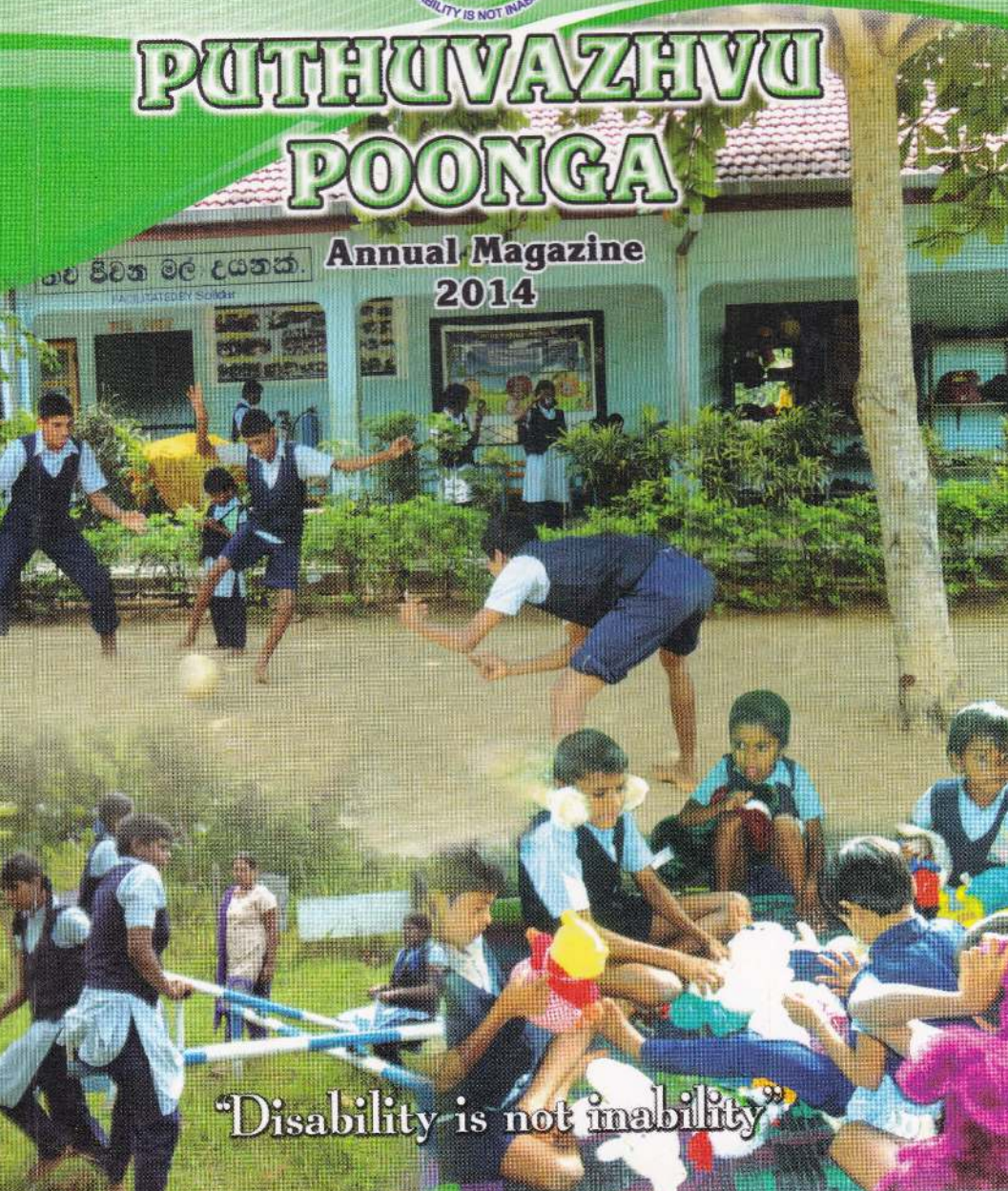




PUTHUVAZHUVU POONGA

Annual Magazine
2014

ಅಲೆ ಕಿರಿತು ಅಲೆ ಒಡವತು.
ALU KIRITU ALU ODAVATU



"Disability is not inability"

Proprietor: M.Mugunthan

சன் றில்லேஸ்

Sun Drillers

ஈன் னை டீட்

எங்கும் செல்வோம் எதிலும் வெல்வோம்

இயந்திரத்தால் ஆழ்துளைகிணறு அடித்துக் கொடுக்கப்படும்.

கான்பம் மற்றும் மோட்டர் பொருத்தி தரப்படும்.

077 2463000 - 077 5900666



A9 Road, Jaffna, Kilinochchi, Vavuniya, sundrillers1@gmail.com

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விஜய் அச்சுப் பதிப்பகம்
VIJAY PRINTING CENTRE

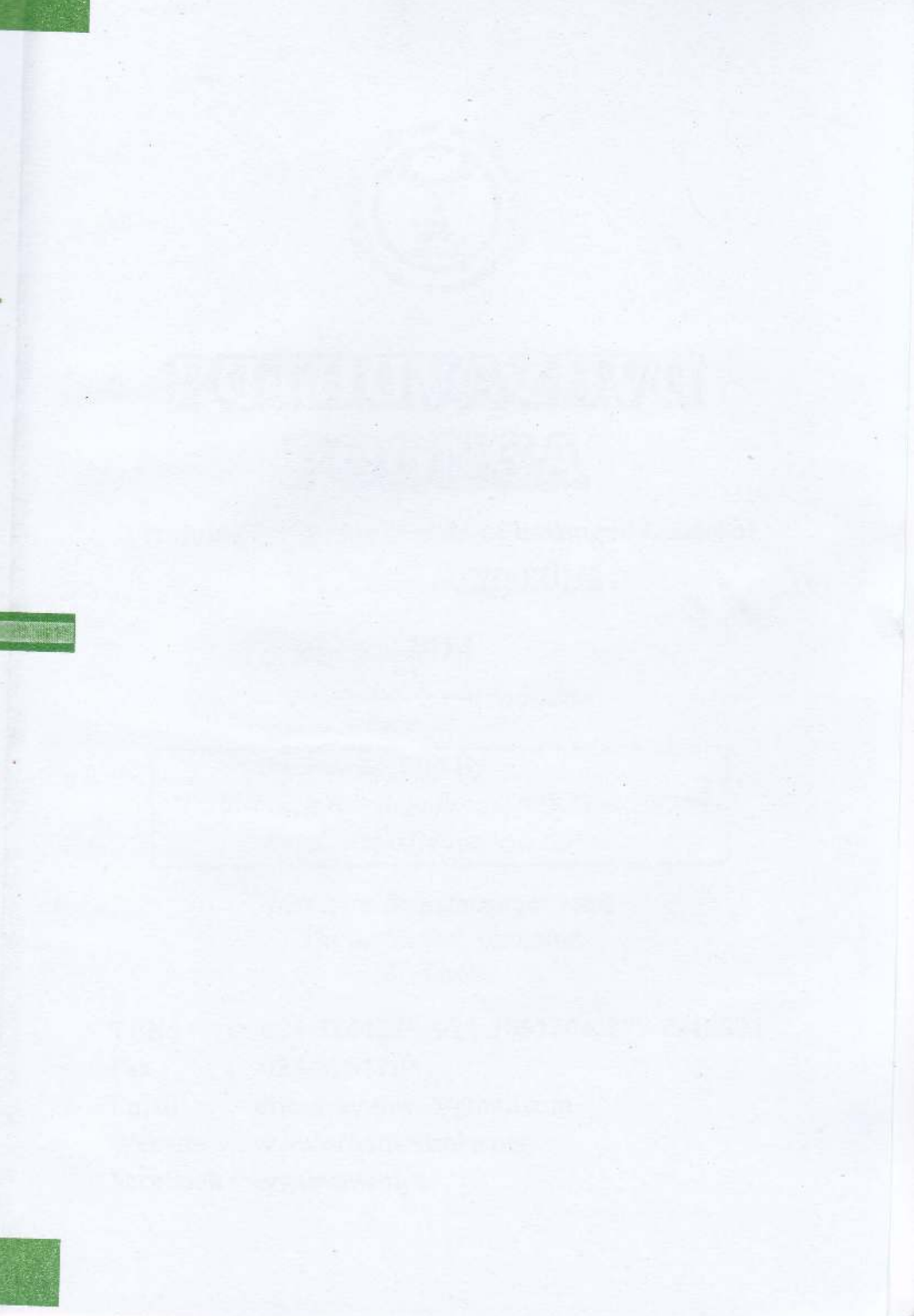
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PUTHUVAZHVO POONGA

(Training Centre for Mentally Challenged Children)
Annual Magazine

2014

"Disability is not inability"

Run By

*ORHAN (Organization for Rehabilitation of the
Handicapped) Vavuniya District*

*02nd lane, Balavinayagar road,
Thavasikulam, Vavuniya.
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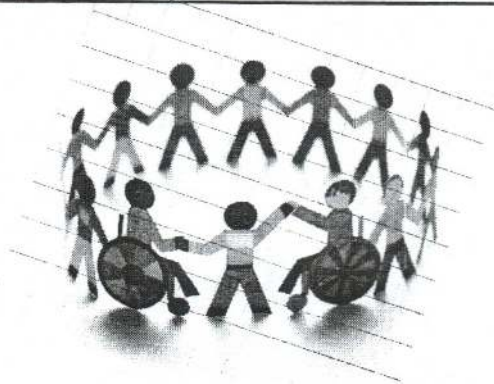
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பாடசாலைக் கீதம்

வாழ்க எங்கள் புதுவாழ்வுப் பூங்கா
வாழிய என்றும் ஞாலத்திலே
கூழ்க அதன் ஒளி சூரியனாய் எங்கும்
கூழ்ந்திட பெரும் ஞானத்திலே

ஓஹான் வவுனியா ஓங்குதிறனுடன்
ஓஹான் ஸீலங்கா யுகேயுடனே
தாகமுடன் எங்கள் தேவை அறிந்திங்கு
தாபித்த இதுபள்ளி வளமுடனே

(வாழ்க...)

நாளாந்த வாழ்வியல் திறநுறு பயிற்சிகள்
நாம் இங்கு விருப்புடன் கற்றிடவே
சீர்போன்த எண்ணுடன் எழுத்தையும் கற்று
சிறப்புற சமவாய்ப்பு பெற்றிடவே

(வாழ்க....)



Message of greeting from the President of ORHAN - Vavuniya

Puthuvazhvu poonga has successfully completed another year which adding successfully 10 years completion of this special school in Vavuniya . When we started the school in 2004, we were happy to see one of our dreams came into true. But we had never thought that this school will achieve well markable and tremendous achievements within in ten years.

The school and its devoted and committed resource teachers had trained number of children with mental challenge on Daily Living Skill training and have ensured the independent lives of number of children in spite of their mental challenged. The confidence of parents who had no any hope on this impaired children in the past , have now become the parents with hope full . The school has certainly reduced the burdens of the parents in the way of rehabilitation of their children at Puthuvazhvu Poonga.

It is not exaggeration, if I say that this school has developed itself through these 10 years has a model school for the other service providers who are running /planned to run such a school in their regions. Our trained teachers have skilled themselves to trained individuals and institutions to work with children with intellectual

disability. I proud to say that, the physical and human resource of the school have now increased to trained 75 children at the school.

These all wonderful achievements are the results of very good cooperation and collaboration between ORHAN and its donors of the school, members of trustee board all executive committee members , staff , resource teachers , nonacademic staff and parents have render their fullest support to the school in the past 10 years in order to make it a successful rehabilitation Centre .

This is my golden opportunity to convey my sincere thanks for those who have render their commitments directly / indirectly to this school in the past and present. No doubt, they will continue these supports in the future too, for the betterment of the society which has been effected mentally.

Wish you them all the best.

Thank you.

Mr. V.Subramaniyam
(B.A Hons, Dip . in Edu, Med)
Hon. President ORHAN
(Organization for Rehabilitation
of the Handicapped)
Vavuniya District
2014.12.13

Message of greeting from the President of ORHAN Sri Lanka U.K

“Giving is receiving”

Puthuvazhu Poonga is stepping on its 11th year and on this occasion I am pleased to extend my warmest greetings on behalf of ORHAN- Sri Lanka UK. Giving training and uplifting mentally challenged children is a herculean task. First let us salute the ORHAN - Vavuniya District for their selfless and dedicated service.

These children are like butterflies with a broken wing. They are just as beautiful as all others, but they need help to spread their wings. We all must join our hands and hearts to help these children, who are with intellectual and developmental disabilities.

We here at this country really appreciate the effort you are making to bring their life normal. We have received donations from our well-wishers in this year too. We extend our appreciation and thanks to all of them for their generous support. Your contributions of time, energy and financial resources have strengthened the Puthuvazhu Poonga. Please continue this in the

coming years too. When we hold each other's hand to do something, we can accomplish a lot more! We are proud to declare that we have contributed £126,380.00 during the period beginning from November 2002 to end of November 2014.

When we hold each other's hand to do something, we can accomplish a lot more!

Please accept our best wishes for continued success.

Thank you.

Mr. Bala balachandren
President Board of Trustees of
ORHAN Sri Lanka U.K
2014.12.20

Message of greeting from the Head Resource Teacher - TEMEE

It is my great pleasure to send a very sincere message of support and good wishes. It is the experience of a common belief nicely expressed in a quote of Mahatma Gandhi: "In a gentle way you can shake the world." In fact, looking at history, many changes in history started by small groups of committed citizens taking an initiative for the common good.

As the same, the special school "puthuvazhvu poonga" for mentally challenged children was established by ORHAN in 2004. It had rendered and has been rendering valuable services for number of mentally challenged children. Mainly it renders its services on daily living skills (DLS) training to the children, through the provision of DLS training many children have mentally been rehabilitation and mainstreamed in the society.

As the head resource teacher, I highly appreciate the support of our donors for their valuable financial contribution for

the smooth function of "puthuvazhvu poonga" school. We would be able to achieve the target because of the dedication of our executive committee, resource teachers, non-academic staff and other ORHAN staffs. I should not forget to express my heartfelt thanks to the parents/guardians of our kids.

This magazine indicates the activities of the school, improvements of the students, and progress and achievements of "puthuvazhvu poonga" special school.

I do strongly hope that, ORHAN, our valuable donor's and other well-wishes will continue their valuable services for mentally challenged children and I wish them for their best future.

Best Wishes

Mr. Nadarajah Kularajah

Head Resource Teacher,

(Dip. in H.R. Mgt, Dip. in Eng,

Dip. in I.A.B (S.L & U.K)

PUTHUVAZHVVU POONGA - TCMCC

ORHAN - VAVUNIYA. 21.12.2014

Progress Summary

I.General Information

1.1.Details of children

Number of children in January -2014	65
New admissions (Jan-Dece) -2014	25
Dropouts (Jan-Dece) -2014	18
Number of children in December 2014	72

No.	Type	Amount
1.	Ethnic break down	
	Tamil	60
	Sinhala	04
	Muslim	08
	Total	72
2.	Religious break down	
	Hindus	51
	Christians	09
	Buddhists	04
	Islam	08
	Total	72
3.	Gender break down	
	Male	43
	Female	29
	Total	72

4.	Physical condition classification	
	Cerebral Palsy	05
	Down syndrome	10
	Autism	04
	Attention Deficit Hyperactivity Disorder	04
	Mental Challenged + learning difficulty	18
	MR + Polio	01
	MR + Blind	02
	MR	16
	CP + HSI	01
	Learning difficulty + HSI	02
	Global development delay + MR	03
	LD+GDD+MR	02
	GDD	04
Total	72	
5.	Psychological classification	
	Mild	18
	Moderate	16
	Severe	15
	Profound	23
	Total	72
6.	Transport	
	Bus 1	38
	Bus 2	26
	Three Wheeler	07
	with parents	01
	Total	72

1.2.Details of Staff

No.	Type	Amount
1.	Academic staff	
1.1	Head Resource Teacher	1
1.2	Resource Teachers (Including Sign interpreter - 1, speech therapist-1, Yoga therapist-1, counselor - 1	9
2.	Non academic staff	
2.1	Drivers	3
2.2	Care taker	1
	Total	14

1.3.Type of Meetings

Meeting	Chairperson	Participants	Time & Day
Staff meeting	President	All Staff	First Saturday 09.00am - 05.00pm
Team Meeting	Head Resource Teacher	Academic and nonacademic Staff	Every Saturday 08.30am - 09.30am
Parents Meeting	Particular Appointed Teacher	All Parents	Fourth Saturday 09.30am - 01.00pm
Drivers Meeting	Admin. Officer	Drivers	Last Saturday 09.30am - 10.30am

1.4.Resource Teachers Training

1.4.1. Short term training

Name of training	Period of training	No.of teachers
Special education Diploma	01 year	04

1.4.2 07 days trainings for all resources teachers in April -2014

- Gender balance
- Physiotherapy
- Handicraft
- Psychosocial support

1.4.3 07 days trainings for all resources teachers in August -2014

- Art & Handicraft
- Yoga therapy
- Spoken English
- Psychosocial support
- Health
- Special education
- Home gardening
- Physiotherapy
- Sign language
- Sports

1.4.4 09 days trainings for all resources teachers in December -2014

- Yoga therapy
- Dance and Music therapy
- I.Q, I.E.P, Lesson plan
- Handicraft
- Play therapy
- Speech therapy
- Psychosocial support

1.5. Physical Resources

Available physical resources

- Land
- Buildings including office , class rooms , Kitchen unit and Physiotherapy unit
- Two Buses, Three wheeler and Motor bike
- Furniture
- Electronic Equipment- T.V, DVD Player, Refrigerator, Computer & Printer
- Children park
- Water supply structure including well with net

1.6. Financial sources

1.6.1 .Details of Donors

Main Donor : ORHAN Sri Lanka UK.

Sub Donors : AJWS

: Stuff Tung Tamils Aid(STA) Switzerland

: MIOT UK

: Organization Tamil Cultural Activities and Charity Centre- (Tamil kalachara uthavi natpani mandram)
– Netherlands

: Individuals

1.6.2. Estimated total Expenditure for the year(2014) 9,923,308.50

1.6.3. Actual Expenditure 8,112,355.27

1.6.4. Fund received 6,743,505.30

1.6.5. ORHAN – Vavuniya 7,529,705.04

1.6.6. Contribution from local and Foreign
welwishers 582,650.23

02. Activities

2.1. Activities Related with Training

- 2.1.1. Bring the Children to the Centre by the vehicles
- 2.1.2. Providing Breakfast
- 2.1.3. Morning Assembly
- 2.1.4. Daily Living Skills Training
- 2.1.5. Providing milk
- 2.1.6. Training to Learning, Training and Security groups
- 2.1.7. Providing lunch
- 2.1.8. Departure to the home

2.2. Activities Related with Medical Rehabilitation

2.2.1 Annual Screenings

- **Annual Medical Screening**

Annual medical screening was done by Dr. Senthana, Dr. Kajol, Dr. Prasanth & Dr. Suthaharan from general hospital Vavuniya and totally 62 children were medically screened. 10 children were not in need for medical screening.

- **Annual Body Mass Index (BMI) Assessment**

Annual BMI test totally done for 60 children by the teachers

- **Annual IQ Testing**

Annual IQ test was done by resource teachers for 65 children.

- **Annual physiotherapy assessment**

Physiotherapy assessment was totally done for 12 children by physiotherapist

2.2.2 Continues Medical Treatment

44 children were attending medical clinics (03 children are attending 02 clinics and 01 child is attending 03 clinics)

Clinic	No.of students
Eye	05
ENT	04
Dermatology	01
Medical	41
Dental	01
Pediatrics	10
Orthopedic	05
Psychological	03
Blood test	03

2.2.3 Nutritional Programme

The following nutritional programmes were carried out for all students according to BMI.

- 175ml milk per child per day
- Nutritional breakfast prepared by parents
- Nutritional Lunch prepared by the centre

2.2.4 Providing therapies

➤ **Physiotherapy :**

16 children were given physiotherapy by physiotherapist

➤ **Speech therapy :**

23 children were given speech therapy by speech therapist

➤ **Yoga therapy:**

yoga therapy was given to all children by yoga therapist

➤ **Play therapy :** Play therapy was given to all children

2.3 Activities Related with Social Rehabilitation

2.3.1 Sports Activities

- **Sunshine Sports meet**

17 Children participated in the "SUNSHINE" games organized by Rotary Club held in Colombo on 26th of April 2014

Medals	No.of children
Gold	13
Silver	05
Bronze	05
Total	23

• **ORHAN Sports meet**

24 children participated in ORHAN Sports meet on 30 & 31 August 2014 in Vavuniya Urban Council ground.

Medals	No.of children
Gold	19
Silver	14
Bronze	15
Total	48

2.3.2 Excursion

2 Local excursions were taken place within Vavuniya.

No.	Date	Place	No. of children
01	10.02.2014	U.C. Children park	59
02	20.11.2014	Omanthai Kannaki Amman kovil(Pot kovil)	50

2.3.3 Students Forum

Students' forum was conducted once in a month.

2.3.4 Religious Activities

Morning assemblies included four religion prayers. Thai pongal was celebrated on 16/01/2014 & Saraswathy Poojai was celebrated on 02/10/2014.

2.3.5 Cultural Activities

➤ **Youth club siramathana programme (pathiniyam plant elicitation)**

15 students participated in youth club siramathana programme on 19th April 2014.

➤ **Dance competition**

01 student participated in individual dance competition on 26th October 2014. Organized by department of cultural affairs.

➤ **Dance programme**

09 students participated in group dance programme on 22nd July 2014. Organized by Jaffna Abiramy temple.

➤ **International children's & elder's day**

• 15 children performed two group dances and individual dance at the international children's & elders day celebration-2014 organized by college of education vavuniya held in college of education hall on 01st of October 2014.

-
- 10 children performed 01 group dance at the international children's & elders day celebration-2014 organized by devisonal secretry vavuniya held in urban council cultural hall Vavuniya on 16th of November 2014.
 - 10 children performed 01 group dance at the international children's & elders day celebration-2014 organized by tamil sangam vavuniya held in vairava puliyankulam, siththi vinayagar temple tamil sangam hall on 16th of November 2014.

➤ **International reading month**

10 children performed 01 group dance, at the international reading month celebration-2014 organized by Vavuniya public library held in urban council cultural hall vavuniya on 29th November 2014.

➤ **International disable day**

- 06 children performed one group dance at the international disable's day celebration-2014 organized by department of education Vavuniya held in Tamil Madhya Maha Vidhyalayam hall on 02nd December 2014
- 07 children performed one group dance and individual dance at the international disable's day celebration-2014 organized by social service department vavuniya held in urban council cultural hall on 03rd December 2014.
- 06 children performed one group dance the international disable's day celebration-2014 organized by Jaffna Nuffield school held in Jaffna Nuffield school hall on 12nd December 2014.

2.3.6 Parents Meetings

Parents meeting and Siramathana were conducted on every fourth (4th) Saturday of the month. Averagely 37 parents participated

No.	Date	No. of participated parents
01	18.01.2014	37
02	15.02.2014	40
03	22.03.2014	45
04	19.04.2014	27
05	24.05.2014	37
06	28.06.2014	36
07	26.07.2014	46
08	23.08.2014	39
09	27.09.2014	46
10	25.10.2014	30
11	22.11.2014	44
12	30.12.2014	22

2.3.3 Home Visits

Teachers visited the homes for discussing with parents on regular base. This was done as scheduled.

2.3.4 Sign language

02 children were trained in sign language by sign interpreter

2.4 Activities Related with Economic Rehabilitation

The following vocational trainings were given to the children of learning and training groups.

- Handle Making
- Envelope Making
- Greeting cards Making
- Sewing works
- Flower making

➤ Other activities

Parents celebrate teacher's day on 07th October 2014.

51 students, 04 parents, 11 academy staff & 07 non academy staff participated in the teacher's day

03. Some of Our achievements

3.1. Improvement in IQ level

		Improving in IQ level (Between Jan - Dec 2014)
MS	More Satisfaction	5 and above 5
S	Satisfaction	3 or 4
A	Average	1 or 2
D	Dissatisfaction	0
MD	More Dissatisfaction	(-)

No. of Improved Children (Between Jan - Dec 2014)

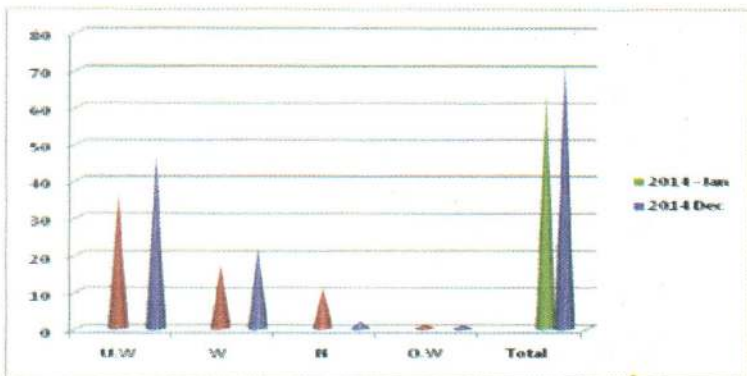
MS	S	A	D	MD
28	06	12	13	13

3.2. Improvement in nutrition level

		Improving in BMI level (Between Jan - Dec 2014)
U.W	under weight	below 18.5
W	Wasting	18.5 - 25
N	Normal	25 - 30
O.W	Over weight	above 30

No. of Improved Children (Between Jan - Dec 2014)

Dur	U.W	W	N	O.W	Total
2014-Jan	36	17	11	01	65
2014-Dec	47	22	02	01	72



3.3. Improvements in physical condition through therapies

Improving in Physical condition (Between Jan - Dec 2014)		
MS	More Satisfaction	Much Improvement
S	Satisfaction	Slight Improvement
NS	No Satisfaction	No Improvement

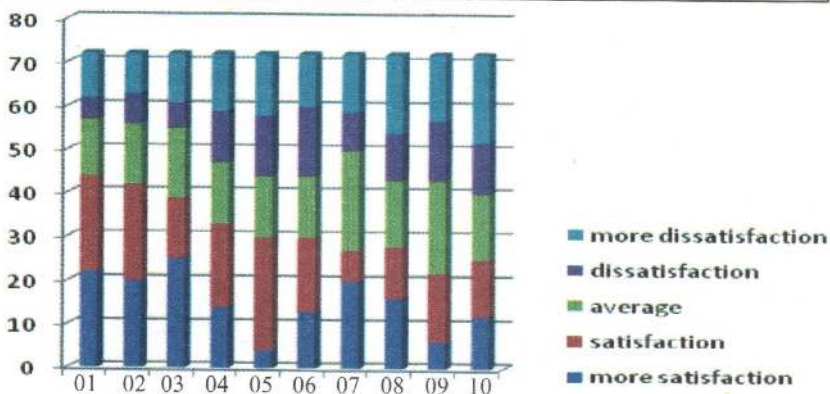
No.	Therapies	No. of Improved Children (Between Jan - Dec 2014)		
		MS	S	NS
01	Physiotherapy	2	10	3
02	Speech therapy	9	9	05
03	Yoga therapy	10	28	34

3.4 Improvement in Daily Living Skill

The Centre gave number of DLS training. The following 10 DLS were selected to analyzed the annual improvement.

MS	More Satisfaction
S	Satisfaction
A	Average
D	Dissatisfaction
MD	More Dissatisfaction

No.	Skill	No. of Improved Children (Between Jan - Dec 2014)				
		MS	S	A	D	MD
01	Eating by using own fingers	22	22	13	05	10
02	Brushing teeth	20	22	14	07	09
03	Body Wash with soap	25	14	16	06	11
04	Self-bathing	14	19	14	12	13
05	Self-dressing	03	27	14	14	14
06	Wearing and removing lace shoes	13	17	14	16	12
07	Self-cleaning (after toilet use)	20	07	23	09	13
08	Keeping clean nose	16	12	15	11	18
09	Combing hair	06	16	21	14	15
10	Cutting nail with nail cutter	12	13	15	12	20



3.5. Achievement in sports

No.	Sports Meet	Gold Medal	Silver Medal	Bronze Medal	Total
01.	Sunshine sports meet, in colombo	13	05	05	23
02.	ORHAN sports meet, in Vavuniya	19	14	15	48
	Total	32	17	20	71

04. Some Selected case study

Heartfelt thanks from parents

1. M. MAJITH (group 'C')

Our son Majith was a child with mentally challenged and mobility disability from birth. We took him to hospital clinic in a regular base every month. At the age 04 years only, he could not walk. However, thereafter, we never took him to any rehabilitation activities. During this time of being with us at home, he couldn't eating, dressing, using the toilet in his own at all. We, the parents were the supporters of him to do this daily activities.

In 2009, we admitted him in Puthuvazhvu poonga. After, this schooling, he gradually started speaking and eating etc. Without supports. Now he could carry out most of his daily activities in his own.

We could see much and more importers in our child after his schooling at Puthuvazhvu poonga. For an example, before the admission he could not walk without holing others hands. But now he could get into the bus and

get down from the bus without others helps.

Therefore, we express our sincere thanks to the teachers of Puthuvazhvu poonga

Thank you.

**Mr. & Mrs. Mohamed
Marjooth.**

(student parent)



"Disability is not inability"

2. K.V. SUWARNAMALI VITHANEGE (group 'E')

My daughter Suwar namali is now 26 years old. We admitted her to "puthuvazvu poonga" special school in 2014. Before she joined to this school, she was bound inside the home not having outside contacts.

In her early school days at this school she is used to bend the head, not seeing others, got inside the bus & sited lonely. She had different behavior at the morning prayer time of the school.

After admitting our child to Puthuvazhvu poonga we could see the following improvements which we couldn't see at all before.

1. She is very eager to go to school and always talking about her teachers at home .she always talks about the school even in the none school days.
2. Always willing to move into the surrounding community and in the school with fellow students.
3. She can do her daily activities with some extern, for example she could do her morning activities to go to school.
4. The skill of memory has been improved
5. She is able to come alone to the junction from our home , to catch the school bus
6. She keeps herself always clean.
7. Though she has eager to study but having insufficient memory power.

Thank you.

**Mr.& Mrs.Vithanege
Nanthini.**

(student parent)

**"We need empathy not
sympathy"**

3. Y. KISHANTHAN (group'B')

Our son Kishanthan was effected by brain fever at his age of 10 months. Though he was admitted to our village school at the age of 6 years, he could not again competency due his delayed brain development. He was totally depending on me (the mother) for his daily activities. Therefore, we admitted him to puthuvalu poonga the special school for children with mental challenged in 2010. Before, admitting to this school he was self-violent boy of injury himself with blade, knife. But now he doesn't these types of self-violence due to the continues committed of teachers of this school.

Earlier, he destroyed his own properties of book, exercise books and other education materials after / before using them. This maladjusted practices also, are now gradually going down .he has started to protect his own properties.

Also, he had a bad habit of giving disturbances to his per group friends by hitting and

injuring. But he has slowly giving up these violence's as well. Before admitting this school, he could pronounce just very few words only. Now he can speak fluently with me and others. He won 02 gold medals in sports and some prizes in the cultural events.

Thank you.

**Mr.& Mrs. Yogathas
(student parent)**

**"Look our ability not
inability"**

2. Proud achievements from teachers

V. THARSINI (group 'A')

When this child was admitted to my class her assess IQ level was below 49. During the assessment, some activities to be improved were identified.

1. No involvement in group activities.
2. Short temper.
3. Having concept of incapably.
4. No acceptance of failures.
5. No acceptance of competition from others.

Therefore, this girl was trained to overcome all this maladjusted activities .the main tools used to reduce these malpractices were handicraft works, group activities etc. Now she has built up a self-confident and social adjustments. We provided opportunity to her to participate the competitions with the children having lower skills then her, which provided her winning only. Next, she was provided opportunities to competence with children having equal talents,which made her 2 have winning and losing one by

one. Gradually she learnt to accept both winnings and losing through these exercises.

So that,now she has gradually started to accept failures.

Now she has developed herself in

1. Involving in group activities.
2. Willingness to compete with children with equal talents.
3. Acceptance of failure.

When we asset the IQ level at the end 2014 it was found 59.

Thank you.

**Miss. M. L. Nusrathul
Fathima**

(class teacher)

*"We want social inclusion not
exclusion"*

Y.K. HIJABAA (group 'B')

When this girl was admitted to my class, her disability was higher than an ability. She was much neglected to have friendship with fellow students. She never liked to do yoga therapy. She had known ability to do some daily activities such as combing hair etc. I started to give her number of trainings. First of I gave opportunity to her to play within group with the support of yoga therapist I introduced very simple yogatherapy in order to make interest in it. In the meantime the girl was trained in Daily Living Skills training specially combing hair.

After the trainings,, there are markable improvements observed in the student . She is now capable to do some activities in which she had no capacity before. When I assist the IQ level at the end of academic year 2014 it had increased upto 47 from 40.

Therefore, I very much believe that this student has improved her abilities higher than disabilities.

Thank you.

Miss. M. Menaka
(Class teacher)

L. MATHUSAN (group 'C')

The followings were the identified skills to be developed in this student when he was admitted to my class.

1. Using vulgar words.
2. Spiting.
3. Delay development in daily living skill (brushing , washing ,bathing, dressing etc)

Based on the above, a training programme was design for the student, including cultural dialoge with others. He was commended while using good words. Now he is able to read and write the

Numbers from 1-50 and could memorize athichudi, thirukural etc. He was gradually train to give up his some bad habits. Through the training, spiting and other bad habits were reduced. Some D.L.S training are being continued. Ex. wearing, dressing, brushing etc. He was train to use soap, odicolon etc. In order to keep himself clean.

At the end of the year he was assessed and markable achievements have been recorded.

Thank you.

Mrs. A. Kalavani
(class teacher)

S. POLRAJ (group 'D')

This boy was admitted to my classroom in 2008. He is a child with Cerebral Palsy. At the time of admission, his IQ level was 3. The following conditions were observed during the time of identifications.

1. No self-activities such as eating dressing etc.
2. No ability to hold things such as tea cup etc.
3. Difficulty in speaking.

The following training programme was scheduled

- Physiotherapy.
- Speech therapy.
- Gross motor and finemotor trainings.
- DLS training.

During the interim assessments, the high level of the student had gone up to IQ level 9 following improvements were observed.

- Reduction in hand shivering.
- Manage to take the food on the hand.

- Manage to hold small article such as pen, pencil

At the year end assessments this year, high level has gone up to 11 and the following increments were observed

- Self-mobility within very short distances.
- Can pronounce very few words.

Thank you.

Miss. K. Jesintha
(class teacher)

M. KULATHILAK (group "E")

This child was admitted to this school in this year. The following symptoms were observe

- Lack of listening ability.
- Lack of ability in pronouncing some Sinhala letters.
- Lack of ability to tell the numbers beyond 8.
- No capacity to tell the letters of his father's or mother's name.

During the annual medical screening, doctors advice to give physiotherapy.

During the IQ test, it was found that the IQ level of the boy was 51. He could able to write his name. he had communication with others at the time of outgoing only.

With the above abilities I started the training with the boy and achieved the following improvements.

- He could now counted write numbers from 1-25.
- Can write various Sinhala words.
- Can perform songs.
- In rest sports activity, he won 2 silver medals and 1 brass medal in ORHAN sports meet 2014
- Increased interest to learn.
- Can identify the colours and can name only few colours.

Thank you.

Mrs. G.A.P. Jeyarathna
(class teacher)



An introduction to problems solutions faced by children with mental challenge and solution for them

Disability of mental challenge varies from person to person.

Children with mental challenge could be divided into 04 main categories according to the severity of this disability.

01. Mild mental challenge (I.Q level between 51 - 70)
02. Moderate mental challenge (I.Q level 36 - 50)
03. Severe mental challenge (I.Q level 21 - 35)
04. Profound (much sever) mental challenge (I.Q level below 0-20)

Children with mild mental challenge have no any physical or appearance differences compared with normal children and there are no symptoms of mental challenge at their behaviors. They could learn their self-care and live independently.

Children with moderate mental challenge are in the need for support from their family members & friends, for their self-care. They could have verbal communication and understanding skills.

Children with severe mental challenge are always depending on others throughout their entire lives. Their communication skills are always limited. For an example they know just very few words such as yes or no. Most of the times they use body language.

Children with profound mental challenge are also always depending on others like the third category of children with severe mental challenge. They have known any concern on their self-care. They may have severe physical diseases too. Perhaps, they might have sensorial impairments.

The above said 04 categories of children with mental challenge are facing severe problems in family, school and public social environments.

Issues / problems related with learnings.

This is the main basic problem faced by children with mental challenge. This affects not only their school education but also all their living skills in their daily lives. They have no mental ability to follow

general education. Therefore, they have no skills to carry out their day to day activities. This is the vary common issues faced by all types of children with mental challenge.

Issues / problems related with social and communication skills.

Generally, all children with mental challenge having communication problems during their communication with their community members. They are normally not able to use more complicated and long sentences at the communication. This may vary according to their IQ level or type of mental challenge. They do not know to communicate with others and to use their communication skills at a particular circumstance. Due to this lack of communication skills, they have number of social problems as well. For an example .they do not know how to behave in a public place. They may try to change their dress in even a public place since they do not understand difference between private and public places.

Issues/ problems related with emotions.

Children with mental challenge also have the same emotional problems such as sadness,

anger,tension, fear extra like normal children.They may reflect their emotional feelings an unappropriated place and times. On the other hands, some children with mental challenge.

May not reflect their feelings when they should do. For an example. A child with mental challenge may not reflect his / her feeling while his/ her friends are laughing for a joke.

Issues/ problems related with behavior.

These children may reflect some social maladjusted behaviors such as beatings, shouting injuring others or himself. They may not be corrected from these maladjusted activates through a formal punishments or controls. Sometimes the environment may cause some of the behavioral problems among them. Mental challenge children, for instance, a boy with mental challenge may reflect some unusual behaviors' in order to draw an attention of the visitors who have visited his home and not paying any attention on him.

The mentally impaired children are facing the about said learning, social, communication, emotional and behavioral problems in their

day to day lives and through out their entire lives. Therefore, they should be strengthened to face this problems in their lives. The actors working with these children should know the appropriate solution, training and teaching methods for these children. Some examples are bellow.

Some tips to solve learning problems.

1. Slow and steady teaching of simple activities.
2. Using simple and uncomplicated words for communication.
3. Different ways of repeating the words expressed by you.
4. More encouragements and comments at the time of learning and reflecting new things.
5. Teaching or training only one activity at a time.
6. Don't change the teaching persons or place as much as possible. This means a particular person's particular place, and particular time shall continually be used for teaching or training.

Some tips to solve social and communication problems

1. Making use of drawings for communication. (ex. using a picture of a plate to indicate the meals time)
2. Taking the children to public places and events as much as possible.
3. Giving motivations and encouragements while the child is trying to communicate with others.

Some tips to solve social and emotional problems

1. Adapting the situation according to the emotional feeling of the persons.
2. Making the environment an interested one through aesthetic activities such as music dance extra.
3. Preparation of the child to face a particular situation of the environment .some changes in the environments may make emotional problems in the persons with mental challenge (for example some new environments or some changes going to take place in their usual environment)

Some tips to solve social and behavior problems

1. Reducing the reasons which are making maladjusted behavior changes for an example reducing the causes making emotional feelings which may lead the child to reflect unacceptable behavior.
2. Increasing or strengthening communication skills which may reduce some behavioral changes.
3. Understanding their reasons for particular behavior and trying to reduce those reasons.

The above said tips are just a few ideas stated in this article, to solve the problems but we must keep in our mind that there are so many problems, issues and solutions which are not included here in terms of size of the article. But we all certainly know that most of the children with mental challenge could be rehabilitated in to normal lives with some extent, through well planned and good guidance and trainings. A teacher or trainer working for these children could create useful citizens from mentally challenged community and a wonderful and joyful world for them.

Thank you.

In Tamil:

Ms .M.Menaka

(Resource teacher)
Puthuvalu poonga,

In English:

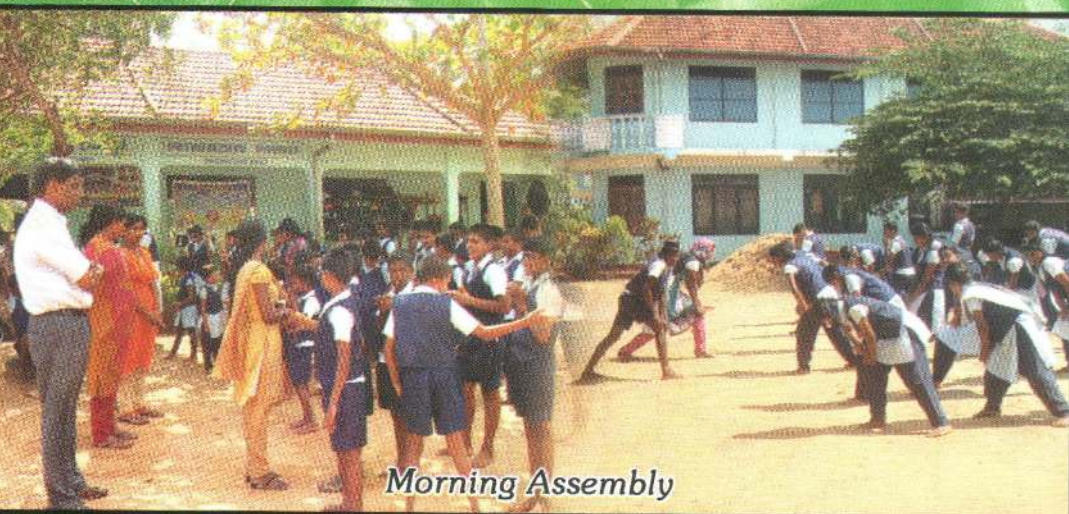
Mr.N.Koneshan

(Physiotherapist)
ORHAN - VAVUNIYA.





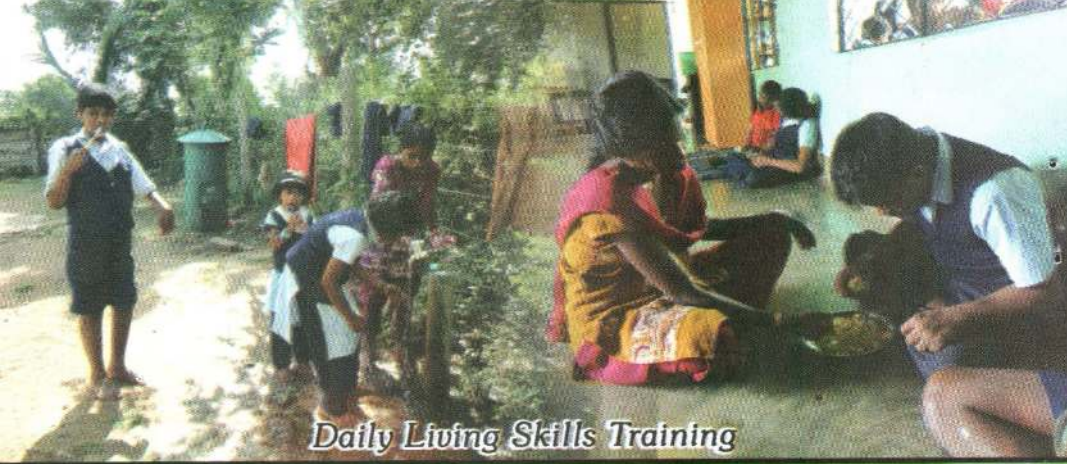
Bring the children the centre



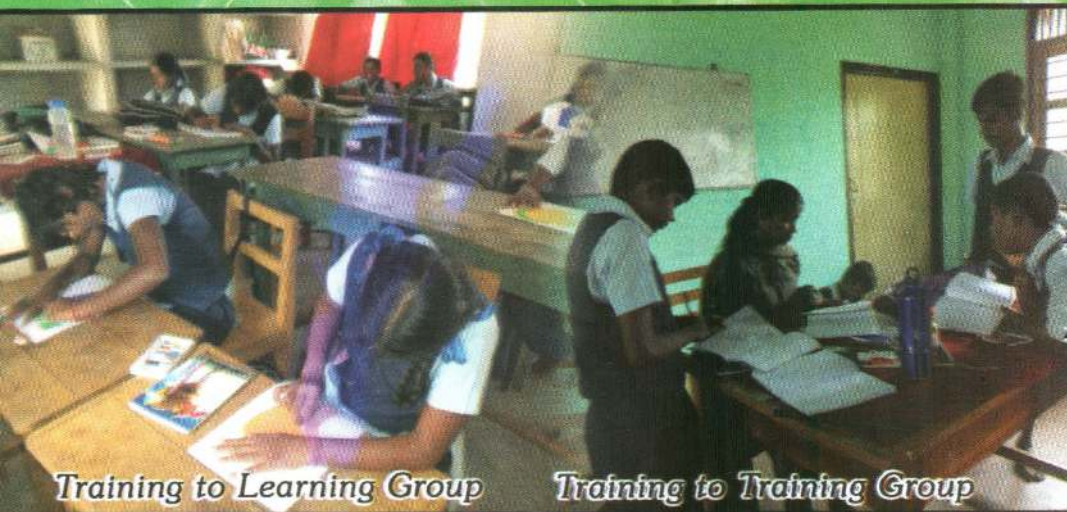
Morning Assembly



Providing Milk



Daily Living Skills Training



Training to Learning Group

Training to Training Group

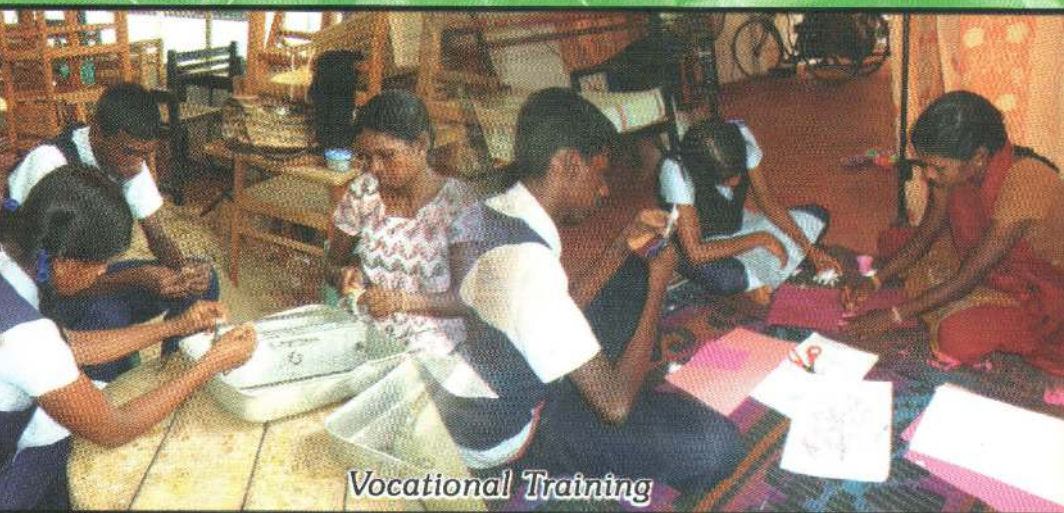


Play therapy

Students forum



Home Garden



Vocational Training

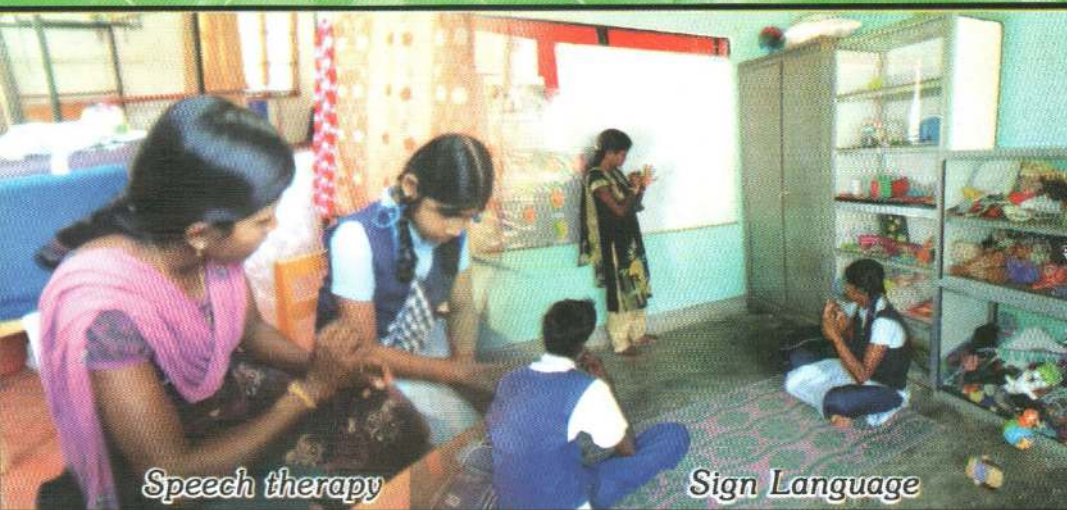


Providing Lunch

Departure to Home



Sports Activities



Speech therapy

Sign Language



Religious Activities

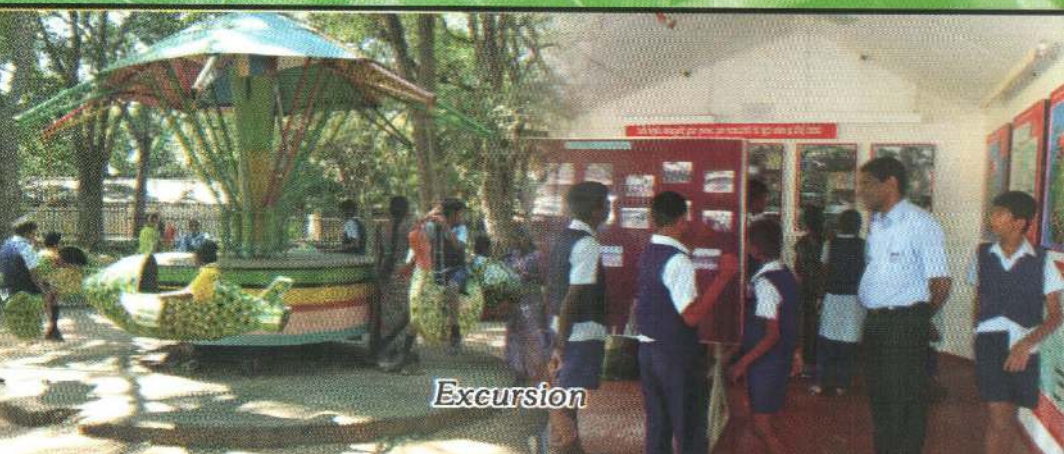


Home visit



Parents Sramathanam

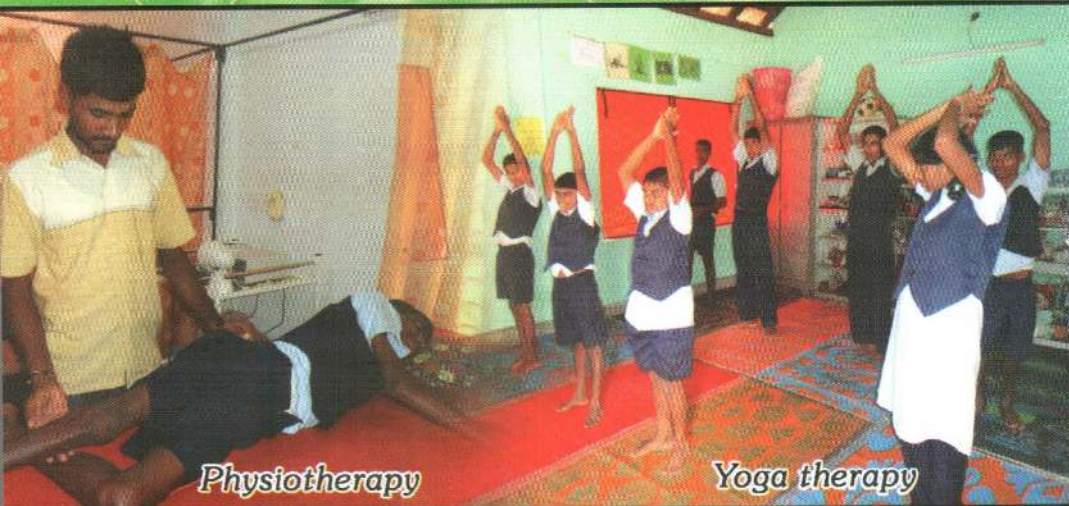
Parents Meeting



Excursion

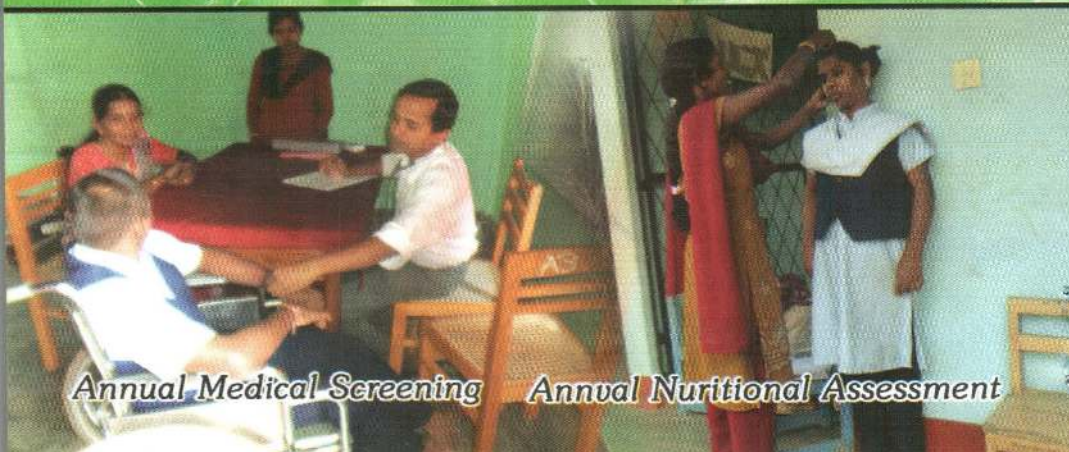


Market



Physiotherapy

Yoga therapy



Annual Medical Screening

Annual Nutritional Assessment

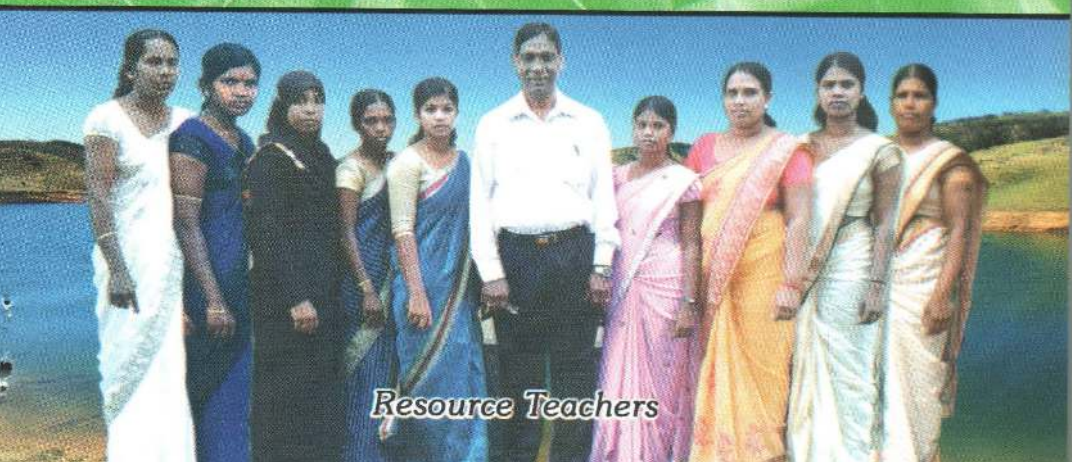


Cultural Activities



Cultural Activities

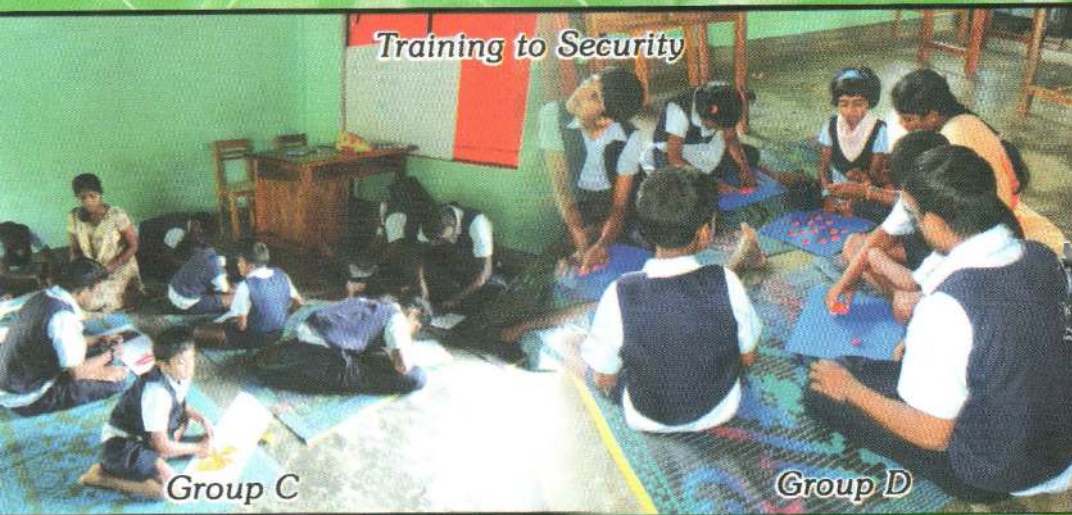
Non Academic Staff



Resource Teachers



Visitors



Training to Security

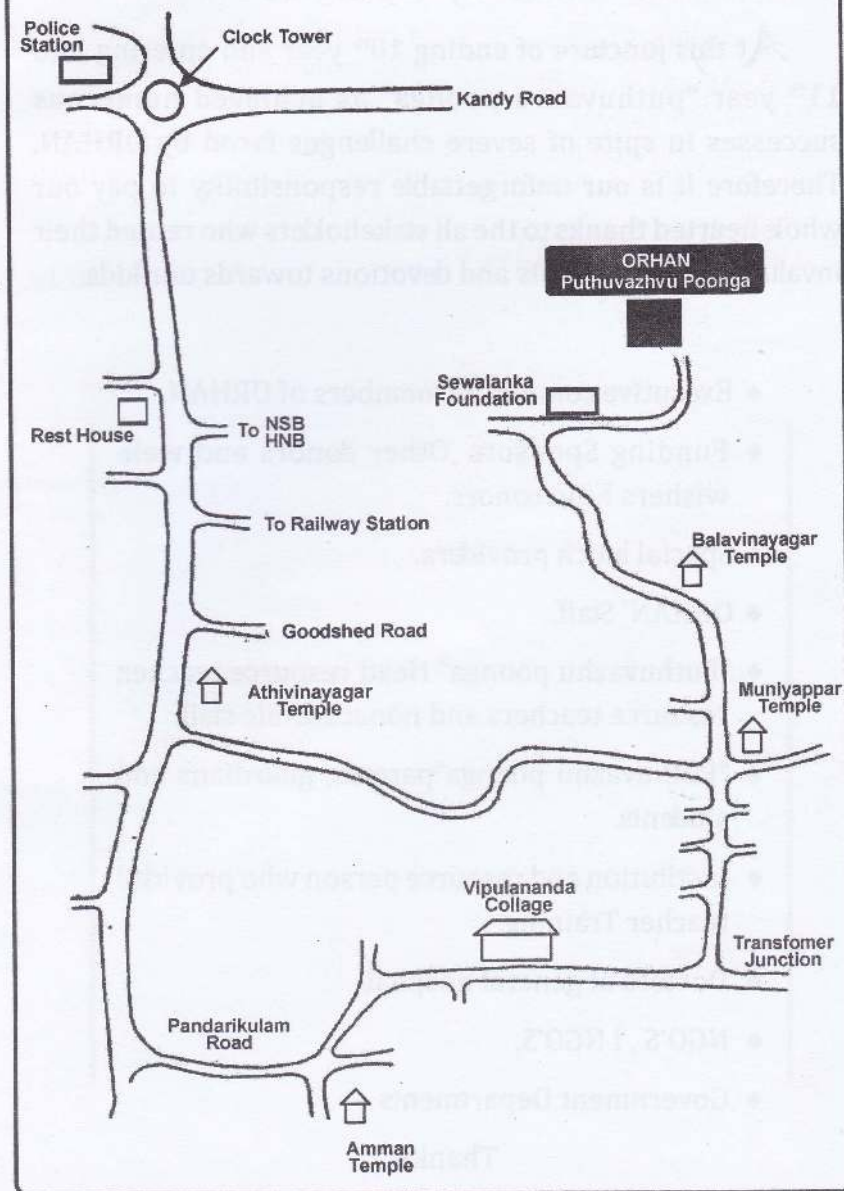
Group C

Group D



Group E

Location of training centre

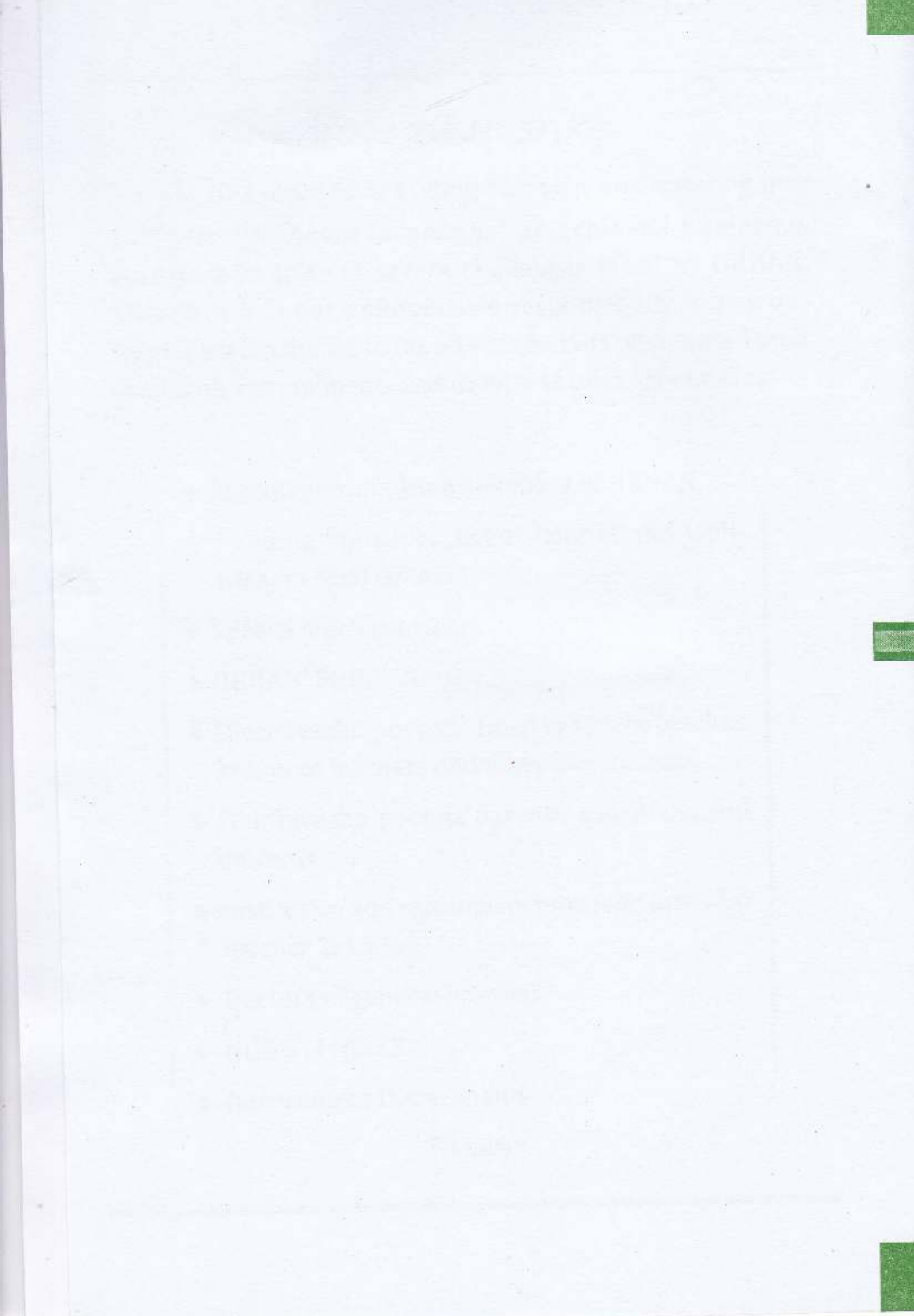


Vote of thanks

At this juncture of ending 10th year and entering into 11th year “puthuvazvu poonga” as achieved numerous successes in spite of severe challenges faced by ORHAN. Therefore it is our unforgettable responsibility to pay our whole hearted thanks to the all stakeholders who rented their invaluable commitments and devotions towards our kids.

- ◆ Executive committee members of ORHAN.
- ◆ Funding Sponsors ,Other donors and well-wishers Kind donors.
- ◆ Special lunch providers.
- ◆ ORHAN' Staff.
- ◆ “Puthuvazhu poonga” Head resource teacher, resource teachers and nonacademic staff.
- ◆ “Puthuvazhu poonga”parents, guardians and students.
- ◆ Institution and resource person who provided teacher Training.
- ◆ Doctors of general hospital.
- ◆ NGO'S , I NGO'S.
- ◆ Government Departments.

Thanks



Proprietor: M.Mugunthan

சன் றில்லேஸ்

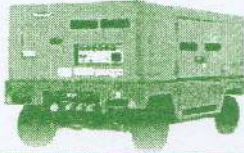
Sun Drillers

ஊன் னை டே

எங்கும் செல்வோம் எதிலும் வெல்வோம்

இயந்திரத்தால் ஆழ்துளைகிணறு அடித்துக் கொடுக்கப்படும்.
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மங்களநிகழ்வுகளுக்கான அழைப்பிதழ்களை நேரத்தியான அச்சுப் பதிப்புடன்
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Attempts of our Children

