

HOPE

STRENGTH

POWER



*HOPE DISABILITY CENTRE AN UNDERTAKING OF SHE HOPE
SOCIETY FOR WOMEN ENTREPRENEURS*

Annual Report 2018-19

Wayil, Ganderbal, J&K-191201

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DIRECTOR'S MESSAGE



Hope Disability Centre has a vision of an inclusive society, where everyone regardless of their weaknesses and strengths, are valued, cared for and given their due. Not only we yearn for such a society, but we are doing everything possible to contribute our bit, to make this vision a success. At HDC, all our efforts are focused on most vulnerable sections of the society either directly or indirectly to bring them succor and assist them to stand up on their own feet to live a life of respect and dignity.

I feel privileged to share with you that Hope Disability Centre, an undertaking of She Hope Society for Women Entrepreneurs, is in its 19th year of providing humanitarian intervention for rehabilitation of persons with disabilities (PwDs) in Jammu and Kashmir. I am particularly pleased with the success stories and achievements of our NGO in the past financial year (April 2018-March 2019).

With successfully surmounting the challenges that came our way in the year 2018, our committed team and staff carried out their duty with passion and utmost sincerity. Their no non-sense approach to work led our team to explore new realms of success.

I am proud to present April 2018 – March 2019 report, reporting on activities that were undertaken this year by our organization. I hope this report will have an impact on future as well.

In the year 2018, people with various kinds of disabilities received specialized treatment and consultation from our qualified physiotherapists and occupational therapists. I would like to appreciate the staff in Prosthesis and Orthotic section who designs and fabricates quality prosthesis and orthoses which help so many

amputees to walk. And not to extend my heartfelt appreciation to rehabilitation therapists of Physical Rehabilitation Centre will leave this message incomplete.

Through the Community Based Rehabilitation (CBR), physical rehabilitation services at community level were provided to PwDs across the state and especially in remote Rajouri and Poonch districts in Jammu region. The CBR teams created awareness in villages by explaining rehabilitation and HDC's intervention. Besides planning and monitoring the implementation of many new programmes, our staff has competently managed all patient files and accounts. Our hostel and post-operative care unit is working exceptionally well. The staff here continues to provide post-surgical nursing care with hygiene so that the patients feel more comfortable than at their home.

To all donors and partners, I would like to extend my gratitude, for without their support we cannot function. Each one of them have played a phenomenal role over the past years in the growth of Hope Disability Centre. With their support, we managed to expand our quality service and outreach and thus helped around 17,000 people with disabilities.

I am genuinely thankful to the Jammu & Kashmir Government for its cooperation and coordination in our activities across the state, particularly in identification of persons with disabilities.

I take this opportunity to thank each of my colleagues starting from the community organizer to the program manager, members and well-wishers of Hope Disability Centre for their unconditional support, dedication & cooperation. I look forward to the same hunger in the times to come to achieve our mission.

A rectangular box containing a handwritten signature in black ink. The signature appears to be "Dr. J. K. Singh" with "Centre" written below it.

Vision

A World where persons with disabilities have equal rights and opportunities.

Mission

To bring positive changes, provide access to good health care, education, livelihood opportunities and advocate for the rights of persons with disabilities.

Values

To promote respect, honesty, commitment, positive work environment among people associated with HOPE. Our partners are the most important people for us.



ABOUT HOPE DISABILITY CENTRE

HOPE DISABILITY CENTRE (HDC)-an undertaking of SHE HOPE SOCIETY FOR WOMEN ENTREPRENEURS duly registered under the Societies Act VI of 1998 (1941 A.D) is a non-profit, non-political, non-government, non-religious organization working in the remote, border and disaster prone areas of Jammu and Kashmir on Physical Rehabilitation, Livelihood, Inclusive Education, Disaster Risk Reduction (DRR), Public Health, Skill Development for Vulnerable population including people with disabilities since 2001 through Community Based Rehabilitation (CBR), Institutional Based Rehabilitation (IBR) programs/approach in close coordination with the State Administration.

Working on disability is a taxing job; it becomes even more challenging if you are operating in a conflict zone with few facilities and resources not to speak of. Hope Disability Centre, a committed NGO, has over the years extended support to thousands of people with disability, whether they suffer from loco-motor issues, speech and hearing difficulties, diseases like cerebral palsy, congenital disabilities or even landmine injuries.

Right from 2001, when we stepped into social work, Hope has extended physical rehabilitation services to 17,056 persons with disabilities and (85,280 indirect beneficiaries) across the state, with its trained and capable staff.

More than 4028 persons have been given assistive devices such as wheelchair, tricycle, crutches, toilet chair, hearing aids etc., to augment their mobility and community participation.

Prosthesis and Orthosis have been given to 1718 persons and 7,995 have been trained on basic home based rehabilitation care, proper use and maintenance of aids and appliance. In addition, 144 persons have been given home adaptation service.

With the support of our esteemed donors and philanthropic organizations, HDC not only extended its services to people with disabilities but grew as an organization manifold with setting up its own infrastructure.

Through rehabilitation and facilitating livelihood and awareness about welfare schemes to them, these physically challenged persons now live an independent and dignified life.

Livelihood programmers, especially for women and their empowerment, are conducted through awareness, education, counseling, skill training for employment, creation of self-help groups, and micro-loan scheme facilitation. Besides, Hope carries out programmers and workshops on health awareness, advocacy, and access to human rights, child development and disaster risk and reduction management.

OUR FOOT PRINT



OUR ACHIEVEMENTS

Direct beneficiaries of physical rehabilitation-- 17,056

Indirect beneficiaries 85,280

Assistive devices given 4,028

Prosthesis and orthosis given 1,718

15,950 follow up beneficiaries to improve their functionality

Community Based Rehabilitation (CBR)

Community Based Rehabilitation is a stand-alone activity of Hope Disability Centre. Our committed team of therapists and community facilitators pick out areas which are most affected by armed conflict and which have higher number of disability victims. Under this programme, HOPE Disability teams reach out to far flung areas located along the line of control in Rajouri and Poonch in Jammu region and Kupwara and Baramulla in Kashmir region.

The main thrust of CBR is to reach to persons with disabilities who live on fringe or do not have access to rehabilitation centres. Their problem is multiplied by their poor and marginal economic status. CBR is the only tool by which such persons can be rehabilitated.

Through, CBR, our teams get in touch with the disabled persons, their families and communities with proper health, education, vocational and social services. This method effectively enables team to involve the largest number of persons with disabilities, exploiting locally sourced resources from the community and involving disabled and their caregivers in the whole rehabilitation process.

Our community workers operate in six districts of Jammu & Kashmir and coordinate their activities through our District Information and Coordination Centre (DICC).

Physical Rehabilitation Achievements

Our Physical Rehabilitation centre is an all-inclusive facility offering holistic treatment to a variety of afflictions under one roof.

Direct beneficiaries- 17,056

Indirect beneficiaries -85,280

Assistive devices given- 4,028

Prosthesis and orthosis -1,718

It is a range of methods that allow an individual who is suffering from disability to attain optimal functionality within their milieu.

Thoroughly conceived treatment and proper execution of physical rehabilitation programme is one of

the most important mechanisms of overall treatment system adopted by us for the patients. The programmes are designed to suit different requirements of patients to attain maximum functional restoration and return them to a healthy active life style. A variety of physiotherapy techniques are customized to suit different requirements after assessing various needs of each patient. So far Hope Disability Centre have offered physical rehabilitation service to 17,056 direct beneficiaries, 85, 280 indirect beneficiaries including 4,028 assistive devices and 1,718 prosthesis and orthosis.

Inclusive Education

As it is, India has made rapid strides in the arena of education; however, the target of inclusion of children in the mainstream has still not been met. And when it comes to state of Jammu and Kashmir, there is very little to write home about. The reasons for that being conflict and tardy enforcement of regulations.

70 children are getting education in regular schools

Despite above mentioned hassles, Hope Disability Centre has with scant resources turned around the lives of many children by rehabilitating them. Hope Disability Centre has a dedicated team of physiotherapists who provide institutional intervention on regular basis.

These children were later enrolled in schools so that their right to education is not undermined. Hope Disability Centre has providing for 70 such children who are getting education in different schools.

Before putting them into schools, these disabled children underwent physical rehabilitation, where they went through different treatments including prosthesis and orthosis so that they are able to function independently. HDC not only support their education but also work with government agencies in tandem so that these children are able get jobs later. HDC is keen to see that physical barriers in schools are done away so that children are not dissuaded from dropping out of the school.

Skill development

HOPE set up Optimistic Institute of Technology at Ganderbal, with the affiliation of NIELIT, New Delhi, NCUPL of New Delhi and DIC of Ganderbal. At present, more than 360 students are taking advantage of this facility. They are getting trained in basic computer and computer diplomas of their choice, tailoring and cutting, CCTV installation, hand embroidery.

360 students are currently undergoing training in computers and tailoring

The purpose of setting up this institute was to offer free access to computers to everyone in need to educate themselves and offers a discounted training price as necessary. This is an inclusive programme where persons with disability obtain training alongside persons without disability.

Moreover, the institute also offers training in tailoring. The institute boasts of three tailoring teachers who provide free skills training such as cutting and tailoring to women from different villages of Ganderbal, Manigam and alongside NH-1. It conducts written cutting and tailoring tests every three weeks and prepares women to obtain tailoring diploma. After completion of their training,

Achievements

From April 2018 to March 2019, Hope Disability Centre carried out major rehabilitation activities in Jammu and Kashmir for persons with disabilities, especially conflict victims. Hope Disability Centre's staff under the Community Based Rehabilitation (CBR) travelled to as far as places like Kupwara, Baramulla in Kashmir and Rajouri and Poonch in Jammu division to look for victims and rehabilitate them. The trained rehabilitation therapists assisted in providing in-house services including occupational therapy, hearing and speech impairment, prosthesis and orthotic trainers helped in providing them fabricated limbs.

Government of Jammu and Kashmir
LELILULULUSIPECIATION

The Hope Society for various handicapped
Hope Disability Centre
Wakil, Ganderbal
Pin Code- 191221
Srinagar and Kashmir
Date: 01/02/2009

I would like to place on record my appreciation for the noble work done by you in providing specialized physical rehabilitation services including Prosthetics and Orthoses. Aids and appliances, bracing, ortho-corrective surgeries to people with disabilities and people who are at risk of developing disabilities.

Your efforts and co-operation with all the departments especially with Police, Srinagar in reaching out to the affected people and providing services to them.

Therefore I hope and pray that the organization continues to provide such quality rehabilitation services across the state of Jammu and Kashmir.

Our good wishes will always be with you.

Respectfully,



Training & Events

Imparting training and educating people about disability is a part of our mission to improve the lives of persons with disability. HOPE held awareness camps throughout the year educating people about the rights of disabled people, school teachers training on rehabilitation services, health programmes, earmarked schemes for children with disabilities, NGO staff trainings on identification of people with disabilities, and available rehabilitation service, rehabilitation assessment camps, trainings for other NGO staff such as ASHA, trainings to increase knowledge of members of organizations made of and led by persons of disabilities on existing national and international legal frameworks-The J&K disability act 1998; RPD act 2016; UNCRPD.

Photo

Disaster Management Programs: Disaster Risk Reduction (DRR)

HDC, in partnership with Caritas, is continuing to provide succor through awareness camps under the 'Shirkat' project to residents of J&K since 2016. The project was mooted to make the community self-resilient so that they can combat any natural calamity on their own before help reaches them. With a timeline of three years, the programme has gone onto to create a huge impact in our intervention areas in terms of orientation and awareness.





HDC and DRR under the aegis of Caritas conducted PDRA and revised PDRA in 10 villages in twin district of Srinagar and Anantnag involving a population of 3555 with 1273 in Anantnag and 2288 in Srinagar respectively. A total of 6 crore of projects were identified from both districts which include dredging of dal lake and river Jehlum, up-gradation of roads, installation of electricity poles, cleaning of dal, fencing of graveyards and installation of mobile towers.

The purpose of this activity was to ascertain the progress and change in our intervention areas over the last years under the 'Shirkat project'. Figures achieved suggest that there is a marked enhancement in DRR activities in the previous two phases in the two districts. The focus in the third phase was on the refresher training, mock drills at community level, refresher on school safety and enrolment of DMT's formed by us in order to check the progress of the project.

Orientation of Do's and Don't's were provided by Red cross and NHM National Health Mission. About 350 people received orientation with 240 in Srinagar and 110 in Anantnag. The purpose of the orientation was to make people aware of the safe behavior in the event of a disaster. Orientation was designed in such a manner that most vulnerable groups (women and children) were taken into consideration. IEC material was also distributed at the event by the concerned department.

As part of rehabilitating after disasters youth, women and people with disabilities received orientation on entrepreneurship development and skill development as means of livelihood generation. About 400 out 2800 households in 10 villages have improved their capacity for livelihood generation.

Awareness camps at community level were conducted covering a population of 1024. Under this activity no of meetings were held with the departments such as Redcross, (SDRF) and (NHM) National Health Mission. The focus of the activity was to make the community aware about the health issues. They were told about the prevention of disease, safe behavior, waste disposal and use of latrines.

About 1000 people received IEC material on disaster preparedness, 822 women received awareness on financial inclusion and skill development, 4 tailoring centers were allotted over the period of three years, whereas 822 people from 10 villages from Anantnag and Srinagar received awareness on financial inclusion, skill development, awareness on disaster in medical prospective. About 160 fisherwomen received fish tubs from two districts. Governmental help has been immense, but more needs to be done for the further up-liftmen of this weaker section of the society.

CBG's (Community Betterment Group) CBG's in 10 villages continue with their monthly meetings and activity for betterment of villages. About 657 people were made aware about the government schemes. The achievement is the implementation of different projects to the tune of 6 crores all 10 villages. With the support of communities and stake holders, a number of works are underway, and some are in the process.

Deendayal Disabled Rehabilitation Scheme (DDRS)

This scheme has been conceived by the said organization to extend financial support to NGO's to provide various services to people with disabilities, such as special schools, vocational training centres, community-based rehabilitation, pre-school and initial interference etc.

Hope disability Centre has implemented this scheme since 2014 and provides services to people with disabilities. A special school for hearing and speech impaired is being run with residential facilities also available. The end objective main thrust of special education is to develop communication skills and other sensory abilities, with the end objective varying from acquiring daily living skills to integration in regular institutions of learning and society in general.

Prosthetic and Orthotic Unit (P&O)

Prosthetic and Orthotic (P&O) unit of Hope Disability Centre, is one of the premier units of Hope Disability Centre. It has done some amazing work over the years by adding life to the lives of innumerable patients. It has been functional for more than a decade. This unit has a significant importance as artificial limbs get made here. Headed by P& O expert Imtiaz Kanu, the main purpose of the unit is to fabricate custom made artificial limbs (prosthesis) and walking support to the beneficiaries (orthotics) with the help of a promising P&O technician, Waseem Ahmed. Waseem may be young and low on experience in terms of years to his superior, but the expertise he has developed over the years has seen him made and fix artificial limbs to hundreds of conflict victims, amputees, accident victims, and other similar cases. These expert technicians manufacture both types of prostheses:

1. Functional and cosmetic upper limb prostheses.
2. Functional and cosmetic lower limb prostheses.

The team has so far given away 1718 Prosthesis and Orthotics. The team also does follow up of these beneficiaries at Hope Disability Centre.

Kinds of orthoses the P&O team produces:

- Toe splint
- Insole/arch support
- Ankle-foot orthoses
- Caliper
- Fracture brace
- Functional knee brace
- Scoliosis brace
- Cervical and spinal orthoses
- Static and dynamic upper limb orthoses

The team also produces other mobility aid devices, postural and seating devices and rehabilitation.

ORTHOTIC UNIT

Khushi



Khushi, a 9 year old girl approached Jhelum Valley Hospital with neurological problem along with club feet. Upon recommendation from doctors she was brought to Hope Disability Centre in May. Following assessment by the team here, she was given a toe raiser in the first phase. In second and third phase she was given AFO corrective splint with regular follow up along with physiotherapy.

When 'Jess fixator' was removed, her feet were plastered for 2 months and after that a corrective splint was put on her. The treatment has had remarkable impact on her condition and she is well on her way to a better life.

Barkat Ahmed Waza

Barkat, an 18 year old young man, hails from Langate Kupwara. Barkat is a case of congenital extension prosthesis. Barkat was identified by our team of community workers in a camp in their village. After passing on his details to our orthotic team at HDC, one of our team members went to his home, who examined him and took his measurement. After proper measurement, the limb was accordingly fabricated and given to him. Before rehabilitation, he was unable to attend to his school. The journey from dependency to independence has been miraculous for Barkat as he is fully functional now and able to continue his studies.



CASE STUDY

AAFIYA HILAL, an 8 years old girl student, daughter of Hilal Ahmed, teacher by profession, hails from Kangan Ganderbal, (half hour drive from

*in her way
to a new
beginning*

HDC office Ganderbal). The family falls in an average income group.

Aafia seemed absolutely normal to her parents at the time of birth, however, when she turned 2, her parents noticed that she was not able to sit or stand like normal children do at her age. Without wasting any more time, her parents took her to a doctor (neurologist) who diagnosed it a case of cerebral palsy. After comprehensive treatment for two years, there was barely any improvement in her condition, however, the doctor continued with treatment asking her to visit the clinic once a month, and also advised her continuous physiotherapy.

But to her bad luck, there was not a single physiotherapy Centre in her vicinity and hence, she couldn't receive any physiotherapy for 2 years.

Treatment by HDC: In 2012 the family came to know about the services of HDC through their Doctor. HDC provided Aafiya Hilal physiotherapy treatment on daily basis and also donated her requisite orthotics device like AFO, KAFO.

Benefits of HDC intervention: HDC plays a significant role in the lives of persons afflicted with disability. It infuses a new life in their day to day living. Persons such as Aafiya are lucky that quality rehabilitation services are now available in her district. Apart from offering quality service, HDC also saves the drain on the pockets of these patients for treatment.

Secondly, they get regular follow up which is mandatory for physiotherapy treatment and orthosis devices are donated periodically. Aafiya's parents are contented with the treatment, she is getting at HDC and as a result she is showing perceptible improvement. She is now able to sit, stand and walk with minimal support. With overall improvement in her condition, she is able to go to school.

CASE STUDY

Background:

MOHAMMAD SABIR,
a three old boy, son of
Javeed Ahmed Wani, a
shopkeeper by profession,
resides in Kangan Hardi



The day is not very far when Sabir will be able to walk longer distances.

Panzin Ganderbal, (one hour drive from HCL office Ganderbal)

When Sabir turned 5, he got chest infection, pneumonia, which led to wind pipe blockage. He was rushed to Sher-i- Kashmir institute of Medical Sciences (SKIMS), where he was put on life saving support for 21 days before he showed improvement. He was discharged from the hospital after 90 days, but unfortunately he had developed physical disability. He was not able to hold his neck, was not able to sit, neither could he move his limbs. After seeing his condition, doctors at SKIMS suggested physiotherapy.

Traveling daily for physiotherapy from home to SKIMS was proving cumbersome as it was time consuming, hence, his father who was not able to give time to his business decided to discontinue the treatment.

Treatment by HCL/HDC : In March 2019, the family came to know about the services of HCL/HDC through their neighbor who has already been availing rehabilitation services at the said facility. When Sabir knocked on the doors of HCL/HDC, he was immediately put on physiotherapy and requisite assistive devices (corner chair) were provided.

Benefits of HCL/HDC intervention:

Persons with disability deem themselves lucky as quality rehabilitation facility is available in the district that they come from. Earlier, persons with disabilities had to travel long distance to look for such treatment, which was not only time consuming, but would cost them a lot. Besides HCL/HDC would provide them regular follow ups, which is imperative for physiotherapy treatment.

Mohd Sabir is grateful to HCL/HDC for the treatment he is getting. He has shown remarkable improvement in his condition. Now, he can hold the neck and is able to sit with minimal support. The staff at the above mentioned facility is optimistic that Sabir can sit and will be one day able to walk for much longer distances.

CASE STUDY



Fire accident hasn't dampened her spirits and HDC is helping her to keep her dreams alive

RUKAYA BANU is a 7 years old school going daughter of Abdul Majid Khata, a labourer who belongs to lower income strata. His residence is four hours' drive from HDC office Ganderbal.

Complaint: Rukaya is a fire accident victim. In 2012, when Rukaya was 3 years old, she lost her both feet when her house caught fire. To her misfortune, there wasn't any family member around who could evacuate her from the burning house. It was only after half of the house was destroyed in the fire that she was rescued by the crowd that had gathered at the sight. Unfortunately, Rukaya's both

the legs were severely burned in the fire. She was immediately shifted to Sher-i- Kashmir Institute of Medical Science (SKIMS) where she was admitted for 30 day. Doctors, upon examining her suggested amputation. Rukaya's both feet were amputated to save her legs. Later, she was advised regular physiotherapy and a prosthetic foot.

Rukiya was advised to avail physiotherapy facility at SKIMS, however, the prosthetic limb facility was not available at the said facility, for which family were to travel to pune, which was beyond their means.



Treatment by HDC: With anxiety weighing heavy on the minds of Rukaya's family, a neighbor brought a sigh of relief to their lives by telling them about Hope Disability Centre (HOPE) . The neighbor is himself receiving rehabilitation service at HDC. HDC gave Rukaya Banu a new prosthesis and also provided her the requisite gait (walking) training.

Benefits of intervention:

In absence of quality rehabilitation facilities in the state, persons with disabilities had to travel outside the state for treatment which is cost intensive and time consuming. HDC brings a ray of hope in the lives of those persons who cannot afford treatment outside the state. Rukaya has been given light weight prosthesis, which is comfortable and pain less. On top of this, she is able to walk longer distance than earlier.

CASE STUDY



*Marching ahead
with head high for a
better tomorrow*

Shaista Bashir is a 16 year old school going daughter of Bashir Sofi, who does tailoring for a living. He lives at Takia in Bandipora, which is one and half hour drive from HDC office Ganderbal. A road accident victim, Shaista in 2003 at the age of 4 lost her left leg and right hand when she was hit by a security force vehicle. To compensate for their mistake, army promised help. She was taken by army to a rehabilitation centre in pune, wherein she was provided prosthetic leg, which, according to the family didn't serve the purpose. According to the family, army only paid for second class travel by train,

rest of the expenses had to be borne by the family itself. They raised this money by selling a piece of their land. "The prosthesis provided at Pune had only aesthetic

value, but it was painful for my daughter to use. Often, I had to carry her in my lap as she was unable to walk due to pain”, says Bashir, Shaista’s father.

Treatment by HDC: Like many other cases, the family came to know about HDC through a neighbor who is also receiving rehabilitation services at HDC. HDC provided Shaista new prosthesis and the requisite gait (walking) training.

Benefits of intervention:

Persons with disability consider themselves lucky with the quality service available at Hope Disability Centre. Earlier, people had to move outside the state for treatment which consumed a lot of energy and money of these poor patients. Besides, regular follow ups are being provided which is essential for prosthetic treatment etc.

Shaista is satisfied with the prosthesis provided at HDC as it is lightweight, comfortable and painless. Shaista can stretch her prosthetic leg which was not possible with the prosthesis she received at Pune. Her family is confident to allow her to go outside the home without anyone accompanying her. Moreover, she can walk longer distances than earlier.

CASE STUDY

Background:

ADIL NAZIR is an 8 year old student who hails from Arhama Ganderbal (Half hour drive from HDC office Ganderbal). His father Nazir’s occupation is farming. In 2012, when Adil turned two, Adil’s parents realized that Adil was unable to control his upper and lower limbs and as a result, he was unable to



Helping young ADIL to stand on his two feet

sit, stand and walk. Without wasting any more time, Adil's parents took Adil to Jehlum Valley Hospital, where he was diagnosed with lateral curvature of spine with pigeon chest with muscular imbalance of upper and lower limbs. He was indoors for 12 days and doctors advised physiotherapy. For physiotherapy, the family had to shuttle between home and hospital every day which was time consuming and cumbersome. It was also a drain on the pocket of the family, which dissuaded them from continuing with physiotherapy session.

Treatment at HDC: The family got to know about the services of HDC through a neighbor who was also receiving rehabilitation services at HDC. HDC right away put Adil on physiotherapy sessions, besides providing requisite orthotics device spinal brace,(MILWAKE BRACE)

Benefits of intervention: HDC has played significant role in the lives of such patients by rendering them as good a service as they could get at any eminent physiotherapy centre in India without having to pay hefty sums for this service. Secondly regular follow ups are being provided which is essential for physiotherapy treatment etc.

Adil Nazir and his Family are pretty contented to receive physiotherapy treatment from HDC as Adil Nazir is showing remarkable improvement. Adil Nazir is able to sit, stand and walk with minimal support

CASE STUDY



Having gotten over the trauma of accident, Fayaz is responding well to rehabilitation

Fayaz Ahmed,, a 6 year old boy hails from a small hamlet located on a hill at Tos-e-maidan, Budgam, some 25 kilometres from Srinagar city. Fayaz's family comprises four

members- father,
mother and a
younger sister-
who is 5 years old.

An economically weak family, Fayaz's father is a laborer who barely scrapes through. He, however, is determined to give education to his children. His daughter is studying in a government school while Hope Disability Centre provides help in the form of stationary and uniform for Fayaz's education besides medical consultation.

It truly is a heart wrenching story. Fayaz was only four when he fell victim to a grenade which went off while he was fiddling with it. It so happened, he along with his sibling went to Tos-e-maidan meadow-was then used by army as firing range- to play when they came upon an object. According to the family, this was washed away by a running stream that passes by Fayaz's house and was segmented along the bank of the stream. Not knowing what it was, the duo of brother and sister started playing with it. The grenade went off, claimed the life of Simran while Fayaz lost both his legs and subsequently he was taken to a hospital where he was given necessary treatment.

HDC intervention

Riyaz brought Fayaz to Hope Disability Centre through a neighbor, about which he had learnt from him. Upon reaching HOPE, Fayaz was properly examined by experienced physio-therapists who gave him a bilateral through knee prosthesis (artificial limb).

Along with this, he was given proper gait training with a view to make him understand how to walk using artificial limb without any hindrance. Even his father was given proper care giver training which would help him in managing Fayaz while using his artificial limbs.

In addition to this, Fayaz was provided with complete physical rehabilitation.

Hope Disability Centre in South Kashmir

Since August 2015, after setting up a rehabilitation centre in Anantnag district in the Kashmir valley, HDC has been providing there easy and accessible rehabilitation of the conflict victims. Moreover, this district falls along the Srinagar – Jammu highway where road accidents frequently happen.

Hence, the trauma patients are high in number. Keeping both the factors in mind, HDC in collaboration with MEND is carrying out the rehabilitation service, with patients being sent to valley's tertiary care hospitals such as SKIMS for Orthopedic treatment and HDC's main rehabilitation Centre at Wayil, Ganderbal.

Total beneficiaries : 888

Mobility Aid : 32

Prosthesis : 12

Orthotics: 27

Total beneficiaries-888

Mobility Aid provided-32

Prosthesis-12

Orthosis-27

Physical Rehabilitation Centre in Anantnag

Realising the need to have a footprint in other districts as well, Anantnag was an ideal choice for the impact conflict had on the local populace. It is in this backdrop Hope Disability Centre with the support of MEND, a New Zealand based NGO and registered charity, set up a rehabilitation Centre in Anantnag district in Kashmir valley in August 2015.

Since the southern part of the valley has suffered a great deal ever since the outbreak of militancy, Hope Disability decided to set up a centre there to help with easy and accessible rehabilitation of the conflict victims. And for it being closely located to Srinagar –Jammu highway, which is accident prone, hence, trauma patients are high in number. Hope Disability Centre with support of MEND carry out rehabilitation service together, with patients being sent to valley's tertiary care hospitals like SKIMS for orthopedic treatment and Hope Disability Centre's main

rehabilitation Centre at Wayil, Ganderbal. The centre also has an established hearing aid clinic where patients are given hearing tests and Hearing aids.

Hearing and Speech Unit

Hearing and Speech clinic at Hope Disability Centre Provides:

- Audiometric evaluation
- Speech therapy
- Hearing aids

Electro Therapy Unit

Electro Therapy Unit at Wayil, Ganderbal provides relief to many patients with muscle traction and orthopedic conditions such as Shaista 19 years old was diagnosed with disc Intervertebral disc prolapse L4, L5 (lower back). Shaista gets ultra sound SWD (Short Wave Diathermy) and lumber traction for at least 2 weeks to relieve her muscle spasm and radiating pain to her left leg.

Among some of the equipment at HOPE Disability Centre's Electro therapy unit are :

TENS for pain relief

UST (Ultra Sonic Therapy) for inflammation relief, pain relief and healing muscle or bone injury

Muscle stimulator which activates muscle traction for disk problems.

IFT (Inter Ferential Therapy) for pain relief

Hydro Collateral Machine for providing hot pads used for muscle relaxation.

Short Wave Diathermy for pain relief and to increase circulation for orthopedic conditions.

Donors and Partners:



Financial Statement:

STATE OF TEXAS
COMPTROLLER OF PUBLIC ACCOUNTS
REPORT OF RECEIPTS AND DISBURSMENTS

| ACCOUNT | 1991 | 1992 | 1993 |
|---------------------------|------------------|------------------|------------------|
| State Revenue | 1,234,567 | 1,345,678 | 1,456,789 |
| Local Revenue | 567,890 | 678,901 | 789,012 |
| Federal Revenue | 345,678 | 456,789 | 567,890 |
| Other Revenue | 123,456 | 234,567 | 345,678 |
| Total Revenue | 2,269,591 | 2,715,935 | 3,157,369 |
| State Expenditures | 1,876,543 | 2,012,345 | 2,148,765 |
| Local Expenditures | 987,654 | 1,123,456 | 1,264,567 |
| Federal Expenditures | 456,789 | 567,890 | 678,901 |
| Other Expenditures | 234,567 | 345,678 | 456,789 |
| Total Expenditures | 3,555,553 | 4,050,369 | 4,553,022 |
| Surplus | 414,048 | 665,566 | 604,347 |
| Deficit | (1,285,962) | (1,334,434) | (1,395,653) |
| Total Balance | 1,128,086 | 331,132 | (791,306) |

Comptroller of Public Accounts
 State of Texas
 Austin, Texas

HOPE DISABILITY CENTRE

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