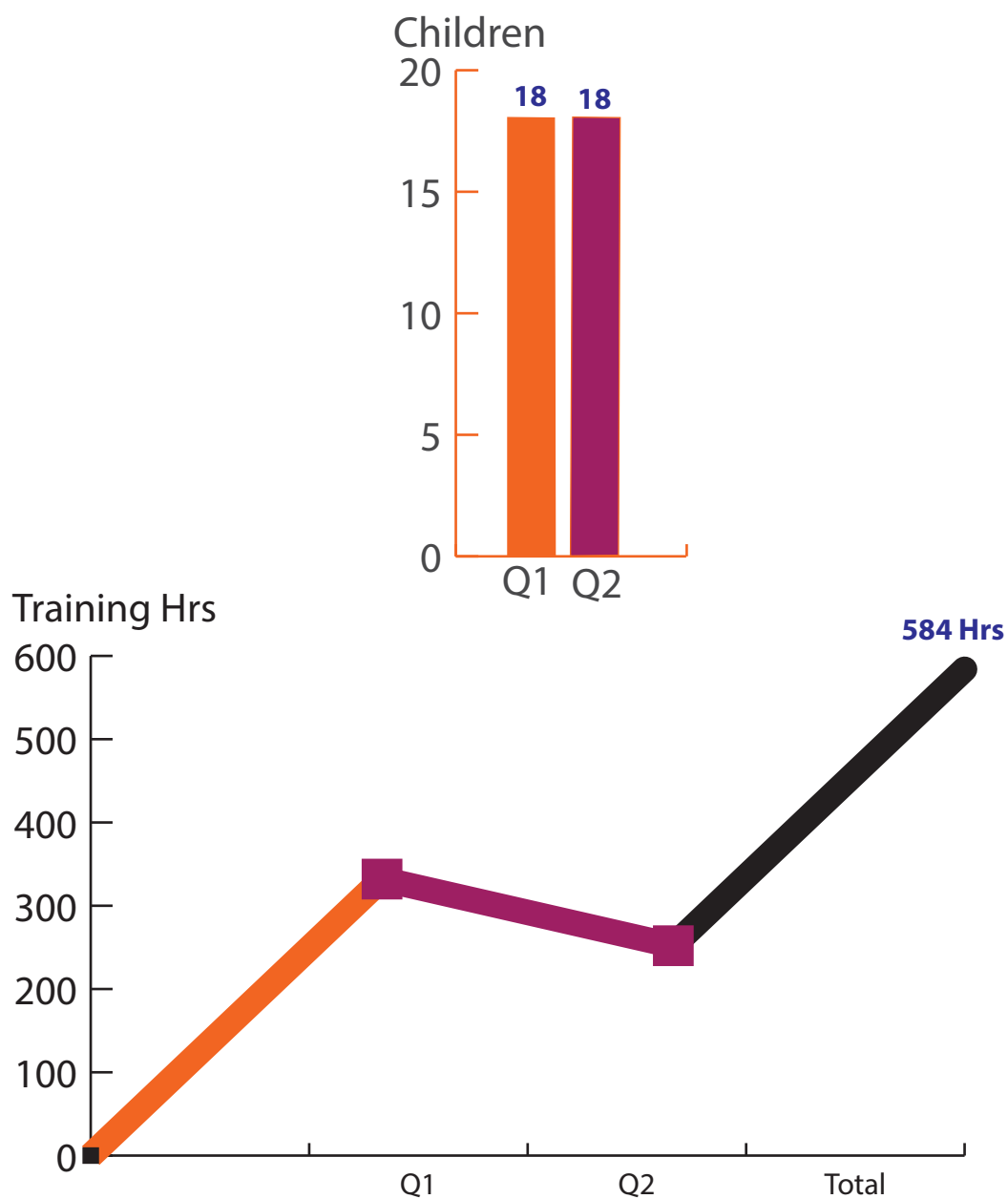
We are conscious of caring for the health needs of all children and families receiving services from A3C by maintaining healthy environments for all programs. We ask families to help us by ensuring their children are well when attending any center-based sessions or receiving home visits. Please feel free to contact us at any time when you have questions, or want information.



Project Performance

Program Key Performance Indicators (KPI)

Performance	September to December 2018 Quarter- 1 (Q1)	January to March 2019 Quarter- 2 (Q2)
Total # of students participated	18	18
Total # of hours training delivered	332	252



Project Performance

Three Key accomplishments of Q1

HEARING AID Meaningful Living

Riya received high quality hearing aid cost of Rs. 57.2K and she has started interacting with peers, neighborhood, and learning has become easy and meaningful.

INDEPENDENT Daily Living

Eleven children now became independent in activities of daily living (ADL)

WINNER First Position

Afreen won first position participated in Interstate painting competition among 100s of children.

Three Key accomplishments of Q2

ADMISSION Application Accepted

Nine children's application for admission was successfully accept by the Directorate of Education of NCT of Govt. of Delhi.

ATTENTION Interest Development

Four students with attention deficit and hyperactive disorder have increased their sitting tolerance and taking interest in activities.

ACCEPTANCE Sharing Joy

All children now have started interacting with peers they are sharing their joy and laughter together

Challenges and Plan of Action

Challenge faced

Family members are reluctant and not willing to support for their children with special needs.

Three parents have withdrawn their child, when A3C provided the options of inclusive schooling. They do not want to send their child to regular school.

Action taken

Monthly home visits have done to provided encouragement to draw their attention towards their children disability.

Action taken/plan for issue resolution:
Telephonic conversation and home visit by Special Educators have prepared them to understand the importance of training and education, which will change everyone's lives.



Activity Performance

Activities designed for the children are based on the clinical assessment and Individualised Family Support Plan (IFSP). Reporting some of the activities conducted during the Q1 and Q2:

Training on activities of daily living (ADL)

Trained special educators and caregivers provide ADL training and during last two quarters 70% improvements found in performing ADL activities in the children. They are brushing teeth, washing hands, unbuttoning, and buttoning their cloths, maintaining hygiene in home. Families have been trained on importance of taking bath every day. Eleven children are independent in ADL.

Cognitive and Academics Development

Cognitive developments have been recognized in 90% children who have attended A3C. Functional academics improvements have been noticed in six children, during conceptualization of phonetics, symbolic learning in Hindi and English vocabularies. Numerical and concepts of prepositions have improved in five children. Children have enjoyed in learning colors, shapes, identifying animals, birds, shapes, vegetables, and fruits. The audiovisual sessions on moral stories are best choice for all children.

Therapeutic Intervention

Student attending speech therapy sessions showed significant improvement in their articulation.

Students were initially in the stage of producing sounds like 'a-a', 'b-b' and now they have started speaking two letter words like 'papa' etc. Students with less control over the dental and alveolar sounds developed better pronunciation with the help of more exercise of tongue, jaw, palate.





Yoga and Meditation

Yoga is a regular activity in A3C to improve body posture, sitting for meditation, adding reclining, standing, inverted, twisting, and balancing poses has enhanced the ability to sit for extended periods for the children those who having lack of attention and hyperkinesia. Children enjoy breathing exercise that helps in relaxation of body and mind.

The trained Yoga expert conducts yoga and meditation classes for the children who have been positive affect in children with autism spectrum disorder (ASD), attention deficit and hyperactivity disorder (ADHD) and specific learning difficulty (SpLD).

Pottery Class

Clay is fascinating and it lends itself to student's skill level. The pottery class in A3C is never boring, children always explore beyond imaginations. It has been observed that children try out to create an interesting playful activity, makes beautiful images and objects through clay. The pottery class brings smile on their face.

Computer Learning

At Manovikas, Home of Hope has facilitated the computer training in Aaryaman Center for Excellence (ACE). The ACE computer lab provides an initial understanding of technology and tools, instructional leaning support for the A3C children. It also helps in building communication skills and support for disability accommodation in functional learning of children.

Three children enjoy playing games on mobile, listening songs on You tube, chatting through video chat with their friends.

Music and Dance

At A3C Music and dance is a therapeutic involvement of children to built their Self-confidence and improve public presentation. Children are participating in events in house and outside Manovikas and received appreciations and three prizes in last tow quarter.





Games

A3C children have special needs even in physical movements. The regular playing with easy games like catching and passing the ball, running, hitting target, musical chairs and football etc. has helped in building their stamina and keeping themselves active and physically flexible.

We are also targeting to invent the interest of these children to participate in Special Olympics in future.

Art, Craft and Colouring Activity

Fostering creativity won't just increase Aarambh Children's chances of becoming the best Artist. At A3C these activities helping children develop mentally, socially, and emotionally, and it has been observed creating art boosted 13 children's ability to analyze and problem-solve in myriad ways.

Most important, when five children with high support needs (severely and profoundly disabled) feel good while they are creating, art helps boost self-confidence.

Two children have participated in painting competition outside the A3C and Afreen won the first position.

Outings

Between A3C activities, therapies, and the challenges of "play dates," it can be hard to imagine all A3C Children with special needs have taken part in after-school activities at Pratapgarh Farms on October 5, 2018. The reality, is that the this picnic was the terrific opportunities for these children to show their strengths, build confidence, make friends, and discover new interests.

It was a wonderful day outing and children, teachers enjoyed and had fun with different rides like camel ride, camel cart ride, Bullock cart ride and tractor ride. It was very fascinating for them while enjoying mud bath and puppet dance.

Celebrations

A3C focused to specially value the very close caretaker of the children. In the last two quarters during the Mother's day and Grandparents' days, singing, games and high tea party were organized at A3C.

Most of The Grandparents were delighted to receive the pleasurable recognition as a family's greatest treasure, the founders of a loving legacy, the greatest story tellers and keepers of traditions and it was our owner to celebrate their day and bring smile on their face. The mothers have enjoyed the party joyfully.

Celebrating children's birthdays gives blissful feelings, enjoyments, and fun for all.





Working with Community and Family

Community Awareness

A3C gives importance of disability awareness and it has been given prominence in the last two quarters, making it easier for the children with disabilities and the society to develop empathy for one another. Awareness on paradigm shift from medical model to social model, at two prominent hospitals- Chacha Nehru Children's Hospital and Institute for Human Behavior and Allied Science (IHBAS), nearby A3C two disability awareness visits were organized. It helped in subsiding the stereotypical mindset of the society and doctors, hence provided vast opportunities for everyone to get involved in creating a positive, inclusive society for all.

Sh. Anil Bajpayee, Member of Legislative Assembly (MLA) of East Delhi, has provided the community center in Kailash Nagar to organize the disability screening camps in the area and there were five Children and parents have attended the camp.

Social Media Publicity during World Autism Day and Month

It was an interesting exercise to research what has worked well in A3C in terms of changes in the kids with Autism Spectrum Disorder (ASD), many of which teachers hadn't seen before focusing on what children have in common rather than what makes them different (i.e. wanting to make friends and be part of a group). Raising awareness of the signs of Autism to families because early intervention is so crucial to outcomes in later life, A3C's four stories on ASD were published in social media platform on Face book, Twitter and Manovikas website.

Home Visits

The 90% children of A3C are from the urban slum community where parents and family education via home visit service help them to understand their own family's needs, strengths, and challenges. During last two quarters 25 individualized family support plans are developed to identify the appropriate activities and it was most helpful for the child's healthy development. Fifteen home visits done on a weekly or monthly basis depending on each family's needs.



Parent's Training Programme

Parents with intellectual and developmental disabilities at A3C are finding it more difficult than other parents to provide adequate childcare. Two parents training programmes were conducted and it has been observed that families of children with special needs due to their slow-paced often face many challenges and generally to organize their family environment and to obtain resources that meet the needs of their children, they are doing efforts and most of them are not willing to send their child to the mainstream schools.

About 95% A3C families have negative effects of having a child with disability caused tension in the family especially the parents. Twenty-five out of thirty parents are economically marginalized and their child attending A3C program and the first people that are directly communicate with child's feelings of guilt, frustration and deprivation due to lack of normal children can cause isolation and lack of interest in relation to environment and also lower self-esteem and feelings of inferiority and worthlessness and sadness in them that all these are affecting their parenting style.

In the last two quarters, A3C focused the parents training on Transition of their child in the mainstream schools. After training, guidance and assistance three parents were ready and understood usefulness and benefits of inclusion of their child in to mainstream schools.

Parents Teacher Meeting

At A3C, it is important for parents to remember that they have a right to be a part of their child's disability intervention, development, education and attend meetings to go over their son or daughter's individualized family support plan (IFSP). Parents are a key part to creating, revising, and encouraging their child with special needs' development. During last year A3C have Conducted three parents teacher meeting and discussed the performance of child, scope of improvement and their comments and suggestions were noted in IFSP.





Resources and Facilities

Mrs. Vineeta Bhandari, President, Building Kidz Inc. Financially supports to A3C. All services and facilities are free of cost. Children receive care, therapies, training, education stationary, notebooks, uniform, transportation and midday nutrition. We receive the fundings through Home of Hope Inc.

A high quality hearing aid to Riya

Riya lives in urban slum area of East Delhi, and soon after she was born her family noticed that she was not responding to sounds around her. When Riya brought to A3C at the age of 10 years, at A3C we took her to the Audiologist and ENT doctor for a hearing assessment where it was confirmed she had a severe hearing loss. Riya's family was devastated, as they had no idea how to deal with this challenge. The Speech Therapist at A3C, recommended hearing aids for Riya.

Thanks to Building Kidz School's financial support for giving Riya a pair of hearing aids. As the hearing aids were turned on, Riya immediately responded to the sounds around her. She was then enrolled into A3C's early intervention programme where she is making great progress, and learning to listen and speak.





Inclusion in Mainstream Education

A3C's concept of inclusion for young children with intellectual and developmental disabilities (IDD) is based on the simple idea that every child and family is valued equally and deserves the same opportunities and experiences. Children attending A3C programme are prepared for inclusive education—whether the disability is mild or severe, hidden or obvious – participating in everyday activities, just like they would if their disability was not present. It's about building friendships and membership and having opportunities just like everyone else.

Sharing the goals and expectations A3C children, before we meet with the school and decide upon child's Individualized Family Support Plan (IFSP), meet with mainstream teachers, counselors and special educators and others to discuss the goals, expectations, and future placement preferences for child.

Developing a responsive behaviour in the family and parents the A3C children to know the rights you and your child have to an inclusive education is very important component of the programme.

To promote successful inclusive education our Inclusion Coordinator is actively visiting the mainstream/ inclusive schools nearby area. A3C provides teachers support learning in inclusive classrooms in three ways. First, they teach so that students with differing abilities and learning styles can understand and participate. Second, they modify assignments when they are too difficult. Third, they model respect and encourage friendships.

Nine children from A3C programme were prepared for inclusion in the last two quarters. The transition plan was developed and accordingly the Inclusion Coordinator applied Online for the admission of these children. The application for admission was successfully accepted by the Directorate of Education of NCT of Govt. of Delhi.

The letter of admission has been issued to the parents. When Inclusion Coordinator and parents started visiting for enrolment in Mainstream Schools, most of school denied due to financial liabilities and not being aware to provide support for children with special needs. Some school gave positive response too.

Advocating Inclusion of A3C Children:

Creating network with Directorate of Education of NCT of Govt. of Delhi and mainstream schools regular communications are continued. The letter regarding the issues, difficulties and suggested fortitudes were given to the concerned authorities.

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION; INCLUSIVE EDUCATION BRANCH (IEB)
BEHIND LADY SRI RAM COLLEGE; LAJPAT NAGAR-IV; NEW DELHI-110024
Email: iedc09@gmail.com, Ph. -26431010, 26219207

No. F.230/DDE(IEB)/Admn.Cell/2018/ Dated:

To
RAJA MODEL SCHOOL SUSHILA GARDEN (SCHOOL ID 1106215)
Mandoli Ext Delhi 110093

Sub: - Application of CWSN for the year 2018-19.

Sir/ Madam,

It is to bring to your attention that vide order No. DE-15/Act-V/2014/26427 dated 19/09/2014 and circular No. 1.DE-15/Act-V/WPC-1225/14/2015/28740-54 dated 10/02/2015 of Directorate of Education (PSR), GNCT of Delhi; directions/guidelines have been issued for admission of CWSN in all private unaided recognised schools in the year 2018-19. Details of applicants are as follows:

SL. NO.	NAME OF STUDENT	STUDENT ID	SEX	CLASS APPLIED FOR
1	AFSHA	20180000220	F	KG
2	PREET KAUR	20180000219	F	KG
3	MOHID SHAHIB NAJIS	20180000217	M	NURSERY
4	ALSHRA	20180000216	F	NURSERY
5	KAJAL	20180000215	F	NURSERY
6	DEVANSH	20180000214	M	NURSERY
7	AFREEN	20180000213	F	NURSERY

You are hereby requested to process these enclosed applications for admission under OPEN SEATS (other than EWS/DG category) and send the status report in this regard must be forwarded to the undersigned (NODAL OFFICER in respect of CWSN), by 11/03/2019 for updating the Higher Authorities of Directorate of Education and Commissioner (Disabilities).

Encl: As above

(DR. MUKESH CHAND)
DEO/OSD (IEB)

No. F.230/DDE(IEB)/Admn.Cell/2018/1033 Dated: 21/03/19

Copy to:

1. P.A. to Addl. DE (IEB), DoI, Govt. of NCT of Delhi.
2. P.A. to commissioner disabilities Mata Sundari Road Near Guru Nanak Eye Center New Delhi - 110002 D-25.
3. Parents Concerned with the request that necessary documents & photographs should be submitted to the school authorities as and when called upon.

To Sh. Shahid
148/A, Ghemelli village -
Delhi - 110051.

(DR. MUKESH CHAND)
DEO/OSD (IEB)



Supporters visits A3C

Ms. Vineeta Bhandari, Founder & CEO of Building Kidz Schools, USA, and Mala Virmani, India Representative of Building Kidz Schools USA, visited Manovikas on August 21, 2018 and discussed about the Aarambh Child Care Center (A3C). Ms. Bhandari has inaugurated the multimedia and interactive classrooms for the students with IDD at Manovikas School for Inclusion. During the visit playing and talking with children, enjoying dance of children was very attractive.

Ms. Vineeta Bhandari was kind to promise the support for A3C project. And she started financially supporting A3C since September 2018.

Home of Hope Inc., President, Mrs. Neelam Bhavnani has visited Manovikas on January 30, 2019 along with Dr. Kiran Modi, Founder, Udyan Care. Mrs. Bhavnani felt amazing and most wonderful experience at A3C project and appreciated the concept of inclusion of children with disabilities and changes in the attitude among the Govt. and civil society.

Dr. Nilima Sabharwal, Founder, Home of Hope Inc. USA and Dr. Umesh Shabharwal visited Manovikas on March 11, 2019 during the celebration of "Internalization". A programme of sharing the self contained views by A3C children, parents, and special educators. Dr. Nimesh Desai, Senior Psychiatrist, Director, Institute for Human Behaviour and Allied Science and President of Manovikas Charitable Society was present and welcomed all.

Visit of Captain Arjun Rana from Indian Navy along with wife Ms. Anju Rana and son, Dr. Abhimanyu Rana. They are supports of Aaryaman Center for Excellence (ACE-Computer Lab) in Manovikas. They loved and motivate children and same time they involve in so many activities during class. They shared their feeling and thought about different perspective.



"It was extremely gratifying to meet children who are really very special. I feel privileged to be small part of it." - Ms. Vineeta Bhandari





A3C Team



Mrs. Sangeeta is a Psychologist and Admission In-charge at Manovikas. She assess cognitive, behavioural and functional level of the children and accordingly guide and assign them for their respective activities and classes.

Ms. Sonam working as Community Based Rehabilitation Coordinator at Manovikas to develop and sustain the community based programmes for the children living in the underprivileged and slum area of Delhi. She helps them to avail the Govt. facilities like disability certificate, pension, and insurance etc. She also services for Quality of the Life Center for high support need at Saath-Saath project of Manovikas.



Ms. Himani Chauhan is a Project Coordinator at Aarambh. She is regular in touch with families and supports them to develop the Individual Family support plan (IFSP). She also facilitate to the mainstreaming school to transition of the children into mainstream/inclusive schools.

Mr. Sushil Raj, is trained Speech Therapist at Manovikas. He provides therapies the development of vocalization, language, articulation etc. He also helps in building Augmentative and Alternative Communication (AAC using sign language or other gestures.



Ms. Pushpanjali Pal is a Special Educator at Aarambh. She helps the children in the training of functional living and academic skills. She is imparting dance, sports, and other co-curricular activities.

Ms. Vaishali Sharma is a Special Educator and working as Inclusion Coordinator for A3C project. She is networking with the mainstream schools visiting to the Govt. Offices for the admission of the children with disabilities in inclusive/mainstream schools.

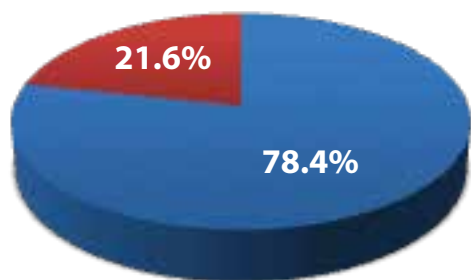


Ms. Shivani has hardcore duties to pick up children from house keeping safe in school van and brining them to Aarambh. She is taking care the children with joy and as a dedicated caregiver of A3C, Shivani loves her job very well.



A3C : Q-1 Contributions and Expenses

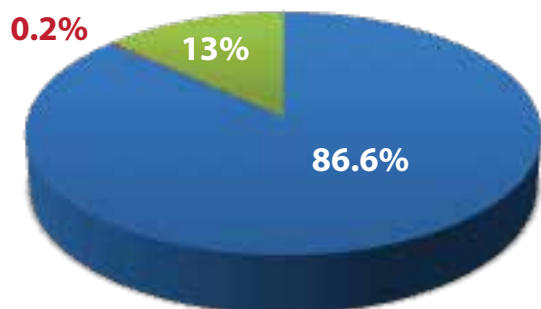
Contributions



Particulars	INR (Rs.)	% of Total
Grand Received from Building Kidz School via HOH	908968	78.4
Donation from other Sources	250098	21.6

Total Contributions Rs. 1159066

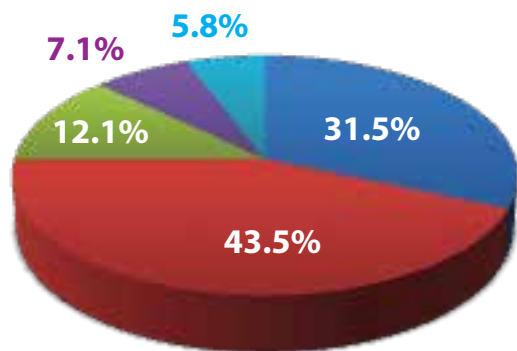
Expenses



Particulars	INR (Rs.)	% of Total
Programme Expenses	1005606	86.8
Administrative Expenses	2271	0.2
Assets	151189	13.0

Total Rs. 1159066

Programme Expenses



Particulars	INR (Rs.)	% of Total
Rent and Maintenances of Premises	311619	31.5
Salary	430453	43.5
Midday Nutrition	120190	12.1
Transportation	70057	7.1
Aids and Appliances	57237	5.8

Total Rs. 989556

Partnering with Families

Aarambh

Child Care Centre



Aarambh Child Care Centre (A3C)

Manovikas Charitable Society

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