



PUTHUVALZHVU POONGA

Anuval Magazine - 2012



Disability is not Inability

அணிவகுத்துவரும் வங்கிச் சேவைகளை அனுபவியுங்கள்



மேற்குறிப்பிட்ட சேமிப்பு வைப்புக்களுடன் நிதிசார் சேவைகளான வியாபார, தனியார் நடைமுறைக் கணக்குகள், அதியுயர் வட்டியுடனான நிலையான வைப்புக் கணக்குகள், வெளிநாட்டு நாணயக் கணக்குகள், வியாபாரக் கடன், தனிநபர் கடனுதவி, வீட்டுக்கடனுதவி, இணைய வங்கி, லீசிங் மேலும் பல...

**உங்கள் எதிர்கால வங்கி நடவடிக்கைகளைத் தொடர
அருகில் உள்ள சம்பத் வங்கிக் கிளைக்கு
உங்களை வரவேற்கின்றோம்**



**ஐபிசி டெஃபுலி
சம்பத் வங்கி
SampathBank**

Location of Learning Centre





PUTHUVÄLZHUVU POONKA
(TRAINING CENTRE FOR MENTALLY
CHALLENGED CHILDREN)

ANNUAL MAGAZINE - 2012

Run By

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

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பாடசாலைக் கீதம்

வாழ்க எங்கள் புதுவாழ்வுப் பூங்கா
வாழிய என்றும் ஞாலத்திலே
சூழ்க அதன் ஒளி சூரியனாய் எங்கும்
சூழ்ந்திட பெரும் ஞானத்திலே

ஓகான் வவுனியா ஓங்குதிறனுடன்
ஓகான் ஸீலங்கா யுகேயுடனே
தாகமுடன் எங்கள் தேவை அறிந்திங்கு
தாபித்த இது பள்ளி வளமுடனே
(வாழ்க...)

நாளாந்த வாழ்வியல் திறனுறு பயிற்சிகள்
நாம் இங்கு விருப்புடன் கற்றிடவே
சீர்போந்த எண்ணுடன் எழுத்தையும் கற்று
சிறப்புற சமவாய்ப்பு பெற்றிடவே
(வாழ்க....)

Message of greeting from the president of ORHAN – Vavuniya

Smiling face: glaring eyes: walking smart: a boy gets down from the bus and enters into **Puthuvazhvu Poonga** campus. What a confident with the boy! Joyfully and playfully he spends his times with his friends and the teachers

But, 10 years ago, what was the scenario? A neglected boy with intellectual disability was spending his whole time in a corner of his house in an inertial village. Nobody cared and looked after him properly other than providing food and basic clothes.

How it was changed? Doors of poothuvalzu poonga were widely open and welcomed all this vulnerable children, with the commitment of ORHAN Sri Lanka UK in 2004. Through this challengeable 09 years, the pattern of living of children with intellectual disability in Vavuniya was markedly changed.

We are very proved to address that we have successfully completed this 09 years with this tremendous achievement end of this 09th year, this is my great opportunity to salute my warmest thanks to the donors, well wishers, executive members, centre employees, resource teachers, parents and students for their excellent moral and physical support that encouraged us to put ourself on the correct track.

Puthuvazhvu Poonga steps into 10th year with the brightful wider opportunity to be provided to our children .wish them all the best.

Thank you

Mr. V.Subramaniam(B.A Hons, Dip . in Edu. Med)

Hon President

ORHAN (Organization for Rehabilitation of the Handicapped) Vavuniya District

10.12.2012

MESSAGE FROM THE PRESIDENT (ORHAN

Srilanka UK)

It is gratifying to note that ORHAN Vavuniya is now on the 10th year of Registration and Activity. This has ostensibly given you five years of experience in building up your knowledge with regards to the effect of different orthopaedic, muscular disorders, cerebral palsy and not to speak of audio and vocal impairment. This experience provides you to assist the children and their families with copious advice as to how to make their conditions more manageable and also to enhance their quality of life style to an optimum.

The aim of ORHAN is to extricate the children out of their isolation and to give them the opportunity to participate happily in their day to day activities unmindful of their prevalent impairments.

Furthermore, ORHAN not only relieves the families to a great extent of their financial burden but also relieves them of their mental agony and feeling that their children are faced with a life-long disability.

The majority of the impaired children at ORHAN come from a low-income section of the society. The parents in general have to make sacrifices in their daily earnings to provide round the clock care for their unfortunate children.

It takes much strength and resilience to care for a disabled child. We are driven to feel that this aspect is not given much thought by the society we live in.

It is depressing to note that in the present downward trend of the dwindling economy, donations from the general public have dropped dramatically. Unless of course things change for the better the position will become grave. The demand for the services rendered cannot be curtailed and applications for assistance are daily on the increase.

We wish the staff well for their unstinted and untiring service.

Mr.Kavi Veeravagu B.sc (Lon)

President

On behalf of the Board of Trustees

ORHAN SriLanka (UK)

25.11.2012

Message from Head Resource Teacher

It is a great pleasure that I forward this message of felicitation and the courage to ORHAN which was initially founded with the aim of all type of humanitarian projects and in priority looking after the needs and to provide services to the mentally challenged children in Vavuniya district.

As we all know no man is created perfect but we take a challenge to overcome our defects and to find our capacities to lead a peaceful life and normal life on this planet. Though ORHAN is leading local NGO in Vavuniya district who Manage various humanitarian projects, I am proud to say that I have devoted myself as Head Resource Teacher of the Puthuvalzhvu Poonga to educate the mentally challenged children which is also one of the main and difficult projects of ORHAN.

In spite of all difficulties and constraints Puthuvalzhvu Poonga, it has successfully been functioning since 2004 to provide services to mentally challenged children to enter into normal life and its entry to 10th year of services is really appreciable.

I take this opportunity to thank our Hon. President V.Subramaniam, executive committee members, donors, all solitary staff, teachers, non-academic staff, students, parents and all charity minded well-wishers who are the foundations and pillars for the success and development of the organization.

Also I wish to express that fact I have happily dedicated myself to load on my shoulder this unique worthy project to lead as well as performing duties and implementing for better development of mentally challenged children for normal new life.

May the almighty GOD grant strength, courage and energy to me as well as all the other staff who continue to render their dedicated devotional and committed services to render services to them for better and new normal life.

Miss M.Vanvily (Diploma in Special Education)

Head Resource teacher

Puthuvalzhvu Poonga

ORHAN

Vavuniya.

08.12.2012

Progress Summary

1. General Information

1.1 Details of children

No	Type	No Of Students
01	<i>Ethnic Breakdown</i>	
	Tamil	56
	Sinhala	03
	Muslim	06
	Total	65
02	<i>Religious Breakdown</i>	
	Hindus	45
	Christians	11
	Buddhists	03
	Islam's	06
	Total	65
03	<i>Gender Breakdown</i>	
	Male	40
	Female	25
	Total	65
04	<i>Physical condition classification</i>	
	Cerebral Palsy	04
	Down syndrome	06
	Autism	03
	Blind + MR	01
	Attention Deficit Hyperactivity Disorder	02
	MR + HIS + CP	01
	Mental Challenged + learning difficulty	43
	MR + H S I	03
	MR + Polio	01
	CP + Down	01
	Total	65

No	Type	No Of Students
05	Psychological classification	
	Mild	08
	Moderate	20
	Severe	28
	Profound	09
	Total	65
	Transport	
06	Bus 1	31
	Bus 2	24
	Three wheeler	07
	With parent	03
	Total	65

1.2. Details of Staff

No	Type	No Of Staff
	Head Resource Teacher	01
	Resource Teachers (including Sign interpreter-1, speech therapits -1, counselor -1, Trainee teacher-1,)	09
	Non academic Staff (driver -3,) Cook -2, Care Taker -2)	07
	Physiotherapist	01
	Total	18

1.3 Types of Meeting

Meeting	Chairperson	Participants	Day and Time
Staff Meeting	President	All Staff	First Saturday 9.00 am - 5.00 pm
Team Meeting	Head Resource Teacher	Acaemic and Non academic Staff	Every Friday 4.00 pm - 5.00 pm
Parents Meeting	Particular Appointed Teacher	All Parents	Third Saturday 9.30am - 1.00pm
Drivers Meeting	Admin. Officer	Drivers	Every 3rd Saturday 9.30am -10.30pm
Security Meeting	Admin. Officer	Securities	Every 3rd Saturday 8.30am -9.30pm

1.4 Resource Teachers Training

No	Name of Training	Period training	No.of teachers
01	Yoga Therapy	14 Days	02
02	Integration Of Mental Health	5 Days	02
03	Handicraft work shop	2 Days	10
04	Teaching Method	2 Days	07
05	Primary eye care	1 Day	07

1.5. Physical Resources

Available physical resources

01.Land

02.Buildings including Kitchen unit, Physiotherapy Centre and two temporary learning spaces

03.Two Buses, Three wheelers and Motorbike

04.Furniture

05.Electric Electronic Equipment's - T.V, D.V.D player, Refrigerator, Computer & Printer

06.Children park

07.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 : Stuff Tung Tamils Aid (STA) Switzerland

SCOT UK

MIOT UK

Individuals

1.6.2 Estimated total Expenditure for the year - 10,192,154.50

1. Activities Related with Training

1.1 Bring the Children to the Centre by vehicles

1.2 Providing Breakfast

1.3 Morning Assembly

1.4 Daily Living Skills Training

1.5 Providing milk

1.6 Training to Learning group, Training group and Security groups

1.7 Providing lunch

1.8 Departure to the homes

2. Activities Related with Medical Rehabilitation

2.1 Annual Screenings

3.1.1 Annual Medical Screening

Annual medical screening were done by Dr.P.Ananthy, Dr.G.Senthan, Dr.S.Kajelan, Dr.V.Ingaran, Dr.S.Subenthiran, Dr.N.Srisaravanapavan from general hospital, Vavuniya and totally 75 children were medically screened.

3.1.2. Annual Body Mass Index (BMI) Assessment

Annual BMI test was done by Mr.Mejeya (PHI) from MOH office Vavuniya and BMI test was done for 75 children.

3.1.3. Annual IQ Testing

Annual IQ test was done by resource teachers for 75 children.

3.1.4. Annual physiotherapy assessment

Totally physiotherapy assessment was done for 11 children by Miss.V.Shiyamala (physiotherapist)

75 Children medically screened. One child was admitted in the mainstream government school and 10 children were admitted to vocational training conducted by SEED after screening.

3.2. Continues Medical Treatment

33children were attending medical clinics (17 children are attending more than one clinic)

Clinic	No.of Studnets
Eye	04
ENT	07
Dermatology	03
Medical	26
Speech	01
Dental	04
Pediatrics	04
Orthopedic	04

3.3 Nutritional Programme

The following nutritional programme was carried out for all students according to BMI Assessment

- a) 175ml milk per day
- b) Nutritional breakfast prepared by parents
- c) Nutritional Lunch prepared by the centre

3.4 Assistive Devices

Two children were provided with wheelchair, 02 children were provided with specials, and one child was provided with outhouses.

3.5 Providing Rehabilitation

- a) Physiotherapy - 11 children were given physiotherapy by physiotherapist in the physiotherapy unit newly constructed in ORHAN with well equipped. 03 children went under surgery according to the physiotherapist's prescription.
- b) Speech therapy - 21 children were given speech therapy by speech therapist
- c) Sign language – 04 children were taught sign language by sign interpreter.

4. Activities Related with Social Rehabilitation

4.1 Sports Activities

4.1.1 Colombo National youth council sports meet

10 children participated at the sports meet held on 21st & 22nd of march 2012. One child named Gayaththiry Thangaraja won gold medal in the event of boll throwing.

4.1.2 District youth sports meet

01 child named GayaththiryThangaraja participated in the district level sports meet held by National Youth Council in Vavuniya on 26.05.2012 the girl competed with non disable youth and won 3 gold medals from following all 03 events participated

01. 100m race

02. 200m race

03. Put shot

This champion girl qualified to participate in the national level sports meet and Participated the sports meet on 22-25 November 2012 but no places.

4.1.3 Dream Cricket

06 Children along with 03 CBR children totally 09 participated in the "Dream Cricket" games organized by Rotary club held in Colombo on 2nd of December 2012.

4. 2 Excursion

05 Local excursions were taken place within Vavuniya District

No	Date	Place	No of Student
01	25.01.2012	Vavuniya children park	66
02	23.02.2012	Kudijiruppuchildren park	56
03	26.03.2012	Veppankulam sivankovil & Ammapagavankovil	48
04	23.05.2012	Vavuniya children park	45
05	28.10.2012	Vavuniya children park, Rampaikulam Church	53

4.3 Students Forum

Student's forum was conducted once in a month.

4.4 Religious Activities

Morning assemblies were included four religion prayers. Saraswathy Pooja was celebrated on 23/10/2012

4.5 Cultural Activities

4.5.1 Entertainment programme by "Clowns without Borders"

47 students got opportunity to see the cultural performance of "Clowns without Borders" in Vavuniya on 9th of January 2012

4.5.2 TV Competition Reality Show

05 children participated in the first round TV Competition organized by National Youth Council and CNC TV and held in Colombo on 24.06.2012, 04 children were selected and participated in the second round hold on 07.07.2012 but not selected for 4th Round.

4.5.3 International Disabled day

25 children participated in the International Disabled day celebration-2012 organized by in the Department of education and held in Vavuniya on 17th November 2012. 08 children performed Dance programme at the event.

4.5.3 International Disabled day

05 children performed Dance programme in the International Disabled day celebration-2012 organized by in the NGO Consortium and held in Vavuniya on 03rd December 2012.

4.6 Parents Meetings

Parents meeting and Parents Siramathana were conducted on every third Saturday of the month. More than 44% parents were participated on every meeting.

No	Date	No of Participated Parents
01	21/01/2012	58
02	18/02/2012	51
03	17/03/2012	40
04	21/04/2012	53
05	19/05/2012	38
06	16/06/2012	43
07	21/07/2012	40
08	18/08/2012	37
09	15/09/2012	36
10	20/10/2012	41
11	24/11/2012	35
12	15/12/2012	39

4.7 Home Visits

Teachers visited to the homes for discussing with parents on every second and fourth Saturday. This was done as scheduled.

5. Activities Related with Economic Rehabilitation

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

- Candle Making
- Envelope Making
- Greeting cards Making
- Sewing work

Introduction of Occupational Therapy

According to the World Federation of Occupational Therapy, "occupational therapy is a profession concerned with promoting health and well being through engagement in occupation." Occupational therapy (also abbreviated as OT) is a holistic health care profession that aims to promote health by enabling individuals to perform meaningful and purposeful activities across the lifespan. Occupational therapists are health professionals that use treatments to develop, recover, or maintain the daily living and work skills of their patients with a physical, mental or developmental condition.

Occupational therapy interventions focus on adapting the environment, modifying the task, teaching the skill, and educating the client/family in order to increase participation in and performance of daily activities.

The role of an occupational therapist is to work with a client to help them achieve a fulfilled and satisfied state in life through the use of "purposeful activity or interventions designed to achieve functional outcomes which promote health, prevent injury or disability and which develop, improve, sustain or restore the highest possible level of independence."

Common problems seen by occupational therapists include stroke, developmental disabilities, work injuries, arthritis, traumatic injuries, dementia, other problems associated with aging, and psychosocial barriers to occupational performance such as depression, schizophrenia and personality disorders. In all settings the focus of intervention is to return the client to the highest level of function as possible. This may include performing activities of daily living such as dressing, grooming, bathing and eating. Adaptive equipment and other modifications

may be used to enhance performance in personal care, home management, meal preparation, and play or leisure activities. In addition to personal cares, the therapist assists the client in developing the necessary skills to manage everyday situations needed to live in the community and return to work.

Occupational Therapy for children

The purpose of occupational therapy is to help the child achieve or maintain their maximum level of independence and to develop practical life skills so that the child can participate to his/her full potential in the home and classroom environment. This occurs in partnership with the child's family or teacher within the child's home or school community.

The occupational therapists can provide services to children with a large range of difficulties, conditions and health needs including:

Children who have difficulty with:

- Classroom skills
- Co-ordination difficulties
- Fine motor skills
- Gross motor skills
- Handwriting
- Low self confidence
- Perception
- Self care
- Sensory integration and processing
- Spasticity

Children with the conditions:

- Acquired brain injury / head injury
 - Attention Deficit Hyperactivity Disorder (ADHD)
 - Autism
 - Cancer
 - Cerebral Palsy
 - Developmental co-ordination disorder (DCD) / Dyspraxia
 - Developmental delay
 - Juvenile arthritis
 - Learning difficulties
 - Stroke
 - Other neurological disorders
- Children with health difficulties:

- Complex needs
- Orthopedic problems
- Oncology issues
- Medical problems
- Mental health issues
- Neurological conditions
- Rehabilitation needs (e.g. recovering from surgery, trauma)

Pediatric Assessment

Occupational therapists do several assessments to find out children's functional level as well as the difficulties. Some children have significant difficulties to overcome and require extra support in some or all aspects of their daily life.

Hand Skills

Occupational therapists can assess any difficulties that children are experiencing with hand skills. These difficulties can affect many aspects of the child's life e.g. play, everyday activities of daily living, and participation in school and educational activities. These difficulties can be assessed using various screening tools which will lead onto personalized interventions and treatment plans appropriate to each child. Splints can also be used as part of the treatment, if needed.

Sensory Integration

Every day children receive a lot of information from their senses. The senses provide children with the information they need about their body and their environment. When all this sensory information flows in a well-organized manner, and the brain interprets it efficiently, it can be processed to form perception, behaviors, and learning. Children with sensory processing problems may have difficulties with; sleeping patterns, eating patterns, arousal, attention, skills acquisition, social interaction, play skills.

If a child is experiencing a deficit with an aspect of their sensory integration, i.e. it is not functioning efficiently; they may experience difficulties with simple tasks e.g. maintaining sitting balance when sitting in a chair, getting dressed or playing simple games. They are likely to be aware of these difficulties and

become frustrated when they see other children being able to perform these tasks easily. Occupational therapists use standardized tests to evaluate sensory integration and appropriate interventions and treatment plans can be carried out. These aim to improve the quality of the life of the child and improve their sensory integration functions. They should also improve their gross and fine motor skills, increase their self-confidence and self-esteem and improve their cognition, language and academic performance.

Activities of Daily Living

The occupational therapists assess children who are experiencing difficulties with activities of daily living, for example bathing, dressing, feeding, toileting etc. Treatment plans can be devised to help children become more independent in these activities as appropriate to their age.

Equipment and Adaptations for Independent Living

The occupational therapists assess children in their own home and prescribe and fit any pieces of equipment which will help them to perform everyday activities of daily living and improve their quality of life. Assessment and advice can also be given regarding any home adaptations that may be needed.

Handwriting and Organization of Work

The occupational therapists evaluate children experiencing difficulties with handwriting. This is usually done by evaluating written work samples, discussing the child's performance with their teacher and parents, reviewing the child's educational records as well as observing them directly whilst considering any other aspects that could be affecting the child's handwriting. Interventions and treatment plans will then be devised and carried out.

Pediatric Rehabilitation

Rehabilitation can be provided for children who have either spent long periods in hospital or are having difficulty due to a disability or injury. Conditions could include spina bifida, cerebral palsy, Down's syndrome, juvenile rheumatoid arthritis, cystic fibrosis, brain injury, spinal injury etc. Treatment plans are devised to increase the child's independence and improve their quality of life.

Mr.N.Thileepan Dip.(OT)

B.Sc. (OT) Student ,

Occupational Therapist,

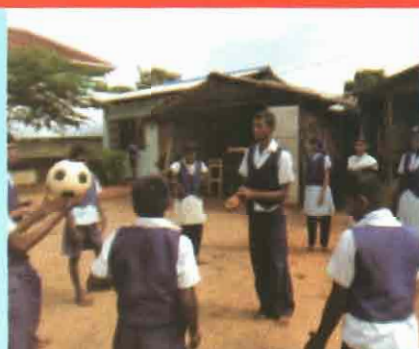
Rehabilitation Hospital,

Ragama

Bring the Children to the Centre



Morning Assembly



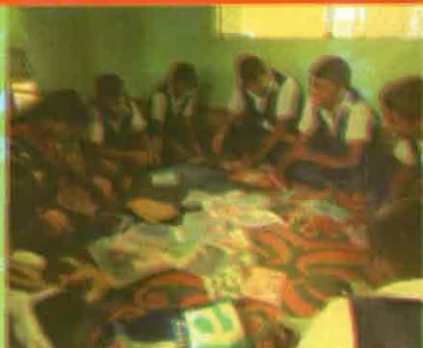
Providing Milk



Daily Living Skill Training



Training to Learning Group



Training to Training Group



Playtherapy



Home Garden



Vocational Training



Students forum



Providing Lunch



Departure to the Home



Training to Security Group



sign Language



Speechtherapy



Physiotherapy



Yogatherapy



Market



Annual Medical Screening



Annual Nutritional Assessment



Sports Activity



Sports Activity



Religious Activities



Home Visit



Perents Siramadhana



Perents Siramadhana



Cultural Activities



மர் துஷ்பிரயோகம் தொடர்பான
முறைபாடுகளுக்கு

Tour



Tour



Resource Teachers



Non Academic Staff



Cultural Activities



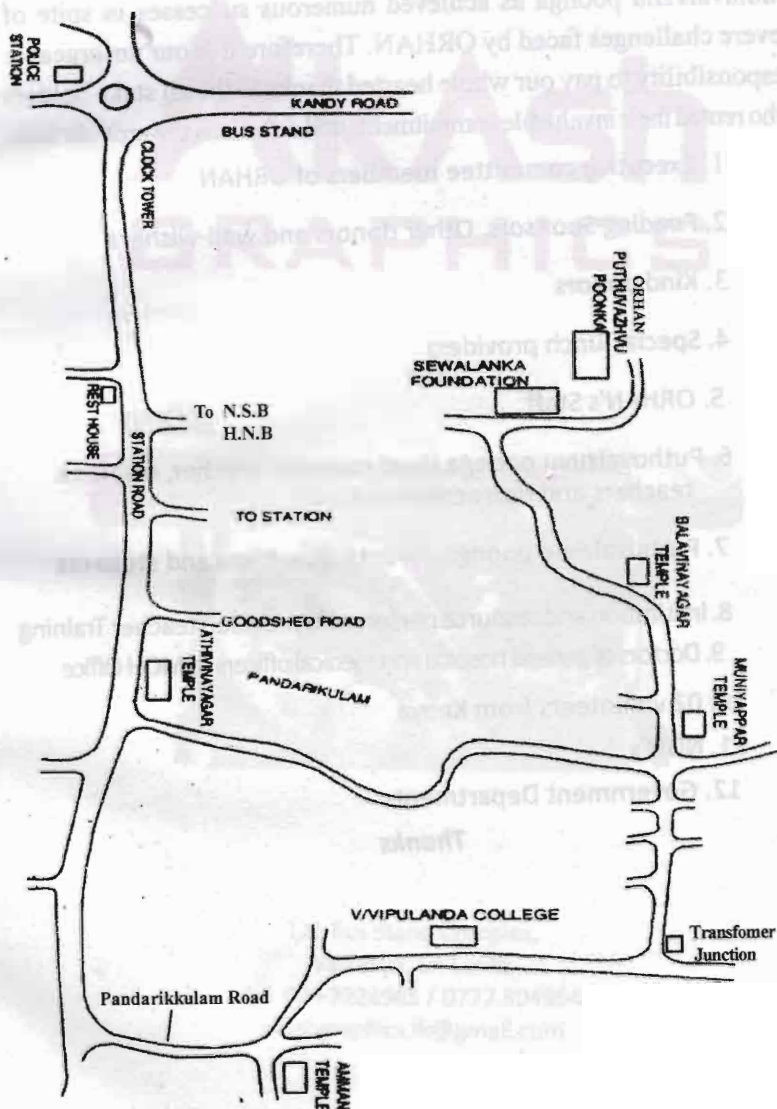
Visitors



Visitors



Location of Training Centre



Vote of Thanks

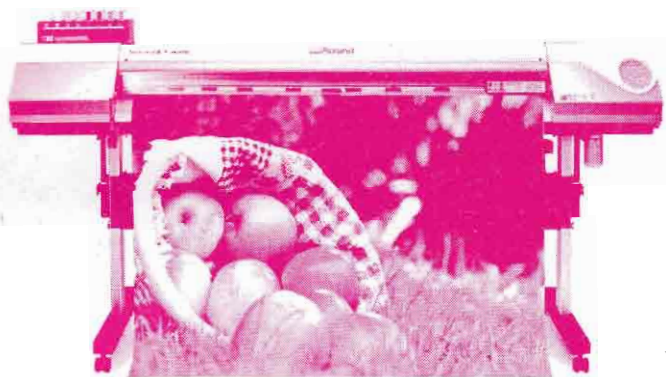
At this juncture of ending 9th year and entering into 10th year Puthuvalvzhu poonga as achieved numerous successes in spite of severe challenges faced by ORHAN. Therefore it is our unforgeable responsibility to pay our whole hearted thanks to the all stake holders who rented their invaluable commitments and devotions towards our kids.

1. Executive committee members of ORHAN
2. Funding Sponsors, Other donors and well-wishers
3. Kind donors
4. Special lunch providers
5. ORHAN's Staff
6. Puthuvalzuvu poonga Head resource teacher, resource teachers and non academic staff
7. Puthuvalzhvu poonga parents, guardians and students
8. Institution and resource person who provided teacher Training
9. Doctors of general hospital and medical officers of MOH Office
10. 02 volunteers from Kenya
11. NGO's
12. Government Departments

Thanks

Akash

GRAPHICS



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