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ANNUAL REPORT

2016 - 2017



Award NGO

(ARUNODAYA MANOVIKASA KENDRAM),

PEDAMIRAM - 534204, Kalla Mandal

West Godavari District,

Andhra Pradesh

**(Arunodaya Manovikasa Kendram)****Pedamiram W.G. Dt, A.P****Annual Report 2016-17****About the Institute:****INTRODUCTION**

Award institute has been offering its Teaching and Training services since 1994 (23 years of service completed) to the mentally challenged through its professionals for improving life of mentally challenged and helps in learning sustainable life skills. Award approaches continuously maintaining its professional relationship with NIMH and RCI, which are professionalized institutions and helps in providing latest knowledge and achievements for us.

Factors Influence us to provide the Services to Mentally Challenged

According to National Sample Survey Organization's (NSSO) 58th Round report published in 2003, in every one lakh persons in our total population, 94 are persons with mental retardation. This translates to around 1.3 Lakhs of affected persons present in the country today. The information on the prevalence of disability / M.R. by gender and total persons is presented in Table 1. The number of persons with disability and Mental Retardation as estimated by NSSO in its 58th round is presented in Table given below.

Estimated Number of disabled persons:.

Type of disability	Male	Female	Total
Any Disability	1,08,91,300	75,99,700	1,84,91,000
Mental retardation	6,25,800	3,68,900	9,94,700
Population*	54,69,16,600	38,50,51,500	93,19,68,100

* Estimated by using survey proportions on the projected population.

Disability, Rehabilitation in India has a long past, but a short scientific history. Several individuals and groups initiated measures for the betterment and improvement of the disabled. Rehabilitation services for the persons with disability in an organized manner started as a movement after independence. However, services to these sectors are not sufficient to meet the minimum need of the handicapped. More services are required to help the helpless people to help themselves, especially for the mentally challenged. In our survey, mentally challenged from below poverty line is marked most unfortunate and they are leading a miserable life. So this pathetic condition of the sector moved us deeply to launch a service institute Kalla Mandal (Pedamiram) in 1994.



Organizational Set-up

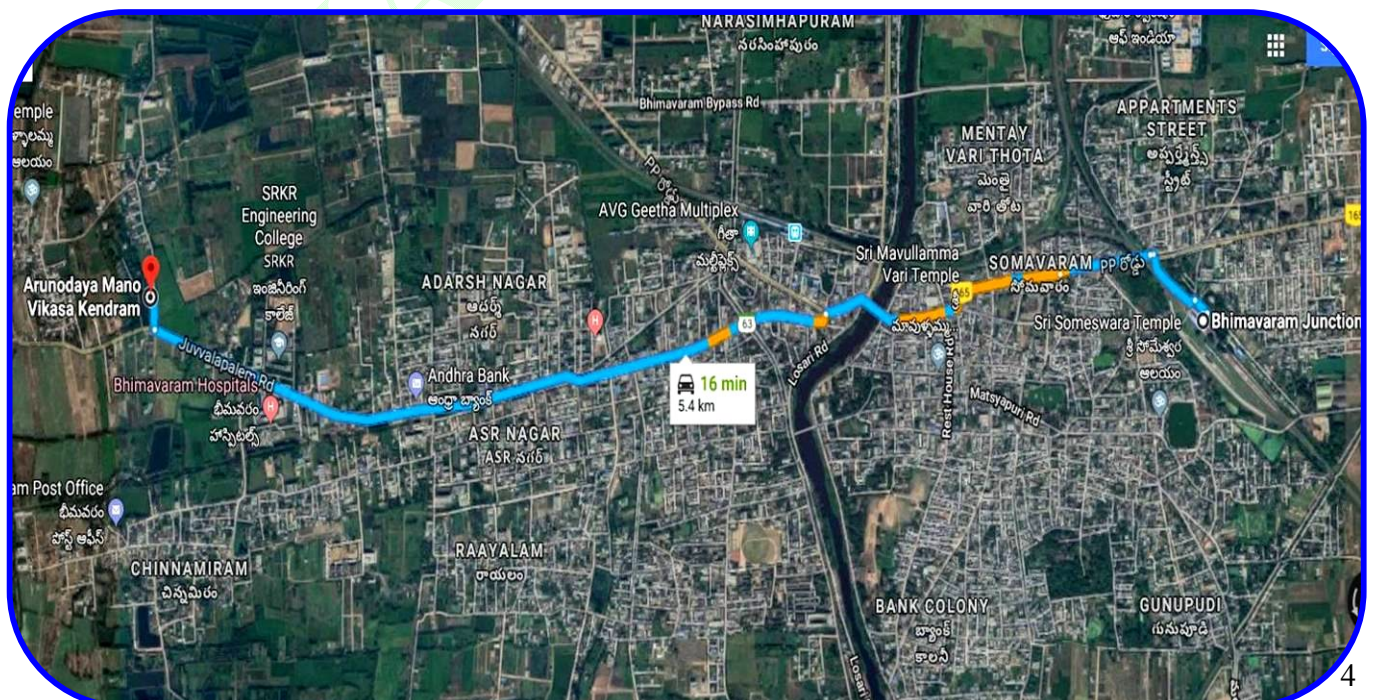
The headquarters of Arunodaya is situated at Pedamiram, near Bhimavaram, West Godavari District, Andhra Pradesh. It covers all villages of the model Award NGO is in service with mentally challenged since 1994. It expanded its services to all villages of Kalla Mandal. The Award NGO has been providing technical and physical services directly and indirectly for more than ten thousand persons so far.

Servicing Area

We Covers 2 towns and 14 villages within Kalla Mandal consist of 2.26 lakhs (2011) of population. The following are villages and towns which we are covering, 1.Bhimavaram Town 2.Anakoderu, 3.Annavaram, 4.Bethapudi, 5.Chinamiram, 6.Dirusumarru, 7.Komarada, 8.Kovvada, 9.Losarigutlapadu, 10.Narasimhapuram, 11.Rayalam, 12.Taderu, 13.Tundurru, 14.Vempa and 15.Yenamadurru 16.Gollavani Tipa 17.Ramayana Puram.

How to Reach Arunodaya Manovikasa Kendram at Pedamiram:

After Reaching Bhimavaram Railway Junction it will take nearly 5.4 KM to reach pedamiram direction to reach pedamiram 1. Head north west on railway colony (pass by Sri Satya Diagnostic (on the left)70m 2. Turn left towards Kodavalli Road 280M 3. Turn left on to Kodavalli Road 20M. 4. Continue straight past synergy biotechnologies 450M. 5.Continue Straight onto NH165 (pass by Vijayalakshmi Automobiles (On the Left)) 850M. 6. All the roundabout continue straight to stay on NH165 200M. (pass by Armour (on the left) 7. Turn left onto Juvvalapalem Road (pass by deluxe super market (on the left)) 3.3KM. 8. Turn right on to Sarswathi Nagar, Road 110M 9. Arunodaya Manovikasa Kendram on the left, Upparapadu, Pedamiram Colony.





About its Founder

Smt. I Aruna Devi is the founder of the organization. She won awards many times for her best service.

She is very much involved in serving the mentally challenged since 1994. Besides helping mentally challenged, she also shows her compassion to another category of handicapped and helps some of them by proving mid day meals, procuring machinery and materials for self employment vice versa. When she observed some poor and old destitute people, she moved deeply and tries to provide midday meals and medicines at least some persons among them. She also approached providing midday meals to Trainees.

- She got Best Organization award by Nehru Yuva Kendra.
- Best Teacher Award to our director by Mr.Vegesna.Ranga Raju, on the occasion of Teacher’s day
- On World Women's Day our school Director I.Aruna Devi was felicitated by Thota Sita Maha Lakshmi (M.P.)

Best Teacher Award to our director by Mr.Vegesna.Ranga Raju, on the occasion of Teacher’s day



Arunodaya Manovikasa Kendram got Best Organization award by Nehru Yuva Kendra.

On World Disability Day Smt. Thota Sita Maha Lakshmi (M.P.) and Mr. Gadhi Raju Babu (Municipal Vice Chairman.) with Mrs. I.Aruna Devi Director of Arunodaya Manovikasa Kendram presenting a prize to Winner of 200 Mt Running Race, Master Achibabu (one of Trainee of Arunodaya)



SIGNIFICANT ACHIEVEMENTS/NEW ACTIVITIES TAKEN UP IN THIS CONSEQUENT YEAR

- ✓ Provide more facilities for trainees
- ✓ Admission to day-scholars is increased.
- ✓ Continuing midday meal to Pedaamiram.
- ✓ Continuing midday special nutritious food for some Poor and Old people
- ✓ Hearing aids are provided with free of cost to needy.
- ✓ The tailoring unit as a part of Vocational rehabilitation is continuing.
- ✓ Conducted awareness programs in rural areas.
- ✓ Conducted orientation program for parents and siblings.
- ✓ Collaborated work with Government programs such as Pulse- Polio, Janmaboomi, Medical certificates, etc.
- ✓ Now Award NGO has stepped into another successive year of service, i.e. twenty years
- ✓ Award NGO already providing its service to more than twenty thousand persons directly and technically.

Objectives

Award NGO has the following objectives:

- Create awareness in the families about mental retardation.
- Create awareness in general public.
- Providing maximum available service to mentally challenged.
- Providing Special Educational training to mentally challenged
- Optimum training in Vocational trades for achieving rehabilitation for mentally challenged.
- Domestic ability development for women trainees to minimize their dependency at their home.
- To provide hostel service to trainees from distant places in near future.
- To protect human rights of mentally challenged.





SERVICES

About Mental Retardation

Mental retardation ranks among the world's most complex and challenging problems. It is a multi-dimensional phenomenon involving bio-psycho-social factors.

It is a condition of arrested or incomplete development of the mind, which is especially characterized by impairment of skills manifested during the developmental period, skills which contribute to the overall level of intelligence, that is, cognitive, language, motor and social abilities.

Characteristics of Mental Retardation,

1. Absence of clarity
2. Age inappropriate behavior
3. Delay in development
4. Inability to decide
5. Inability to learn fast
6. Inability to understand quickly
7. Inability to remember
8. Lack of concentration
9. Lack of motor coordination
10. Slow reaction

Classification of Mental Retardation - ICD 10*

Mild Mental Retardation **IQ level 50-69

Moderate Mental Retardation IQ level 35-49

Severe Mental Retardation IQ level 20 to 34

Profound Mental Retardation IQ level below 20

* International Classification of Diseases and Related Health Problems, 10th Edition
Published by World Health Organization.

** Intelligence Quotient (Intelligence represented in numerical index)

Need of the important things should followed by every infant.

- Nutritious diet
- Regular immunization
- Treatment by qualified persons in the event of illness
- Care to avoid accidents
- Proper environmental stimulation



Services

Rehabilitation and Management

Mental retardation is a lifelong condition and it cannot be 'cured' with medical treatment. Research has shown that by providing the right kind of support and services, it is possible to ensure that Individuals with mental retardation can live healthy and relatively independent lives. These services comprise many areas such as health care, early intervention, education, therapies, vocational Training, employment and leisure time activities.

As per the Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation) Act, 1995 it is the right of people with mental retardation to lead their lives with respect and dignity. It is possible to achieve this goal by bringing about positive changes in society awareness, attitudes and beliefs about this condition. To make this goal a reality, professionals from many fields, families, governmental and non-governmental organizations, and society as a whole have to work together. For achieving this concept Arunodaya Institute conducting awareness programs, individual counseling sessions every year.

Arunodaya Manovikasa Kendram undertakes assessment and evaluation for every child admitted. Initially, it conducts taking case history, physical and medical examination, intellectual and developmental assessment, special educational assessment, therapeutic needs assessment, vocational assessment. After keen analysis the individualized program plan is made for both home based training and classroom intervention For better clarity award NGO provides practical demonstrations to the parents for carrying out the skill training or therapy program at home for follow-up. In this year 2016-2017, more than **312** children benefited and **47** children benefited at regular class-room intervention and home based interventions.

Medical Services

The first requirement is to provide appropriate facilities for a good medical evaluation and accurately diagnose and manage treatable diseases/disorders such as hypothyroidism, convulsions, sensory impairments and behavior problems. Award NGO provides awareness on different Government and private medical services availability in West Godavari as well as in Andhra Pradesh.

Education

Children with mental retardation need to be imparted education like other children. Going to School is essential for them to learn not only academic skills but also discipline, social skills, and practical skills for community living. Though they are slow in learning, research has shown that by applying the right kind of educational techniques, it is possible to impart the basic skills reading, writing, and arithmetic to many children with mental retardation. The current focus is to educate



them, as far as possible, in normal schools, rather than setting up Special schools (inclusive education). This especially applies to those with '*milder forms of mental Retardation*'. However, more *severely retarded children* may benefit better in *special schools*. Another approach is to educate them in an integrated school setting. It is important to realize that even children with mental retardation need educational experience, to ensure their optimum development and well-being

NEW CLIENTS INTERVENTION DURING THE YEAR 2015-2016 and 2016-17

Early Intervention Infants and toddlers with suspected or at-risk of delayed development in the age group of **0-3** years are providing services of early intervention. These services are provided by a team of senior teachers and experience pediatricians. The parents are given guidance regarding immunization, nutrition, sensory-motor development, speech and language development and psycho-social interventions

Beneficiaries Age group 0-3 Years	
2015-16	2016-17
18	21

SN	Services	2015-16	2016-17
1	General Services	116	123
2	Early Intervention	17	21
3	Special Education	32	41
4	Behavior Modification	26	37
5	Parent Counseling	112	126
6	Speech & Language	29	34
7	Physiotherapy	21	23
8	Vocational Training	13	12
9	Medical Services	44	42
10	Group Activity	36	41
11	Slow learners	4	5

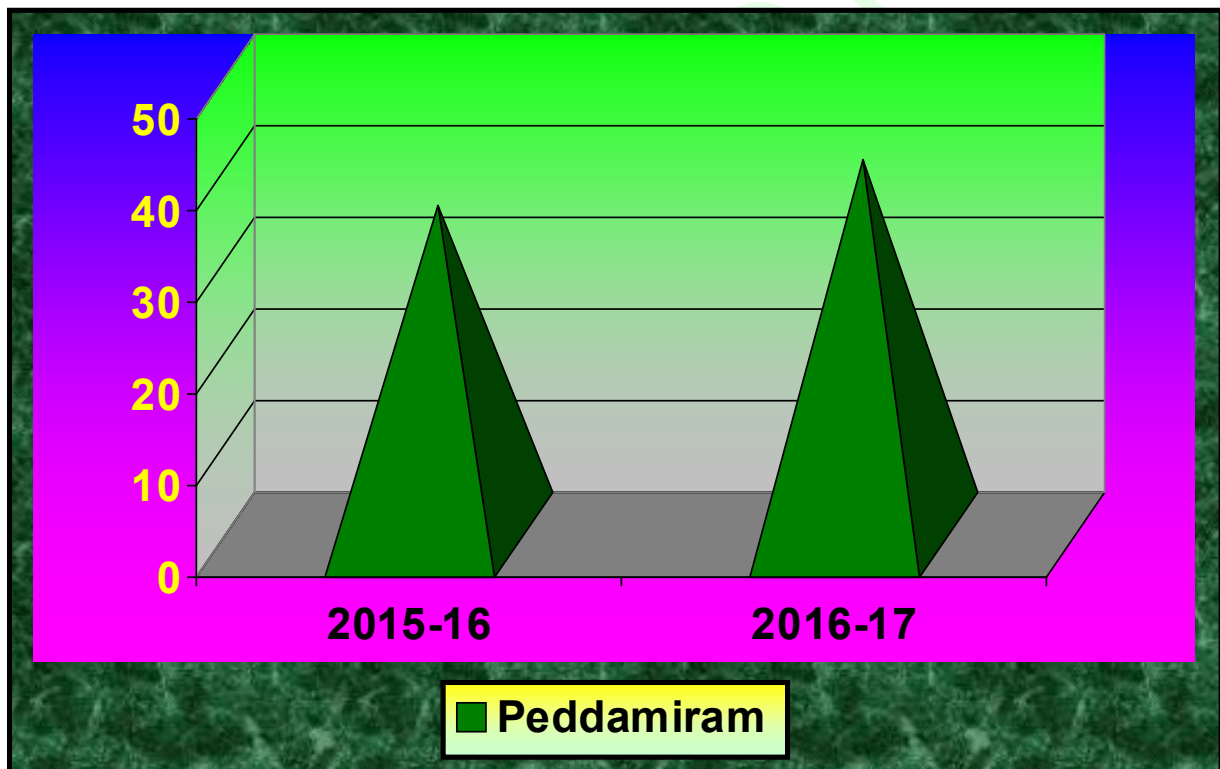


Special Educational Services

Mentally challenged children are assessed on current level of functioning in the various skill areas such as self-help skills, gross and fine motor skills, functional reading and writing skills, time, money and related cognitive skills. Parents are involved in all stages of assessment, planning of an individualized educational program and implementation of the IEP. Learning aids and appliances as appropriate in the Indian context are utilized.

Table Shows Trainees under Training

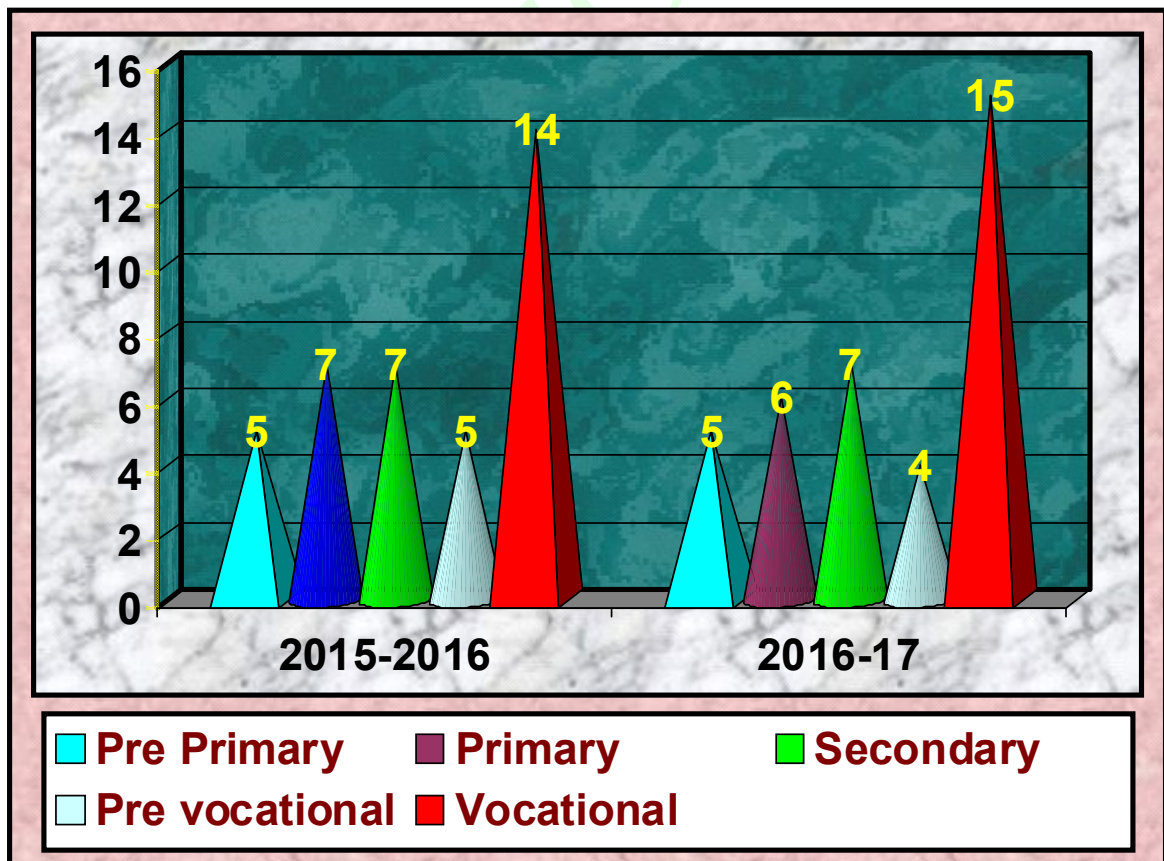
S.N.	Center	Strength	
		2015-16	2016-17
1	Pedaamiram	36	41



Special educational training is being imparting through individual and group education, focusing on multi category needs of each trainee. We divided trainees as per age group into five classes. During this academic year the trainees in these classes as follows...



SN.	Section	Trainees	
		2015-16	2016-17
1	Pre-primary	5	5
2	Primary	7	6
3	Secondary	7	7
4	Pre-vocational	5	4
5	Vocational	14	15
	Total	34	37



1) Augmenting Therapies

The augmentative therapies are such as music, dance and yoga. These therapies provoke essential follow-up services in augmenting the special education. These therapies are very attractive and amusing to trainees to instigate them to participate voluntarily without any force. These therapies facilitate sitting tolerance, eye hand co-ordination, concentration, attention and bilateral work. Generally these activities are



planned for each and every trainee for mind and motor activity control.



2) Recreational Activities

Leisure time activities are most important as they recreate and recharge the trainee's energy. They also give an opportunity to channelize the latent talents of the mentally challenged. This child taken to Movie Theater, garden parties, seashore in Kakinada and important public places, i.e. bus stand railway station, post office, hospital and religious places. In this recreation activity the most important activity is celebrating birthdays of trainees which give utmost benefit to trainees by facilitating self –satisfaction, recognition in public and reinforcement to have such recognition in public.

3) Sports and cultural activities.

Sports are the best aid in the identification of hidden physical talents of the children and augment the physical development of the children. Hence Arunodaya plans structured sports and care is exercised to implement the sports and games weekly, twice according to the planned schedule.

Cultural meets help to explore the hidden talents of the mentally challenged. Arunodaya institute planned every trainee to participate in this meet, to encourage them





to come out of their shell and get rid of inhibitions. This meets make changes in each and every trainee by reducing shy behaviors, loneliness and worries, etc.

4) Home Visits

Periodical Home visits of Special teacher or faculty is essential to know the trainee at home situation and knowledge levels of family members and others. So these visits help the Special teacher to plan family guidance and may train parents, according to that for proper understanding and handling of their child. The same way Special Teachers has to visit residential rooms to guide residential care staff. Generally in hostels, self care activities are prioritized and which are being imparted by the trained FCMs (Foster Care,



Mothers) and even the follow-up of classroom activities in a systematic way.

5) Parents Meet

It is a well known fact that parents play a vital role in child rearing, in the same way, mentally challenged future lies in the hands of parents. They have to update their knowledge on their ward and new skills through getting training techniques through training



staff periodically. Arunodaya is specially conducting many parent orientations as well as training programs to have a better understanding and assimilation of subject of rearing their child at home environment. Total 698 parents benefited.

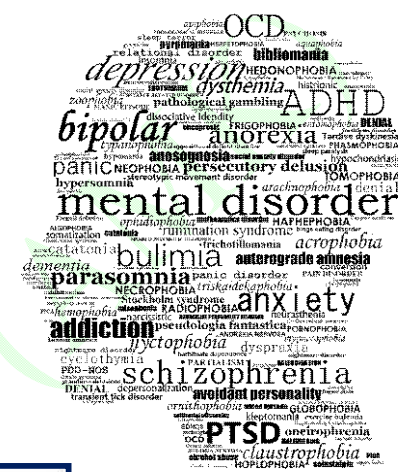




6) Behavior Modification Services (Psychological Services)

It is imperative to conduct a psychological assessment to assess the strengths and weaknesses of the child, which can form the basis for future training. Parental counseling in the initial stages is essential. Parental counseling involves providing emotional support and guidance, and strengthening morale. Once the parents get a grasp of the condition, they need to learn appropriate ways of rearing and training the child. Parents continue to need such assistance, guidance, and support as the child grows up, especially during adolescence, early adulthood and during periods of crisis.

Mentally challenged exhibits problematic behaviors like, head banging, self-injuring, excessive crying, rebellious Behavior, Aggressive behavior, Agitation behavior Self-injury, Sleep disorders oppositional defiant disorder (ODD), attention deficit hyperactivity disorder (ADHD), Withdrawal Behavior, Disruptive behavior, Destructive behavior, stealing things, and



other many problematic behaviors. But *when we call a particular behavior is problematic?* Here are some conditions to find out problematic behaviors. 1.

Generally those behaviors which are not socially unacceptable. 2. Behaviors which interference in learning process and self

3. Behaviors others are called behaviors. making a for finding out severity of

injurious behaviors. which disturb problematic Special teachers are detailed assessment the frequency and





particular behavior and try to find out the factors influencing such behaviors. After finding problematic behavior they planned behavior modification program which is implemented in both class and home situations, as a part of this program parents are also given training and guidance to maintain at their home level. Follow up takes place at regular intervals to maintain the progress. The result of this program is assessed regularly and may be altered according to the result. Total 212 trainees benefited till so far.

7) Guidance and counseling services

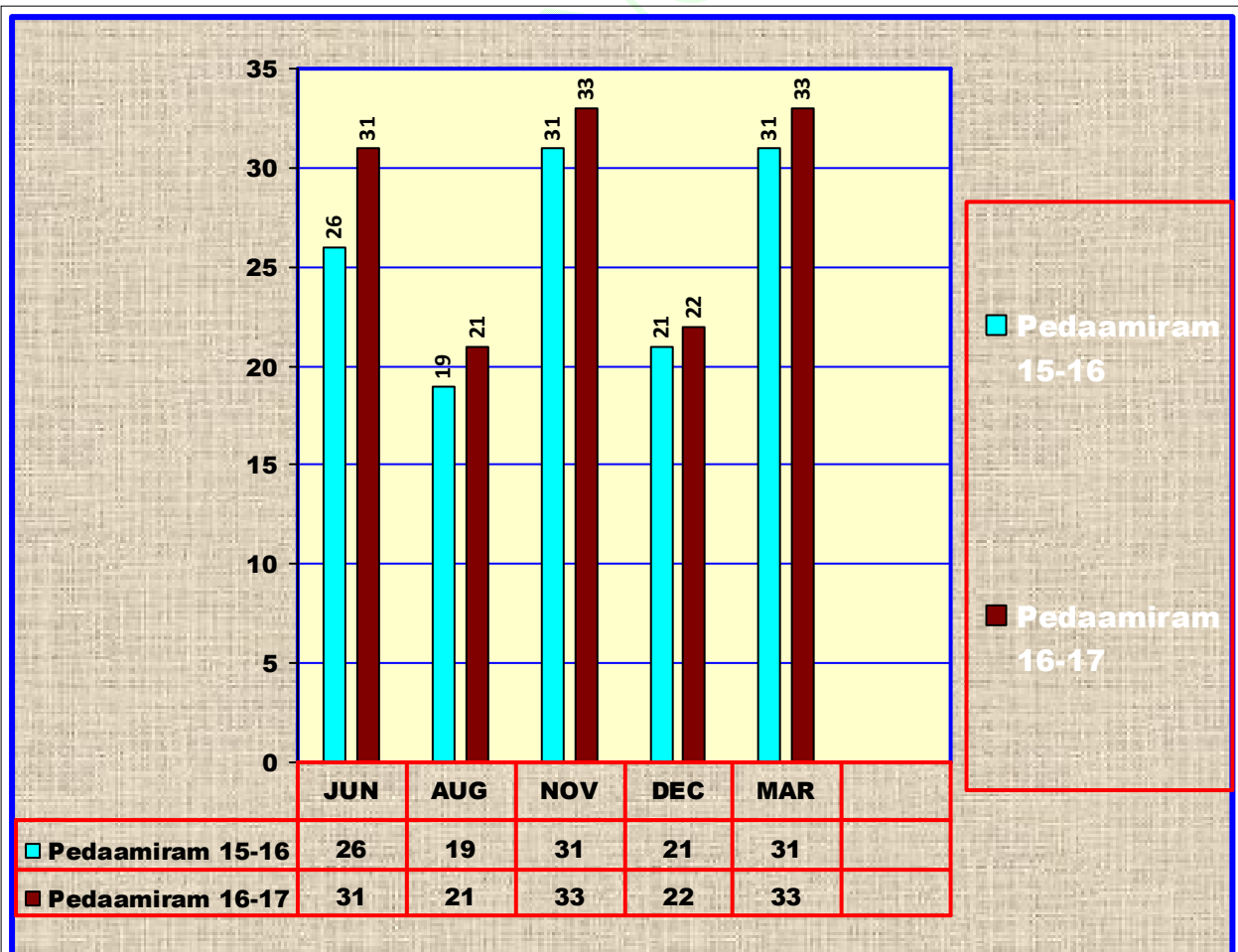
Prejudices and misconceptions among the parents disturbs tranquility of parents' minds so proper guidance has to be given to understand the nature of mental retardation and the needs of the special needs child at different stages of life. Parents are counseled by the special teachers in many sessions and may restructure their Emotional disturbances for normalizing their mind to understand their children with mental retardation. We counseled all children, parents throughout the year and the sessions of the counseling depend on the parent with their mindset. We conducted 10004 counseling sessions so far.





Parents' Orientation and Guidance Programs conducted during Two Academic Years from 2015-16 and 2016- 2017

Sn.	Place	Month	No. of Participants (Trainee Family members)	
			2015-16	2016-17
1	Pedaamiram	June	26	31
2	Pedaamiram	Aug	19	21
3	Pedaamiram	Nov	31	33
4	Pedaamiram	Dec	21	22
5	Pedaamiram	Mar	31	33
Total			128	140



8) Speech pathology and audiology

Delayed development of speech and language is one of the features of mental retardation. Many children may have hearing defects. They may require speech therapy services. Speech and language intervention package is developed according to the individual needs of the person. Speech Therapist or special teacher assesses the needy person to know the level of hearing loss and the speech and language stage and after getting clarity of the person's speech, language and hearing loss position the specialist proposes the hearing aid and frame speech & language therapeutic plan and Parents also guided to carry out intervention at home under the advice of the professionals. SIMH succeeded by providing this intervention to 242 trainees.



9) Physiotherapy

Generally mentally challenged children lagging behind in all mental faculties their all developmental milestones are drastically delayed and 15 percent of them also have cerebral palsy, spina bifida etc.



which hinders them in all their motor activities. The physiotherapy is the answer for such children to help in regaining or rehabilitating them from inability to perform motor activities. After individual assessment, a therapeutic exercise is planned for correcting posture and movements and through prescribes calipers or crutches the person encouraged to have

good and rapid result. Children requiring assistive devices and appliances and also corrective surgery are referred to appropriate agencies. In this year 88 children were undergone for Physio therapeutic intervention.

10) Vocational Training

Persons with Mental retardation can learn different vocations and can be employed. However, there is attitudinal barrier, a common tendency to underestimate the capabilities of these people. Potential jobs can be manual, unskilled or semi-skilled, depending on the capabilities of the

Individual. It should be remembered that such gainful occupation is not only possible, but also helpful for the mental health, self-satisfaction, and social status of these individuals
Home Based Care with Parents as Partners

It is well understood that the best place for children with mental retardation is to grow in their Own homes with their families, where they can be nurtured with appropriate stimulation. Therefore, services need to be organized so that the families are supported, strengthened and empowered to look after their affected member.

Families have different needs at different stages in the life cycle of its members which should be recognized and attempts made to fulfill these needs. It should also be recognized that families are not just recipients of services, but care-providers as well. In other words, they are partners in care.

Socioeconomic rehabilitation of the mentally challenged is a major achievement in mentally challenged, which helps in economic freedom to them. So the services of vocational training incorporating through vocational instructors such are tailoring, embroidery and detergent powder making, etc. All admitted adult with a mental retardation are placed in vocational training and after getting training they may place in jobs. On-the-job training varies from one client to the other depending upon the job opportunities available to the client in the locality where he lives. Long term support is provided to the client till he/she is able to carry on the job independently on the site where the job is located.

The training unit was started at Arunodaya with an aim that vocational training services are to be utilized in exploring the abilities of trainees with mental retardation. In identifying their attitude, work endurance and work tolerance. Arunodaya has started one of such trades to develop work endurance, work tolerance in trainees. Total beneficiaries are 44.

I. Embroidery and Tailoring

The basic aim of this unit is to successfully integrate the female trainees in the general household works and effectively integrate them in their family. The normal and general notion of the society is that of mentally challenged are useless members of family and they are dependent on others to lead their life. So with our level best, we take up some such mentally challenged to train in Vocational Trades one among them is embroidery and tailoring unit. We





recognized skills of girl trainees and encourage them to involve in the unit by providing teaching instructors to learn the skill. Here are some photographs showing such trainees who involves in training sessions.

II.Computer literacy:

Now-a-days computers are became part and parcel of human life so everyone has adopt minimum computer skills or knowledge. In viewing that we introduced computer training to border line mentally challenged to perform minimum computer needs. In this year we trained four such trainees to learn computer basics and use it whenever necessary. Now they are able to operate computer and use small tasks independently.



11) Parents Training:



We may achieve the optimum result in mentally challenged only if we provide the guidance and training to the parents of mentally challenged because the child spends most part of his time at his/her home and sustainability of training is needed to be in the practical life situations at his/her home environment. By taking this point **Arunodaya** takes the step to conduct much training to the parents. As a

result of this the follow up with parents (Practicing the learnt task at real situations) at home for mentally challenged is remarkably improved. Of course, many sessions of counseling with parents have taken to change their mindset.

12) Preparing low cost and no cost Teaching Materials:

Utilizing the common available resources and unused household material to make low cost & no cost material is really an attractive task for the handicapped for making teaching materials. Arunodaya has adopted this idea and implementing it every year. During this academic year, Arunodaya staff with the help of trained mentally





challenged prepared special education support materials as usual.

13) Community Based Rehabilitation

There are about 1000 special schools for children with mental retardation in our country. More than 70 percent of these special schools are located in the metropolis, major towns or cities whereas 70 percent of our population lives in the rural villages. To overcome this lopsided An approach, a community orientation is necessary. Community based rehabilitation (CBR) services should be available to large sections of society in their own vicinity. No program is likely to succeed without community involvement and participation. Individuals with mental retardation should become an integral part of society; they should not be isolated, segregated or discriminated against in any way.

Collaborating work with the state and central Government

It is a very essential step to work hand in hand with local and Government heads. With their cooperation we try our level best to conduct health camps and dissipating knowledge about the condition of disability and its preventive methods. Arunodaya is actively participating in Government programs like Pulse-polio Immunization and also strives for getting multipurpose identification cards, reservations, travel concessions and medical support for disabled.

A. Coordinating with District Authorities

As one of the objectives of Arunodaya to coordinate with district authorities, this year, Arunodaya participated in Pulse-polio immunization program, medical camps, medical certificates for disabled etc.

B. Awareness Creation:

To create awareness in the general public, especially in rural areas is highly prioritized program to get rid of misconceptions and prejudice about the condition of mental retardation. Gramasabha in villages is the



convenient place to dissipate knowledge about Mental Retardation through it, we provide better awareness to villagers. We also utilize this platform to conduct parents' meetings and can sensitize the general public and community for working towards the welfare of the disabled. Arunodaya's



team many times proves it with the help of Govt. Officials (district team).

In this program not only the parents of mentally challenged even general public also learn about the mental retardation.

Pulse-polio Immunization

It is a preventive step to eradicate polio from human beings, the Pulse polio immunization program rigorously implements for years together. Arunodaya offers its helping hand by participating in this public welfare program with municipal commissioner of Pedamiram with its team and also create awareness to sensitize mother for a polio free India tomorrow.

Other Programs

A. Financial help for adult mentally Challenged:

The educable and trainable adult mentally challenged may be supported by providing financial help to start trading unit, after giving training in the particular trade or vocational skill. We gave training to 15 adults mentally challenged and helped them to get financing from local funds Banks, to start survival trades in their respective places. Now they are practicing their learnt skill and supporting their family.

B. Painting Pramidas or Diyas with Colorful Designs – Vocational

Rehabilitation:

We introduced an interesting vocational activity of coloring beautiful designs on lantern or Diyas (Pramidas) made with clay. We bought clay Diyas and paint them colorfully of various designs. This activity is taught to our mentally challenged by our trained instructors day by day till they do this activity independently.

