



Udhayam

Quarterly Newsletter

JULY - 2010



SRI ARUNODAYAM
Home for Mentally Challenged Destitute

From the Admin desk

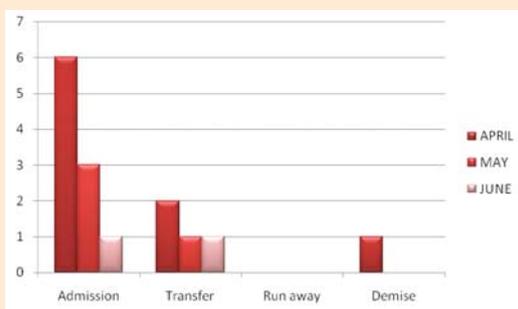
In months of April, May and June 2010, **ten** children were admitted into Sri Arunodayam. **Four** children were transferred to other homes and **one** child passed away. Thankfully, no run away cases happened.

The feedback we received indicated that the terms death, escape, transfer (used in the previous issue) required explanation and some felt the terms were rather scary. Here is a brief explanation -

Mentally challenged children are vulnerable to many health conditions. In some cases, the children do not respond to the treatment and pass away. Henceforth, we shall use the term **demise** to indicate the number of children who pass away. Most of the children, who come to Sri Arunodayam, would not have had a daily routine. At Sri Arunodayam almost all children get used to the routine, healthy lifestyle that enables their growth and development. Yet there are a few who have been used to beggary, lazy and aimless style of living before they came to us. These children wait for the earliest opportunity to **run away** from Sri Arunodayam, not realising the dangers that await them in the world. During the process of medical evaluation, if we understand that a child has wrongly been categorised as mentally challenged and sent to us, we arrange to *Transfer* them to Homes that provide care and shelter for abandoned children who are not mentally challenged.

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. Subhiksha was admitted in the Government Children's Hospital for treatment from 24.05.10 to 03.06.10.

We conducted staff meetings regularly. On 15.06.10, **Mrs.Radha** from Gandhigram University, Dindugal conducted a Surya Namaskar and Meditation session for the employees of Sri Arunodayam.



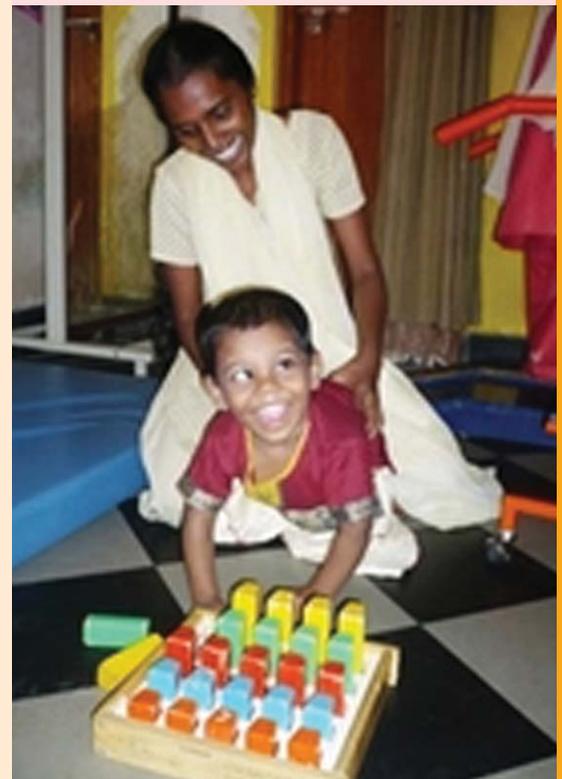
A note from the Managing Trustee

Dear Friends
and Well wishers,

I would like to thank each one of you for the overwhelming response, suggestions and appreciation that you expressed on reading Udhayam April 2010 issue. It motivates us to work harder and better! This issue unfurls before you, the events that happened in the months of April, May and June at Sri Arunodayam.

Hope you have an interesting read. We look forward to your feedback which propels us ahead!

Iyyappan Subramanian
Founder & Managing Trustee



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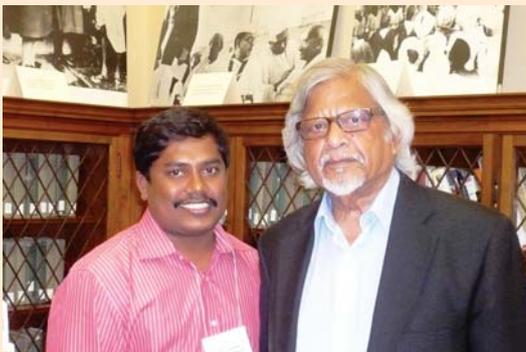


A note on Iyyappan's visit to the US

The U.S. Embassy / Consulates in India conduct several professional exchange programs through which they invite young professionals and upcoming leaders from various fields including business, NGOs, government, politics, media, law, education, human rights, children/women's rights, environment, countering terrorism, disaster management, to visit the United States for 3-4 weeks to meet and interact with counterparts and peers.

This year Iyyappan Subramanian was nominated for this exchange program. He recounts on the three week visit. **The visit covered Washington DC, Portland, Oregon, Cleveland and Rochester. We were a team of six people working in different domains in the non-profit sector. We were briefed on the US constitution, their national policies, how the non-profit sector functions in that country, the governance, communication fund raising and more.**

Since my core area of work is disability, they had organized visits to institutions that work in the field of mental disability. It was a wonderful opportunity to meet and interact with people, know about them and talk to them about Sri Arunodayam. All the organizations I visited, shared research documents, the care giving guides they had prepared and numerous other resources. It was a good opportunity to network with individuals and organizations in the other side of the universe. I learnt that in the US, abandonment is very low, institutional care is very less prevalent and the concept of Group Homes thrives best for mentally challenged individuals. Group Homes are financially support by the US Government and run by NGOs. I have brought back a treasure of knowledge which will enable me to serve our children better.



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 fourth quarter evaluation was performed in June 2010. **Thirty** 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, **twelve** children in the early intervention category, **nine** children in the Pre-primary level 1, **eight** children in Pre-primary level 2 and **ten** children in the Primary category.
- The Indian Overseas Bank celebrated their 60th annual day when they donated Rs. 5.4 lakhs to Sri Arunodayam.
- Rangoonwala Foundation supports the expenses we meet by way of salaries for the rehabilitation and care giving employees. As part of their funding process, they conducted the annual audit on the services we render to the children at Sri Arunodayam.
- We conducted the Master Health Check up for the newly admitted children
- In a bid to provide better employee care, we have provided medical insurance cover for all the employees of Sri Arunodayam
- Trustees of Diksha Foundation visited Sri Arunodayam and interacted with the children. They have come forward to support us with one lakh rupees per year.
- Team members of Bhoomika Trust visited the home and interacted with the children.
- On observing the improvement shown by the children in the pre-primary and primary group one and two, we have started Yoga training for the Early Intervention group as well.
- The new building at Madanankuppam is progressing well. It is a 5500 square feet building in 1.5 grounds. Plastering is over in the ground floor and the roof for the first floor is being laid. We intend to have the Special Education and Therapy in the ground floor and the first floor will be living spaces for the children.



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Our Team

One of our well wishers suggested that we have a section on our team. So, here is a glimpse of the team that steers Sri Arunodayam.

There is very little work at Sri Arunodayam that can be mechanized. Human intervention is crucial. We are a family that cares for children who have been deprived of their biological families. Sri Arunodayam employs well qualified, experienced and dedicated people, as our growth and success depends upon the team's efficiency. Our team consists of **one** Administrator, **two** Physiotherapists, **one** Occupational Therapist, **six** Special Educators, **thirteen** Care Givers, **one** Nurse, **two** Drivers and **three** Security personnel.

In June we initiated **employee of the month** – whereby, every month we would select an employee and honour her / him. There would be a pin up on the notice board about the employee and their achievements.



We also intend to celebrate the achievement of the children who achieve their goals, which we will know at the end of every quarterly evaluation.

What the Special Educators say



Special Educator **Valli** tells us about five-year-old **Anu**. **Little Anu is in the Early Intervention group. The goals we had set for her was to wear her dress, identify vegetables, draw vertical and horizontal lines, count objects and in money concept – to identify coins from other similar**

metallic objects. I am so happy to say that she has achieved all the goals. Only in drawing, she confuses horizontal and vertical, however, am sure she will overcome this very soon. Anu sings very well and is an enthusiastic student in my class. Wish Anu and Valli good luck!

From the Therapy Centre



Physiotherapist **Jamuna** shares the story of three year old **Niveda**. **She endures Cerebral Palsy and there was no milestone development, her back was arched, she twisted her body to one side, there was no neck control and severe spasticity in the trunk. We set goals for Niveda to turn over on her stomach, roll**

over, reduce the spasticity and bring about neck control. With regular therapy, she can turn over on her stomach and roll over. Neck control has been achieved and spasticity is reduced to a great extent. We will come back to you baby Niveda. Meanwhile, we wish you train and gain a lot.

How you can help us

A common problem faced by all growing NGOs is – when the donors see the organization grow by way of building, vehicles and the beneficiaries' improved quality of living, they tend to believe that the organization has surplus and can sustain. They would say, *Ah! Let's help an organization that is more needy...* The sad fact is that the organization strives to provide better quality lives to the existing and new people who may come under their care.

Another factor to consider is the steep increase in commodity prices. Consequently we are in constant need of funds. You can join us to serve the children better by contributing money / material. Some options are,

- Sponsor meals for the children on special days in your life
- Sponsor medicines, grocery, clothes and other materials

Credits and Acknowledgement

We personally acknowledge the e-mail and telephonic feedback given by our donors, well-wishers and supporters for the April issue of Udhayam. We acknowledge with gratitude those who have sponsored the goods that we had mentioned in the *required* list.

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