

ANNUAL REPORT 2022-2023



**SUBHIKSHA
VOLUNTARY
ORGANIZATION**

Because We Care..!!

Subbhiksha Voluntary Organization

H.No: 17-153/2/WP

Annapurna Housing Society

**Mahendra Hills, East Marredpally,
Secunderabad-500026. Hyderabad,
Telangana, India**

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Thank You Note

The year 2022-2023 was blend of both the opportunities and the challenges. It forced us to introspect into who we are and what we are here to do. We had strategic capacity building workshop on effective report writing and Budgeting to update practical skills. The core leadership team participated to prepare ROADMAP for the year 2023-25 , strategic direction for next phase of Subhiksha. As we step into 15 years of Subhiksha, its time of many changes and opportunities within organization and outside. I hope these changes will help us to emerge stronger towards our journey for inclusive and holistic development for children with and without disabilities. This annual report tries to summarise all those challenges and experiences. It is not only a moment of recall for Subhiksha, but also an opportunity to communicate to our supporters and stake holders who have stood by us through the journey. Thank you!

Founders' Voice

The year that passed was an extraordinary year with many colours. To keep our motto at the centre of our activities, we began to provide Homebased care, Community based Rehabilitation, counselling and therapies to children with disabilities. We transitioned back to our full capacity of providing services. We work in the sphere Health, Education and Skill Training delivering a plethora of services. Our services include parents and childcare, early assessment and therapeutic activities, parent training, special schools, vocational training, life skill training, home base education. We have come a long way since our beginnings, moving ahead year by year, changing lives, bringing hope and happiness. Here we are sharing stories which kept us going forward during the tough times and transition.

We have continued our work on the underprivileged Special children and youth. So the year, I would say has been a mixed bag of experiences- some good, some encouraging and little bit challenging also. When I look back, I feel to come out more resilient in dealing with difficult situations. I strongly acknowledge the contribution and support from the donors who stood with us in the crucial situations.

Objective

Subhiksha aims to promote welfare, care and rehabilitation for the special children and ex-posed intellectual disabilities children to arts, sports and music, so that they also get to experience a holistic model of education. While addressing the education component, Subhiksha also intends to use its access to children, to introduce simple health initiatives that can prevent children from being susceptible to infections and diseases.

Our Vision

Every child must get an equitable chance at good quality education

Our Mission

Our mission is to make a difference in the world of disability. We believe in human potential and its expression. Our emphasis is on education and its accessibility, regardless of caste, creed, race, religion and ethnicity. We educate and empower children with special needs to lead dignified, successful lives in the mainstream society.

WHAT WE DO

We work with Special Children, adolescents, and grownups with special conditions such as

- Cerebral Palsy
- Mental Retardation
- Slow Learners
- Autism
- Down Syndrome

Our work focusses on

Support the families of Special Children by enrolling them in Open Basic Education of National Institute of Open Schooling.

Provide Continuum of care to these children on a long term basis.

Help the children and adolescents to become more self reliant through Life Skills Building and Therapeutic interventions.

Summary of Activities organised in 2022-2023

Subhiksha Special School is a day care center catering to differently abled children and providing rehabilitation and intervention services for Mental Retardation, Cerebral Palsy, Autism, Multiple disabilities, Downs Syndrome and slow learners.

Subhiksha is working on various aspects in the field of disability such as Community based rehabilitation, therapeutic interventions and academic intervention comprising of Open schooling (NIOS). We work with special Children in a multi-dimensional approach for people with disabilities. We aim to help enhance the quality of the lives of our Special Children.

Major facilities and therapies available at Subhiksha :

Special Education

Academics (through NIOS)

Customized Program for Each Child

Therapy Unit

(Physiotherapy, Occupational Therapy, and Speech Therapy)

Day Care Facility

Friendly and Caring Staff

Computer Training Classes

Vocational Training (NIOS)

Recreational Classes (Dance and Yoga)

Sports

Special Education :

The Special education services of Subhiksha encompass a range of learning opportunities for children with disabilities, primarily with cerebralpalasy, intellectual disabilities, downsyndrome that plays a vital role in the planning of their future life. The special educator maps out the appropriate strategy for each child aiming at the current and future progress by involving the parents in all stages of the teaching-learning process. Group teaching and individual need-based teaching cover the overall area of learning. The team of teachers made efforts to deal with children with disabilities and their one-to-one session including guiding, counseling, sharing issues and motivating. The special educators prepared small tasks aiming long term goals of each child and trained their parents to accomplish it. In this academic year, a total of 85 students with different types of disabilities were provided special education services to mainstream them in learning and development process. A total of 23 new admissions took place in this academic year.

Community Based Rehabilitation

Community Based Rehabilitation include the interventions which is applied in 5 Slum Communities of Telangana. Subhiksha endeavours to promote human inclusion by providing rehabilitation care, support the practice of education, strengthen economically the needy and advocate for social rights of children/persons with disabilities and families with socio-economic disadvantage. With the aim to carry out these benefits for target groups, projects have been implemented on the key components (Health, Education, Livelihood, Empowerment) of the Community Based Rehabilitation (CBR) matrix from the World Health Organization (WHO). In order to provide rehabilitation services at door steps in the community, a resource centre has been developed for extremely poor children with disabilities. Our CBR team of around 15 people of diverse background has worked in the areas in collaboration with volunteers, local supporters and therapeutic staff members for social transformation of mainstreaming disabled and marginalized children through education and therapies.

Services at Centre

The rehabilitation services of Subhiksha aim to optimize the functional skills of children and youth with disabilities, making it less challenging for them to cope with the various demands of their environment. Subhiksha delivers rehabilitation services to children and persons with disabilities via a team of multidisciplinary professionals. Subhiksha treats children with movement disorders, speech and communication impairments, cognitive impairments and impaired social interaction, as well as a broad range of other developmental disorders. High quality services are delivered including physical therapy, special education, speech/language therapy, psychological and medical evaluations/interventions. The rehabilitation programme includes the screening and identification of children with disabilities, comprehensive assessments of complex individual needs, and the development of individual rehabilitation plans (IRP), all carried out by a multidisciplinary team with the aim of maximising the potential of each child. Most of the families availing services belong to poor social and economic backgrounds.

A total of 85 children received services in the period between April 2022 and March 2023. A transdisciplinary approach is followed, keeping family and child at centre. Every new registered child has gone through a comprehensive assessment by multidisciplinary professionals according to the need of the child. Children with different developmental disabilities were followed up. During the follow-up sessions, the team demonstrated the therapeutic activities to the child and his/her parents according to the IEP.

The team of audiologist and speech/language therapist, special educator, physiotherapist, occupational therapist, psychologist and neurologist interacted to address the issues of parents and children with cognitive impairment and other neuro developmental disabilities. It motivates parents to become more involved in their child rehabilitation programme. Home-based activities were designed for each child on the basis of his/her individual needs.

The programme provides an opportunity to the parents of children with disabilities to observe the therapy sessions provided by different therapists and also practice the same in front of them. The aim of this programme is to train parents so they can participate in the rehabilitation process of their child. It helps the child to become independent to some extent. The duration of intensive therapy session is 45 minutes daily by each therapist (speech therapy, physio therapy and special education) for one week and repeated after 1-2 months, depending on individual needs. During this reporting tenures 65 children with disabilities received regular intensive therapy.

1. Therapeutic Services

- a. Physiotherapy
 - b. Occupational Therapy
 - c. Speech Therapy
 - d. Psychiatry and Counseling
 - e. Performing & expressive arts (Dance and Music)
 - f. Sports
- A. Physiotherapy can go a long way in helping children with their movements and help develop weak muscles. Based on the individual rehabilitation plan physiotherapists plan the schedule for every child. The therapists work closely with each child and also assess the need for aids - such as standers, walkers, wheelchairs or any other orthotic devices. The various interventions aim to
- Strengthen and recuperate weak muscles
 - Ensure mobility with programs such as using walkers and wheelchairs
 - Help the child and family to become familiar with the equipment
 - Facilitate to achieve the desired goals through manual therapy, frame standing, standing bars, parallel bar training, balance training,
 - muscle stimulator etc
 - Advice supplementary home activities to family members and caregivers after training them.
- B. Occupational Therapy with multi-sensory integration : Occupational therapy promotes the health and well being of individuals. Developing skills that are a must for daily living is the main objective of this intervention. Designed to improve basic motor functions and reasoning skills, thus the programme helps prevent permanent loss of functions. The intervention uses methods such as multi-sensory stimulation and integration to :
- Help eat properly through oral-motor exercise
 - Improve motor skills by picking and releasing small objects
 - Teach new activities through imitation techniques
 - Tone up body balance through exercise like climbing stairs, jumping etc
- C. Hearing and Speech Therapy : The most important goal of speech therapy is to provide state-of-the-art therapy facilities free of cost to the disadvantaged population to whom these services are either not available or too expensive. The main area of focus is to improve the child's existing disability through individualized therapy sessions thereby making them as independent as possible which is an important step towards social inclusion and acceptance.

Everyone likes to express. However it doesn't come very easy to our special children, This intervention helps in improving speech of the children and their ability to understand and express.

Our therapist work to:

- Test hearing ability of children
- Identify difficulties in articulation, fluency, resonance, or language disorders

Demonstrate the right sounding words and practice with children to follow the same

- Ensure proper mouth coordination to produce sounds to form words and sentences
- Help with voice volume regulation
- Address language disorders to help children express their thoughts
- Practice with Speech Trainer to develop children's speech

- D. Psychiatry and Counseling : Counseling is an extremely crucial part of the rehabilitation process. Children and parents are both counselled. This intervention helps address the fears and needs for both. Since the parents and the children struggle with challenges in everyday life, acquiring new skills also leads to improvement in quality of life of the children as well as the parents.
- E. Performing and Expressive Arts : Dancing and singing has been an integral part of human society. It is a great way to bond and has good health benefits. This dancing and singing not only helps improve muscle tone, spatial awareness and kinesthetic sensations but also facilitates with social skills.
- F. Sports: The sports programme enables children to learn things like following instructions, waiting for their turn, develop alternative solutions. This has further enhanced the confidence level of the children.

Under events all the occasions like Independence Day, Republic Day and festivals like Holi, Diwali and Dasara were celebrated.

Independence Day and Republic Day Celebrations

The National Flag was hoisted in Subhiksha school on the occasions of Republic Day in the presence of Mr. Pondi Kishore Kumar, Director and all the staff members. Our children participated in the competitions and also cultural activities.

Children's Day

Sports competitions, singing and dancing were some of the programmes that made the children feel immense joy on the occasion.

Our sincere thanks to our donors for their timely support!

Sl.No	Corporate Donors	Individual Donors
1	Hyundai Motor India Engineering Private Limited, Madhapur	Dr. Kameswara Rao, Safilguda
2	Cybage Software Company Private Limited, Gachibowli	Mrs. Samrajyam, Banjara Hills
3		Mr. Goverdhan, Kondapur
4		Mrs. Sirisha, East Marredpally
5		Dr. Chitti Subramanyam, Somajiguda
6		Ms Lss Sujatha, Jubilee Hills
7		Lss. Jyothi, Shankarpally
8		Ms S Geetha, Endowments Department
9		Mrs. Seetha Mahalakshmi, Himayathnagar
10		Mr. LS R Murthy, Dilsukhnagar















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Thank You Note

The year 2021-2022 saw challenges and also lot of learning and relearning due to the Coronavirus pandemic. While dealing with the after effects of Covid like everybody we had to get into the online mode for our children. But the challenges were little different in our case as the parents had to be with the children during online sessions. Initially there were less number of children and the number grew as the parents and children got used to online mode. Finally the physical classes resumed fully this year, we found that most of our children had fallen behind in their learning. So we came up with fresh development plans and devised the schedule accordingly. This experience gained helped us to move further with new learning curve and adjustments. This annual report tries to summarise all those challenges and experiences. It is not only a moment of recall for Subhiksha, but also an opportunity to communicate to our supporters and stake holders who have stood by us through the journey. Thank you!

Founders' Voice

The past few months in the post Covid situation there was a transition of classes from online to offline mode. Finally when the physical classes resumed fully this year, we assessed that most of the children has fallen back in their learning levels. We restarted with them and there was fresh assessment for every child even though most of them have been with us for few years. In some ways, it has been almost like restarting our centre. But if we look at the brighter side, it has been a kind of blessing in disguise. When a child has been with us for so many years he/she has been in a particular schedule and intervention. Now we are looking at every child afresh and re-drawing the development plan. We have also been able to bring in new interventions.

Efforts were also pointed towards the skill training of the adolescent girls and youth in the vocational courses the process of new admissions in the online portal of Vocational Board has been done.

Also, despite challenges, we have continued our work on the underprivileged Special children and youth. So the year, I would say has been a mixed bag of experiences- some good, some encouraging and little bit challenging also. When I look back, I feel to come out more resilient in dealing with difficult situations. I strongly acknowledge the contribution and support from the donors who stood with us in the crucial situations and the patience of our staff.

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- Mental Retardation
- Slow Learners
- Autism
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Our Work focusses on

Supporting the families of Special Children by enrolling them in Open Basic Education of National Institute of Open Schooling.

Provide Continuum of care to these children on a long term basis.

Help the children and adolescents to become more self-reliant through Life Skills Building and Therapeutic interventions.

Summary of Activities organised in 2021-2022

We run a day care center at Mahendra Hills, Secunderabad providing a range of services. We work with special children in a multi-sectoral, multi-dimensional approach for people with disabilities with joint effort with participation of the family members and Subhiksha. Our services are the backbone of our work. Through our programme of Life Skill Development and Therapeutic services we aim to help enhance the quality of the lives of our Special Children.

The center delivers its services through two programmes comprising of various activities. The schedule is based on the child's individual education plan. The programs and the respective activities are as under.

1. Life Skills Development

Activities which come easily to most individuals, pose huge challenges for special children which include the following

- a. Performing activities of daily living
- b. Cognitive Skills
- c. Mobility
- d. Body awareness
- e. Communicating and following instructions

- A. To this end, we work with children in the following areas to teach them skills to handle personal needs on their own
- * Activities of Daily Living (eating, bathing, toileting, personal care and hygiene)
 - * Education (Formal education through NIOS)
 - * Computers
 - * Interpersonal Skills
 - * Home Management and Housekeeping
 - * Tailoring
 - * Gardening
 - * Arts and Crafts
 - * Personal safety & Security
- B. Interpersonal Skills ; Interpersonal Skills are crucial for getting around the world. At Subhiksha we look at helping our children to develop their social skills so that they can do the following
- C. Make new friends, Communicate clearly to address their needs, Ask for support/assistance, hold conversation with family and friends
- D. Personal Safety and security: Given the challenges of personal safety and security for every child in today's times the risks are even higher for special children. At Subhiksha we aim to equip our children for them to be able to learn the following crucial aspects of personal and safety
- E. Understand the kind of risks, how to avoid unsafe situations, awareness on personal safety, difference between good and bad touch
- F. Home Management and Housekeeping : Being independent is an extremely crucial skill for everyone. Performing household tasks not only help these children build their abilities to work on their own but also to assist their families. This in turn not only helps in building interpersonal relationships but also helps child gain self worth and respect from their families. Our children are given training in the following areas
- Cleaning
 - Dusting
 - Setting Table
 - Folding Clothes
 - Money Management (Familiarization with notes, coins and doing transactions in shopping)
 - Setting Cupboard
 - Ironing clothes
- G. Gardening: It is a proven fact that how being close to nature is good for one's well being. When we teach our children gardening we know it will do this, as well as help them develop a hobby and assist with better hand movements.
- H. Art and Craft: The activity of art and craft the children enjoy dearly. This helps them at various levels wherein it gives a creative outlet to them besides helping with motor skills, hand coordination and amazing confidence.
- I. We have a computer lab and special mouses to help our children learn better.
- J. Education: Subhiksha ensures that our children learn basic academics according to their level of learning ability. Children are trained in the National Institute of Open Schooling (NIOS) syllabus which is an accredited board under Ministry of Human Resources Development. Children will ultimately be awarded an NIOS certificate. Special Education Courses are delivered to children on 3 levels: A, B and C. The Open Basic Education Programme is offered at three levels "A" "B" and "C"
- Level A - Level A is equivalent to standard III of the formal education system.
 - Level B - Level B is equivalent to standard V of the formal education system.
 - Level C - Level C is equivalent to standard VIII of the formal education system.

With the vision of Sustainable inclusive learning with universal and flexible access to quality school education and skill development, Government of India has established the National Institute of Open Schooling (NIOS). They launched the Open Basic Education as an alternative educational programme equivalent to the formal education system. Subhiksha Voluntary Organization has been accredited with National Institute of Open Schooling (NIOS) under the Open Basic Education (OBE) since the year 2015 with Accreditation No. OB4700115 . We are an accredited institution to carry out the academic functions of both the age groups.

In order to provide an inclusive platform for education, Subhiksha has designed a program including special adaptations to the content for children with special needs. They aim to provide a holistic accessible platform for children with special needs. After proper assessment and evaluation the students who are found to be educable /academically capable of pursuing education are further trained to pursue further education.

Successful candidates are given a joint certificate from Subhiksha School and NATIONAL INSTITUTE OF OPEN SCHOOLING. As per the capacity and requirement of the child, he/she is allowed to prepare for NIOS Secondary on completion of Level A, B and C. Students are prepared for the Board Exams through Individualised Education Programme and Remedial Sessions.

- K. Vocational Training Program: Tailoring and Embroidery Courses training programme is initiated for the underprivileged girls and women at the Centre. The objective of the project is to enhance the employability through vocational training.

Cybage Software Company Pvt Limited through CSR arm of Khusboo Charitable Trust has supported the skill training of 50 students of Tailoring and Embroidery courses for the period of six months.

2. Therapeutic Services

- a. Physiotherapy
 - b. Occupational Therapy
 - c. Speech Therapy
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OPERATIONS AT A GLANCE

The offline classes for primary schools and NIOS resumed with parental consent with open basic education from the month of August 2022. All the needy students were supported by the transport facilities picking up from their homes and dropping them back safely. Distribution of stationary items were done and dry ration was done in the last week of August.

Parent teachers meeting is held to discuss the academic and behavioral condition of the parents. They also suggested taking precautions to avoid any contact with the coronavirus. An internal assessment of the students took place to check their academic progress. Parents were not sure whether to send children to the school and were not ready to give their consent for the same. The poor economic condition of many students has an adverse effect on their health. Many parents did not give consent to send their children to physical classes. Some of them joined classes in the first week of October. Therefore revision of the lessons was done as well. When the students came to school, they found they were below the expected academic level and had some behavioral issues as well. With proper guidance and counseling to the parents and with the help of teachers the academic levels have been improved.

In total 33 children have written examinations in National Institute of Open Schooling in A B and C level. The examination were conducted from 21st March 2022 to 28th March 2022. Evaluators came from NIOS Board during the examinations at the centre.

Under events all the occasions like Independence day, Republic Day and festivals like Holi, Diwali and Dasara were celebrated.

Republic Day Celebrations

The National Flag was hoisted in Subhiksha school on the occasions of Republic Day in the presence of Mr. Pondi Kishore Kumar, Director and all the staff members. Our children added fervour to the celebrations by their lively cultural performances.

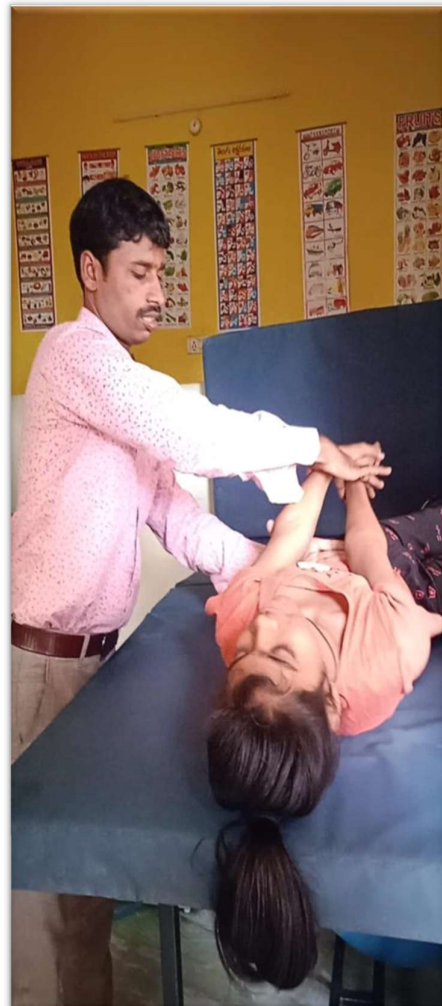
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2	Banjara Mahila Welfare Society	Mrs. Laxmi Karthika, Banjara Hills
3	Thrimurthy Infrservices Limited, Madhapur	Mr. Ranga Tushar, Miyapur
4	Plumsoft Software, Banjara Hills	Mrs. Sirisha, East Marredpally
5	Surabhi Varadhi Foundation, Malkajgiri	Mrs. Lss. Shashikala, Banjara Hills
6		Ms Lss Sujatha, Jubilee Hills
7		Mr, Kalyan, Mehdipatnam
8		Ms S Geetha, Endowments Department
9		Mrs. Seetha Mahalakshmi, Himayathnagar
10		Mr. LS R Murthy, Dilsukhnagar

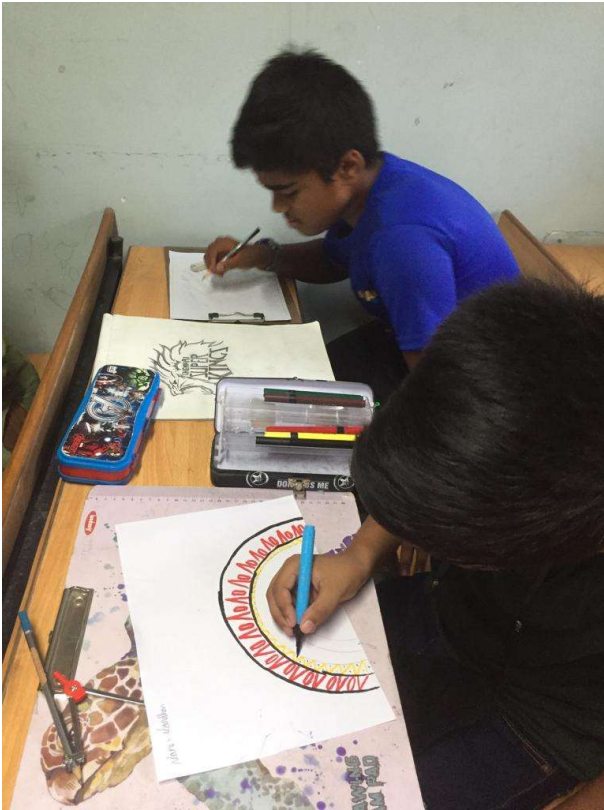
Year in Pictures











ANNUAL REPORT

2020-2021



Subhiksha
wecareforchildren

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Efforts were also pointed towards the skill training of the adolescent girls and youth in the vocational courses the process of new admissions in the online portal of Vocational Board has been done.

Also, despite challenges, we have continued our work on the underprivileged Special children and youth. So the year, I would say has been a mixed bag of experiences- some good, some encouraging and little bit challenging also. When I look back, I feel to come out more resilient in dealing with difficult situations. I strongly acknowledge the contribution and support from the donors who stood with us in the crucial situations and the patience of our staff.

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Our Vision

Every child must get an equitable chance at good quality education

Our Mission

To Provide holistic care to mentally and physically challenged children

To provide healthcare services to underprivileged children

To strive in bringing empowerment in girl child

To extend services during disaster management

WHATWeDO

We work with Special Children, adolescents and grownups with special conditions such as

- Cerebral Palsy
- Mental Retardation
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Summary of Activities organised in 2021-2022

New Initiatives

VOCATIONAL TRAINING PROGRAMME

During the year students were mobilised for the following Vocational Courses

1. Tailoring
2. Indian Embroidery
3. Data Entry Operations
4. Web Designing and Development
5. MS Office

Cybage Software Company Pvt Limited through CSR arm of Khusboo Charitable Trust has supported the skill training of SO students of Tailoring and Embroidery courses for the period of six months. The inauguration programme was conducted on 9th March 2021 at our centre



OPERATIONS AT A GLANCE

During the lockdown period we constantly put our efforts to boost the imagination and creativity of all the children of Subhiksha Centre. Our children are receiving one-on-one or group intervention through online programs. Our team members have put their efforts into setting up running our services virtually Life Skill Training, Occupational Therapy, Speech and Language Therapy. We were connected with the parents and children through WhatsApp from April to June for our Day care Centre. We had started online sessions from July 2020 because of Covid Pandemic.

Meeting with staff and Regular meetings were arranged by the Director in which the Special Educators and Therapists were asked to prepare the teaching and training plans for online sessions on zoom platform.

Training on Zoom Sessions : Staff training was organized on online sessions. A trial zoom session was held for the staff to make them understand various controls in zoom applications. Awareness & precautions of Covid 19 programme was organized by the Director regarding the awareness and precautions to be taken to control the spread of Covid -19.

Staff Training were organized during the period :

- Storytelling : How to engage children with disabilities
- Learning Process
- Motor activity training Programmes
- Online staff training was arranged on Guidance and Counseling.

Feedback and suggestions were taken from the parents regarding online sessions taken by the Special Educators and Therapists. Accordingly modifications were done based on the feedback from the stakeholders. Medical consultation for orthopaedic, neurological conditions were also conducted.





Under events all the occasions like Independence day, Republic Day and festivals like Holi, Diwali and Dasara celebrated.

Republic Day Celebrations

Republic Day was celebrated in the Centre. Flag was hoisted by the children in the presence of Mr. M.S. Raju EX MLA and Mr. Narsing Rao, Vice President Boudha Sangam. Games and competitions were held and prizes were given to the winners. Our children added fervour to the celebrations by their lively cultural performances.



Table of contents depicting Total Number of Children served for the Year 2020-2021

Sl.NO	Name of the Disability	Male	Female	Total
1	Cerebral Palasy	2	1	3
2.	Intellectual Disabilities	40	2	42
3.	Multiple Disabilities	4	1	5
			Total	50

Covid Relief Activities

The COVID 19 pandemic has completely changed our lives. There are truly unprecedented times that have affected the nation healthcare systems leaving millions at risk of exposure and adding livelihood challenged for many including the people below poverty line. At Subhiksha, it is important and also our prime responsibility to do and support them. We are especially mindful of the hardships faced during this time and we along with our volunteers carried relief activities. We made an impact on the lives of more than 500 families starting from April 2020.

Grocery Kits and meal distribution : Many communities have lost their source of livelihood due to COVID – 19. Subhiksha distributed grocery kits to the families and meals through community kitchens. We also distributed 1000 hygiene kits (Masks& Sanitizers)and helped in creating health awareness among the slum dwellers during these pandemic period.

We express our special thanks to Lioness Club of Maithri and donors who have supported in this initiative.



Oursincere thanksto ourdonorsfortheirtimelysupport!

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