

1. NILAM BECAME AN EXAMPLE FOR HER VILLAGE

Before Intervention

Nilam, aged 27 years, the eldest daughter of Mr. Bimbadhar Mahakud and Mrs. Padmini Mahakud have been residing in Haridagotha village of Keonjhar district having the condition of spastic Cerebral Palsy, quadriplegia. The financial condition of her family was very precarious as they belong to the BPL category and able to cook two meals a day after getting essential commodities like; rice, wheat etc under 'National Food Security Scheme'. Her father finds it very difficult to manage the five members' family including three grown up daughters by driving lorry and mother keeps herself busy in doing household chores.



Behind this backdrop, it is the destiny playing its role when her mother was pregnant for six months, she faced an accident in the form of electric shock and after one day of her birth Nilam had suffered from severe convulsion. Being failed to get adequate support and treatments by her parents, Nilam remained disabled since her childhood. The innocent child got dejections from her family members as well as from the society for the reason which was not under her control. Apart from these drawbacks, she couldn't perform for ADL activities for which she has been

dependent on her family. Due to financial scarceness they were unable to treat their child for her betterment. Looking in to this situation, her family members were too much depressed in mental agony and had lost their hope to get her treated as well as expect Nilam can do her ADL activities normally.

During Intervention



When our organization (SADBHABANA) intervened, they started counselling her parents and assessed the child by the professionals. Nilam is a Spastic CP Quadriplegic child and her hands, legs and trunk have been affected. She was unable to move from one place to another and was totally dependent on others for everything in her day to day



life. Even, she had no basic education at that time.

The physiotherapist of SADBHABANA provided treatment to Nilam like; stretching exercises, strengthening exercises, kneeling & half kneeling, quadrupod positioning & electrical stimulation for reduced spasticity or tightness, strengthen the muscle power, improve coordination and muscle strength at the door step of the child.

The special educators of SADBHABANA regularly move to the house of Nilam for special education like; enhancing Personal



skill, Social skill, Academic skills, Occupational skills and Recreational skills. Psychologist also counsel the child as well as her parents and community for acceptance of Nilam. Through occupational therapy her small muscles like-fine motor skill development, hand therapy, ADL activities, Range of motion exercises, coordination exercise and prevention of further deformities have been improved a lot.

Due to COVID-19 pandemic situation, the schools were closed since April 2020 to June 2020 and after that, in July the professional team has started their movement from our school to the beneficiaries' houses (different areas of KJR district). During this period of lock down and shut down when our children are at their homes, they are in very miserable condition. In this situation the problem behaviours of the children has increased, their health condition has deteriorated, muscles strength has decreased, tightness increased, children have forgotten most of the things learned in the school. In order to mitigate these drawbacks, our physiotherapist and special educators regularly visit all the beneficiaries' houses including Nilam's house. Nilam has also provided Livelihood support for strengthening her financial condition and to enable her to make self dependent.

After Intervention



After six years of regular therapeutic & special educational interventions and uninterrupted effort from the professionals of SADBHABANA, Nilam is able to perform her ADL activities independently, her socialization skills are also developed, basic education like colour concept, number concept, addition, subtraction, multiplication table, identification and function of body parts, identification of fruits, vegetables, birds, animals, flowers, days of the week, months name etc. Now she became the part of disabled SHG formed by our organisation which was sponsored by S.V.NIRTAAR, Olatpur, Cuttack.

Now she is able to make tea for her family, help her mother in cooking, washing her clothes and help in other works of her family.

Though Nilam is unable to walk and she can move from one place to another by using her knees, for which her knees were injured. To overcome this situation, SADBHABANA has supported her Anklets and cock up splint for maintaining her hand position. In order to maintain good health, every month medicine kits are given to Nilam including Vit-B, Vit-C and Multi vitamin (Zincovit) etc with the support of SADBHABANA.

According to Nilam's ability and interest, with support of SADBHABANA, Nilam has been able to open a small temporary shop near her house where she sells products like white phenyl, liquid dish wash, incense stick, nose mask etc as a result she is able to earn money for her family. Now the self esteemed girl Nilam has become more acceptable by her family and society.



Apart from the above said interventions, SADBHABANA has also been involved to improve the life standard of the family by way of linkages with various government schemes. Now Nilam says, "I feel privileged that, SADBHABANA has brought sea changes in my life by physiotherapy

as well as special education interventions for which I am able to do some works by myself without any body's help. So, I am very grateful to them."

After intervention of our organization we are able to remove to social stigma in which the entire family was before. The superstitions & blind beliefs and community that disability is curse and they can't do anything in her/his life. After seen the achievements of Nilam, her family and communities change their views about this and believes that **"Disability is not a curse but it is a condition"**.

Now with the help of SADBHABANA Nilam is able to open a Permanent Variety Store near her House. Now her selling is more than before. The acceptance, love, care & respect of the Community became developed than before. Nilam & her family members are very much happy & thankful to SADBHABANA for this noble support.


