

Arpan Institute for Mentally Handicapped Children, Rohtak

Annual Report **Year 2012-13**

Introduction :

Arpan Institute was established in 1983 by Indian Red Cross Society, District Branch Rohtak with the aim of providing educational and vocational training to mentally retarded children with the recognition of the fact that with proper training and facilities to such children, they can be rehabilitated and made to adjust themselves to the demands of society. AIMHC strives to be an institute of excellence focusing on high standards in every aspect of its functioning to bring equality and dignity in the lives of persons with mental retardation.

The underlying mission of the Institute is centred around habilitating needs of persons with mental retardation and their families as appropriate to the socio-cultural milieu of our country.

AIMHC is a premier institute in Haryana which has made exponential progress in HRD and burgeoning towards new horizons in services provided to the special children and made spectacular efforts to improve the quality of life of persons with mental retardation.

Objectives :

AIMHC, at its inception itself had projected multifarious activities to enhance the quality of life of persons with mental retardation. Accordingly the main objective of AIMHC has been identified as follows :

1. To create manpower and develop human resources for delivering of services to persons with mental handicap.
2. To provide educational and vocational training to nurture for abilities and to further help them to achieve self independence as far as possible.
3. To identify, conduct and coordinate research in the area of mental retardation in the country.
4. To develop appropriate models of care and habilitation for the mentally retarded persons suitable to Indian culture.
5. To provide early stimulation training to children in the age group of 0-3 years to assist them for their speedy development.
6. To create public awareness.
7. To advise and help parents through counselling and training.
8. To develop community based rehabilitation services in the rural and low income needy population.
9. To serve as a documentation and information centre in the area of mental retardation.
10. To undertake extension and outreach programmes in the field of mental retardation.

Achievements at a Glance :

1. First Institute of the State to provide Educational and Vocational Training Programs for the differently abled children.

2. First Institute of the State to provide Residential Facilities for the children.
3. First Institute of the State to start Diagnostic Clinic services for the children and parents.
4. First Institute of the State to start Parents Empowerment, Parents Group Meeting, Parents Education and Parents Association Programme.
5. First Institute of the State to start Diploma Level Training programme of DEDSE MR (two year course) under Human Resource Development Program.
6. First Institute of the State to start Short Duration Training Programme like Bridge Course, Orientation of Medical Officers, Continuing Rehabilitation Education Programme, Training of Rural Volunteers, Training Programs for the Parents of Different Abled, Workshops, Seminars etc.
7. First Institute of the State to start Community Based Rehabilitation Programme in Lakhanmajra Block of Rohtak District.
8. First Institute of the State to start Early Stimulation and Intervention Program for Developmentally Risk and Developmentally Delayed children.
9. First Institute of the State to start Degree Level Training Programme of B.Ed. Spl. Edu (MR), Post Graduate Professional Diploma in Special Education and Foundation Course in Special Education through

distance mode in collaboration with the Rehabilitation Council of India and MPBOU, Bhopal / IGNOU.

10. First Institute of the State to become State Level Information Centre of National Trustm, State Nodal Agency, Partner of National Trust for the Welfare of Persons with Autism, Cerebral Palsy, Mental Retardation and Multiple Disabilities.
11. First Institute of the State to start six months Care Givers Training Programme in collaboration with National Trust.
12. First Institute of the State to start Respite Care Program of the National Trust.
13. First Institute of the State to start Diploma in Early Childhood Special Education (DECSE) under Human Resource Development Programme.
14. First Institute of the State to start Special Olympics – Sport Programme for Intellectually Disabled Persons and Area Office of SOB to run the Sports Programs in Haryana State.
15. First Institute of the State to start Special Schools at Block level by opening special school in Kalanaur and Sampla Block at Rohtak District.

Services

Persons with Mental Retardation generally need a plethora of services to make them functionally as independent as possible and improve their quality of life. AIMHC provides a spectrum of service delivery systems for

rehabilitation of persons with mental retardation. It is a common practice to use an eclectic approach incorporating combination of services best suited to individual needs.

A wide range of service comprising of core and supporting services are used by multidisciplinary team at the institute for overall betterment of persons with mental retardation.

These services are as under :-

General Services :

The institute provides assessment and evaluation services ranging from case history taking, physical and medical examinations, intellectual and developmental assessment, special educational assessment, therapeutic assessment, vocational assessment. After a comprehensive assessment, management plan and intervention packages are developed. Parental counselling is done with emotional support explaining the nature of the child's condition and his/her level of functioning. A home based training programme and demonstration for the same are given to the parents for management and rehabilitation.

Medical Services :

Students on rolls with AIMHC are taken up for detailed case history and clinical examination for the purpose of general health assessment and diagnosis. Medical management is individualized and need based and includes imparting information and treatment for associated conditions like

hyperkinetic behavior, epilepsy. Appropriate referrals are made whenever necessary. During the year 2012-13, 123 such referrals were made.

Physiotherapy Services :

This unit caters to persons with mental retardation with associated motor problems such as cerebral palsy, abnormal motor patterns, movements disorders, locomotor abnormalities and congenital abnormalities. After detailed assessment, intervention programmes are planned to meet individualised needs. Therapeutic interventions are of eclectic nature and include exercises. Correction of postures and movement disorders, gait training, enhancement of overall development, motor training and adaptation for vocational purposes. During this sessions 52 students have remained on roll with this unit for regular therapy. Parents of children are encouraged for regular follow up and consultation. 2 students during this year were made ambulatory from non-ambulatory stage.

Early Intervention Services :

Early intervention services cater to children of 0-5 years who are at risk or have developmental delays. These services focus on prevention, remediation and treatment to foster all round development. The services offered are child centred and family oriented and provided by a multi-disciplinary team of experts. The child receives individualised intervention consisting of physiotherapy, occupational therapy, speech and language therapy, child development, medical, psycho-social and family interventions. Early intervention services also offer parent training programmes, group

therapy, play therapy, guidance and counselling. Appropriate regards are also made. 10 new cases were reported during this year.

Speech Pathology and Audiology Services :

Delayed development of speech and language is one of the features of mental retardation. Many children also present a variety of hearing defects. Those clients requiring services are taken up for detailed assessment. A speech and language intervention package is developed to meet the individual needs. Parents are guided to carry out the intervention at home under the advice of the professionals. 123 students were assessed during the year and programmes were made according to their need.

Psychological Assessment

All cases registered at AIMHC are taken up for psychological assessment, which includes developmental assessment, intellectual assessment, and assessment of adaptive behaviour. A battery of tests is administered to ascertain the level of retardation. Based on the assessment, individualised intervention programmes are formulated. Psychological assessment reports are provided for educational and training purposes, vocational training and employment and to obtain the disability certificate to avail benefits and concessions given to persons with mental retardation by the Government from time to time. 123 school cases were assessed and programmes were tailored according to the need.

Behaviour Modification Services

Persons with mental retardation having problem behaviours like head banging, self biting, self injurious behaviour, excessive crying etc., are offered services of behaviour modifications. After a detailed assessment, information on frequency, severity of behaviour problems functional analysis is done to find out the factors leading to such behaviours. The behavioural management programme is developed and parents are given instructions on suitable interventions in the occurrence of the target behaviour. Follow up is done at regular intervals to ensure progress. 125 school cases and 64 fresh cases were assessed in this year.

Occupational Therapy

Occupational Therapy unit caters to the needs of persons with mental retardation, associated condition and other pervasive developmental disorders. This service mainly addresses issues such as developing performance components, improving specific sensory, motor, cognitive perceptual skills and promoting independent living. The combined effort of physiotherapy and occupational intervention can improve the quality of life of children.

Vocational Training

Socio-economic rehabilitation of persons with mental retardation is promoted through services of vocational training and job placement. Adults with mental retardation are given training in generic and job specific skills. The services aim at providing adequate support to adults with mental retardation or associated disabilities in leading an independent life. During the

year 2012-13, 35 students remained on the roll with this unit and are trained in the following trades :-

1. ***File Making*** : Students trained in this particular trade should have attained 15 years of age. Initially students are being trained in simple binding but gradually spiral binding is also planned to be introduced. This service helps students attain efficiency in different skills and to be independent in life.

We contract corporate houses, universities etc. to obtain orders of file making to enable our students to get work on regular basis. During this session 5 students were trained in this particular field.

2. ***Candle Making*** : The students are also trained in making candles. 20 students were trained during this session in candle making. At the end of this session they were able to make beautiful simple and fancy candles.

Training in Sports Activities

For the total development of child's mental, physical and social areas Institute also gives facility of sports training. Training has been provided in Basket Ball, Handball, Badminton and Athletics.

The institute along with SOB Haryana had organized National Games, under MYAS Scheme at Bhopal from 1-7th Nov. 2012 Keshav Malik bagged 1 gold and 1 silver in Badminton.

Another student participated in Floor Hockey in preparatory camp for World Winter Games in Delhi 2012.

Computer Assisted Instruction

The services are being offered to special children in order to orient them computers keeping in view the increasing demand of technology and in turn enhancing their academic learning. Some students are quite confident in handling the computer while others are at a beginner level.

Excursion of Children

“All work and no play makes Jack a dull boy.” Keeping in mind the above saying students are taken outdoor time to time. These planned excursions help in providing re-educational stimulus which in turn make the rehabilitation process much easier.

During this year following local things were arranged :

1. Visit to a temple
2. Visit to a local Gurudwara
3. Visit to a Restaurant.

Training in Domestic Work

Domestic work is an integral part of our daily routine. By keeping this mind special trainer gives complete guidance to the students to be independent in skills like making tea, perching and cutting vegetables, boiling milk, mopping, washing etc.

Parents feel elated to see their children achieve above activities and being independent to a certain extent.

Case Conference

A clinical meeting of trained professional working in the Institute is organised every Saturday, where a specific case of a student is discussed in its every aspect. The entire team gets together to discuss the rehabilitation program of the concerned child. 19 cases were taken up during the year as rehabilitation progress of such cases were supervised by a team of trained professionals.

Consultancy to other Institutes

During the year 2012-13 consultancy to 4 institutions has been provided by Arpan Institute for Mentally Handicapped Children (AIMHC), Rohtak.

Training in Art & Craft

This program was specially designed to enhance perception, cognition, coordination and recreational status of the children. This training is imparted to the students by the special trainer and has trained students in cutting, posting, drawing and crafting skills. Almost every student is being trained in art and craft.

Training in Music and Dance

As the child grows the recreational status should grow side by side. Thus to fulfill these demands, music and dance therapy can make its

specialized role. The unit also provides the group behaviour therapy with promotional activities and mind relaxation. During the year, a group dance was presented at Republic Day. 12 students participated in the event.

Parent Training Programmes

The objective of this program is to involve parents in care, management and training of their children. The program also encourages mutual support among parents and exchange of ideas and information. During this year various programmes were conducted in the form of educator-parents meeting. Emphasis is always on importance of parents / family / siblings / relatives involvement to improve the life of their special child. At least once a month such a visit by parents of child under residential care and twice a month for parents of children under day-care programmes are organised. They are educated about special intervention in home setting which can promote the educational as well as rehabilitation programme.

Parents Counselling Services

Parent counselling is done by providing emotional support and empathetic understanding to deal with their distress and guilt feelings arising due to their mentally retarded child. Apart from tackling misconceptions of parents, guidance is also given to understand the nature of mental retardation and needs of the children at different stages of life so as to promote harmonious development of the child in family setting.

Parent Support group through Parents Association

This unit plays a very important role in combined team work of rehabilitation of such children. The parents of such children have been organised to form a Parent Association. Our parents association has been functioning since 1993.

Special Education Services

Children with mental retardation are assessed for current level of functioning in various skill areas such as self help skills, gross and fine motor skills, functional reading and writing skills, time and money related cognitive skills. Parents are involved in all stages of assessment.

Planning of an Individualised Educational Program (IEP) and in the implementation of IEP. Various learning aids and appliances appropriate to Indian context are utilized. Computer assisted training modules are also utilized for needy clients to speed up efficiency of the special education services.

Children with Mental Retardation, C.P., Autism, ADHD & learning disabilities are assessed with use of functional approach. During the year 2012-13, 125 special children (children with MR, Autism, CP and HD) have been provided special education services.

We, at Arpan divide our students into 12 groups i.e. Care group, Pre-primary, Primary, Primary II, Secondary, Pre-vocational (A, B, C), Vocational and educable group as per the age and aptitude for providing them special educational services.

Children in care group are the ones with multiple disabilities and require utmost care. During this year out of 19 children in individual setting, 2 students had shown remarkable recovery with the effort of the team and were promoted to day care setting This truly is an achievement.

Children in the pre-primary and Primary I have been provided training focusing upon personal, social and academic areas. Most of the students have shown remarkable progress. Children in the secondary and pre-vocational (A, B, C) groups have been trained in functional academics, social and occupational areas. Children have shown good results. Children in vocational have been provided training focusing upon personal, social, domestic, academic and occupation areas. In addition vocational training is also imparted to this group. Students of educable group are also trained in personal, social, occupational, vocational and co-curricular activities.

The institute has a team of highly trained staff to train special children in the above mentioned areas. The curriculum designed to train the students is based as per their receptive levels. This has given our students a new dimension in their lives and are ready to face the challenges laid by the society.

Regular School Activities

- During the year 2012-13, 30 new admissions were reported.
- 43 children were given Disability Certificates.
- 35 children were given free uniforms.
- 25 children were given concession in railway fares.

Functions organised at the Institute

3rd December : The World's Disability Day was celebrated with great pomp and show. Members of the Lions Club Rohtak graced the occasion. Students with multiple disabilities were able to put up a fancy dress competition and a student of Downs Syndrome had prepared a welcome dance.

26th January : Republic Day was also celebrated. Students of our institute were selected to perform in the police line ground and also bagged consolation prize for their performance. Members of Inner Wheel Society, Rohtak also awarded our students with a cash prize and educational material.

All other festivals like Diwali, Dusshera, Lohri, Holi, etc. are celebrated in the institute to ensure that these specially abled students should learn the importance of these festivals in our lives.

Human Resource Development

Human Resource Development aims to achieve the most important objective of competency development and capacity building at all levels. As its prime objective, AIMH is engaged in a continuous process of competency development in people and creation of trained manpower through its HRD programmes to produce growth of individuals with disabilities. The institute's policies and programmes are designed to support and sustain opportunities for continuing acquisition of knowledge, skills, attitudes and competencies which are beneficial to the individual and the society.

In human resource development, the major activities are to conduct short term courses, training workshops and continuous education programmes for professional enculturation.

Finances & Audits

Annual Accounts and Audits

Arpan is being run by Indian Red Cross Society district Rohtak with financial assistance of Ministry of Social Justice and Empowerment.

A sum of Rs.

has been spent during the year as annual expenditure. Grant for the year 2012-13 is still awaited. Audit for the year 2012-13 is under process.