



2020 / 2021

ANNUAL REPORT



SADBHABANA

sadbhabanakeonjhar@gmail.com

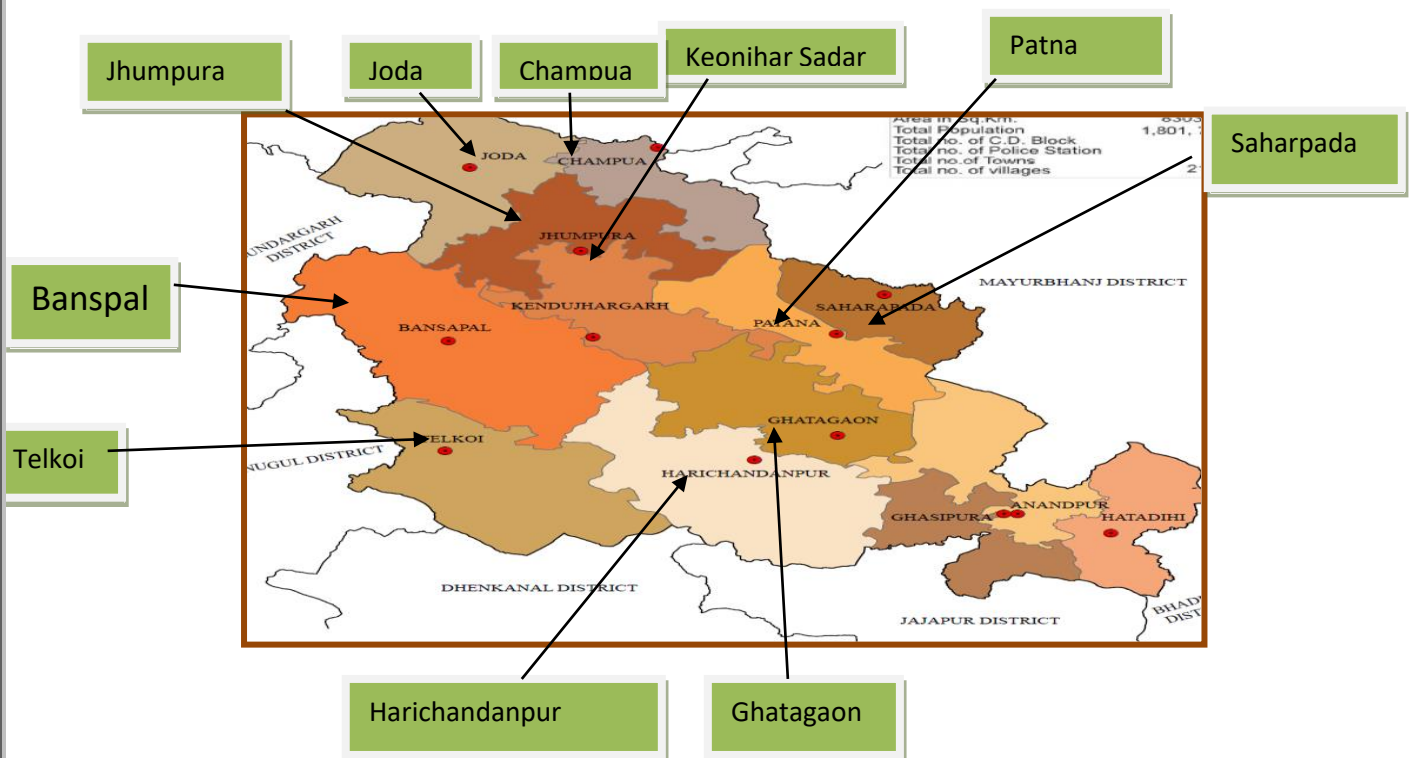
2020 / 2021



'SADBHABANA' AT A GLANCE....

Sadbhabana is an ISO (1900-2015) certified organization Regd. **Under Society registration Act 1860, PWD Act 1995, National Trust Act 1999, JJ Act and Income tax** that have been continuing its sincere efforts to bringing equality, social justice, and economic empowerment in the lives of the poor, downtrodden and specially Dibyangs, children, women and tribal of Odisha. Sadbhabana believes in principles like transparency, social audit system and participatory approach to make its objectives fruitful. Mainly it has concentrated on different action oriented programmes and spends lots of time in generating awareness among the communities.

OUR OPERATIONAL AREAS:



OUR REACH

Name of Blocks	No. of Gram panchayats	No. of Villages	No. Of Beneficiaries
Keonjhar Sadar	12	25	50
Keonjhar Municipality		3	4
Jhumpura	5	8	17
Champua	1	2	2
Joda	6	10	10
Banspal	7	14	20
Telkoi	1	1	1
Saharapada	1	2	2
Patana	5	7	17
Harichandanpur	17	21	35
Ghatagaon	8	9	25
TOTAL	63 GP and 1 Municipality	102	183

BRIEFING OF ACTIVITIES

Activity SL No	Planned Activities	Activities Accomplished
ACTIVITIES UNDER PROJECT 'PRAYAS', SUPPORTED BY SBI LIFE, MUMBAI		
1	Therapeutic and Educational Intervention	Prayas is a special school for Intellectual Disability & Cerebral Palsy children having the capacity of 80 children. During this reporting period, Professional team of SADBHABANA has provided them services like; Physiotherapy, Occupational Therapy, Speech Therapy, Special Education, Yoga, Music & Dance etc.
2	Support of Medicine kits, Nutrition kits and Hygiene kits	In order to improve the health and sanitary condition as well as checking the condition being worsened of these 80 children, SADBHABANA has provided them Medicine kits, Nutrition kits and Hygiene kits to overcome the scarcity during this pandemic period. As they have been residing at their homes due to COVID precautionary measures, these kits have been provided to them at their homes.
ACTIVITIES UNDER PROJECT 'GHARAUNDA', SUPPORTED BY NATIONAL TRUST, NEW DELHI, Govt. Of India		
1	Therapeutic and Educational Intervention	Gharaunda centre is a shelter home for PWDs. During this reporting period, 12 Mentally retards and 8 Cerebral palsy persons have been provided physiotherapy, educational intervention, occupational therapy and vocational Training on residential facility.
2	Enhancing livelihood through Vocational training	Apart from the above services, the beneficiaries are provided vocational trainings on Incense sticks making, phenyle preparation, cake preparation, tailoring etc. so that they can earn some money and become independent and also support their families.
ACTIVITIES UNDER PROJECT 'THERAPEUTIC & REHABILITATION CENTRE', SUPPORTED BY SSEPD, Govt of Odisha		
1	Therapeutic and Educational Intervention	During this reporting period, 20 Intellectual Disable and 47 cerebral palsy children have been provided therapeutic services with rehabilitation facility. They are provided different therapy and vocational trainings for the rehabilitation and mainstreaming. The beneficiaries those who are not able to perform their ADL activities properly and having coordination problem, weakness, spasticity or deformity, speech problem are focused intensively.
ACTIVITIES UNDER PROJECT 'PHYSIO THERAPY SEVA KENDRA FOR SENIOR CITIZENS', (SADBHABANA SELF SUPPORT)		
1	Physio Therapy and Pshyological counseling	Since August 2019, SADBHABANA has provided therapeutic services to 50 Senior citizens who are suffering from low back pain, Osteoarthritis knee, Rheumatoid Arthritis, gout, Psoriasis arthritis, Juvenile Arthritis, Cervical Spondylosis, Lumber Spondylosis, Frozen Shoulder, Paralysis Ankle sprain, Scoliosis, Muscle weakness etc. by the Physiotherapists of SADBHABANA. Apart from this, the senior citizens are also counseled psychologically as per their assessment done by Experts in order to confront the mental fatigues and dilemmas caused due to ageing.

2	Mobile Therapeutic Service	With the objective to provide physio therapy and pshychological counseling services to the senior citizens residing at distance locations and facing problems in attending the SADBHABANA centre, our team has visited to 27 households. They have been assessed and provided required therapeutic services at regular intervals at their homes.
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ACTIVITIES UNDER PROJECT 'COMMUNITY BASED REHABILITATION (CBR)', SUPPORTED BY SBI LIFE, MUMBAI

1	Parents meeting on Community Based Rehabilitation programme	During the reporting period, 60 meetings have been organised in the operational villages in adherence to COVID-19 preventive guidelines, where 322 parents (121 males and 201 females) were sensitised on proper care and protection of PWDs as well as various government schemes available for them.
2	Training to parents on Community Based Rehabilitation programme	With the objectives to sensitize the parents on CBR, 218 parents (62 males & 156 females) have been trained in 10 training sessions during the reporting period to reduce the emotional stress of the parents having differently able children and adult as well as to enable their children to lead easier life.
3	Support of medicine and hygiene kits to the disables	With the objective of keeping the beneficiaries and their families safe, fit and boost their immunity during COVID-19 pandemic, various medicines like; Vit.B, Vit. C, Zincovit, Horlicks, Nose masks and sanitizers have been provided to family of 38 beneficiaries.
4	Providing Special Education	SADBHABANA has been providing Special education to 38 disables like; ADL activities (Feeding, Drinking, Dressing, Bathing, Combing), Socialization skill training, Academic, Co-curricular Activities, Prevocational and Vocational Skill and Behaviour Management for the betterment of the lives of the physically challenged persons.
5	Support of Aids and Appliances	In order to minimize the problem in movement from one place to another, accomplishment of their ADL and perform their own work independently, SADBHABANA has supported Aids and Appliances to 17 physically challenged persons.
6	Creating Disable friendly environment	With an object to perform their day to day activities without any hassles, SADBHABANA has constructed 2 ramps and a road from home to toilet for movement of wheelchair of the disables.

OTHER ACTIVITIES

1	Disable campaign on WASH facility	With the objective to find a solution by the District administration on WASH facility in public place for <i>dibyangas</i> in Keonjhar District, the representatives of <i>dibyangas</i> have organised a campaign at-District Collectorate, Keonjhar on 8 th October 2020. During the said campaign, a team constituting the representatives of the Samarth Sadbhabana, Swasti, Dalit Foundation & Prayas has submitted a memorandum to the District Administration, Keonjhar containing various issues of <i>dibyangas</i> in the district.
2	Observation of Global Hand	With the intent to create awareness among the

	Washing Day	community including disables, the Global Hand Washing Day has been observed on 15 th October 2020 in Haridagotha village of Sadar block, Keonjhar. The objective behind observation of this day was to create massive awareness and inspire community to wash hands frequently to tackle the sanitation crisis. This day has been observed in the village by a mass awareness meeting in participation of school children, PRI members, SHG members and other community members.
3	Observation of International Disability Day	In order to promote the rights and wellbeing of persons with disabilities in all spheres of society and development and increase the awareness of the situation of the disables in every aspect of life, the World Disability Day was observed on 3 rd Dec. 2020 by SADBHABANA at Prayas campus, Naranpur, Keonjhar. On this occasion an awareness rally was made by our children from SADBHABANA Therapeutic and Rehabilitation Center to Naranpur Chhaka followed by a meeting at SADBHABANA Rehabilitation Center, where Mr. Chandi Prasad Pattanaik, Secretary SADBHABANA shared about the objective of celebrating the World Disability Day.
4	Observation of International Women's Day	To promote peace with women's rights, honor the women and their achievement regardless of the divisions whether national, ethnic, linguistic, cultural, economic or political, uphold their achievements, recognize challenges and focuss greater attention on their rights and safety, SADBHABANA has observed this day at Nahabeda village of Jhumpura block in participation of more than 100 women. The participants have been aware on the women's rights and their dignity in the society.
5	Observation of Down Syndrome Day	With the purpose to educate society on what down syndrome is and how individuals with down syndrome need to be valued in their communities, the World Down Syndrome day was observed by SADBHABANA on dated 21 st march 2021 at SADBHABANA Therapeutic & Rehabilitation Center, Naranpur. A meeting was organized at our centre where 20 parents were counseled on the sign & symptoms of the Down syndrome children, how to identify these children etc.
6	Formation of Farmer's Producer Group	In order to mobilize farmers in to member-owned producer organizations or FPOs, to enhance production, productivity and profitability of farmers, enhance their income especially marginal and small farmers thereby strengthening their sustainability in agriculture a Farmers Producer Organisation has been formed by SADBHABANA including 300 farmers of Nahabeda Gram Panchayat of Jhumpura block.
7	Organising State Level Sports Competition among physically challenged children	With the object to provide opportunity to the physically challenged persons to show case their internal talent in sports field, promote sportsmanship and primarily exhibit the society that the disable persons can also do more than the world think about them, a state level

		sports competition has been held by SADBHABANA on 08.02.2021 among the differently able children of five districts of Odisha in collaboration with Special Olympics Bharat, Odisha and BRM ASHA at Naranpur, Keonjhar.
8	Dignity for work	<p>School to School programme: With an objective to create competitiveness, punctuality, love for environment and to maintain cleanliness in surroundings, School To School Programme have been organized on 27th March 2021 at State Brigade School, Naranpur and persons with disabilities of SADBHABANA Therapeutic and Rehabilitation Center, Naranpur, Keonjhar with the joint collaboration of Goonj, New Delhi. The students had participated in different activities like, Gardening, Debate Competition and School environment cleaning.</p> <p>Repair and maintenance of Road by Women SHGs: In March 2021 an orientation meeting was held with the women SHG members of Ramchandrapur village, Keonjhar on 'Dignity for Work' activities supported by Goonj, New Delhi. The women suggested to repair and maintain the village kuchha road which was fully damaged due to rain and movement of tractors etc. Thereafter, the women of the said village came forward to accomplish the job. After the completion of that work, home utility kits were distributed among them.</p>
9	COVID-19 Response	<p>In order to create awareness among the communities and especially the physically challenged persons on health and sanitation process to be maintained during the COVID-19 pandemic, more than 1500 households have been visited to sensitize the beneficiaries and their family members so that they can remain safe and unaffected by the CORONA virus.</p> <p>Apart from this, 1476 dry ration kits containing dry rations and sanitary items to poor and vulnerable families, physically challenged families, senior citizens, women headed families etc. to meet their minimum basic needs during the pandemic period and imposed time to time lock downs and shut downs.</p>

ACTIVITIES IN DETAILS

ACTIVITIES UNDER PROJECT 'PRAYAS'

1. Therapeutic and Educational Intervention:

PRAYAS is a special school for Intellectual Disability & Cerebral Palsy children having the capacity of 80 children. During this reporting period, Professional team of SADBHABANA has provided them services like; Physiotherapy, Occupational Therapy, Speech Therapy, Special Education, Yoga, Music & Dance etc.



The Intellectual Disability (ID) & Cerebral Palsy (CP) children are provided therapeutic services as per their requirement based on assessment by the experts of SADBHABANA on daily basis. They are also provided special education, academic skills like; counting, adding, subtracting, measurement, colour identification, currency identification, ADL activities, personal skill improvement, social skill improvement, problem behavior management, physiotherapy, speech therapy, dance and music, yoga, vocational skills like;

art and craft, chocolate making, stitching, bakery, phenyl making, incense sticks making. However, since the school has been closed due to COVID-19 preventive measures, our professional team has been providing the beneficiaries various therapeutic and educational services as well as co-curricular lessons at their homes.

2. Support of Medicine kits, Nutrition kits and Hygiene kits:

In order to improve the health and sanitary condition as well as checking the condition being worsened of these 80 children, SADBHABANA has provided them Medicine kits, Nutrition kits and Hygiene kits to overcome the scarcity during this pandemic period. As they have been residing at their homes due to COVID precautionary measures, these kits have been provided to them at their homes.

Due to outbreak of COVID-19 pandemic, schools remained close from April 2020 to June 2020. After 3 months in the month of July our professional team has started their movement from our school to the houses of 80 beneficiaries to aware them as well as their family members and support Nutrition kits, Medicine kits, Sanitary & Hygiene kits, so that the children may not confront nutritional deficiency and the health of children can be maintained properly and to remain safe during this epidemic period.



ACTIVITIES UNDER PROJECT 'GHARAUNDA', SUPPORTED BY NATIONAL TRUST, NEW DELHI, Govt. Of India

1. Therapeutic and Educational Intervention:

Gharaunda centre is a shelter home for PWDs. During this reporting period, 12 Mentally retards and 8 Cerebral palsy persons have been provided physiotherapy, educational intervention, occupational therapy and vocational Training on residential facility.



Gharaunda Centre has been in existence since 2017 at Naranpur, Keonjhar. The objective behind this is to provide physiotherapy, educational, Occupational therapy, vocational Training to persons with disabilities of over age of 18. They can reside here as long as they are comfortable with the centre. They are also provided special education, academic skills like; counting, adding, subtracting, measurement, colour identification, currency identification, ADL activities, personal skill improvement, social skill improvement, problem behavior management, physiotherapy, speech therapy, dance and music, yoga, vocational skills like; art and craft, chocolate making, stitching, bakery, phenyl making, incense sticks making.

2. Enhancing livelihood through Vocational training:

During this reporting period, the PWDs have been provided vocational skills on making art and craft, chocolate making, stitching, bakery, phenyl making, incense sticks making Incense sticks making, phenyle preparation, cake preparation, tailoring etc. so that they can earn some money and become independent and also support their families. Being able to earn some money, they get confident towards their lives and often they can maintain their families independently and without being burdened on others as well.



ACTIVITIES UNDER PROJECT 'THERAPEUTIC & REHABILITATION CENTRE', SUPPORTED BY SSEPD, Govt of Odisha

1. Therapeutic and Educational Intervention:

During this reporting period, 20 Intellectual Disables and 47 cerebral palsy children have been provided therapeutic services with rehabilitation facility. They are provided different therapy and vocational trainings for the rehabilitation and mainstreaming. The beneficiaries those who are not able to perform their ADL activities properly and having coordination problem, weakness, spasticity or deformity, speech problem are focused intensively.



Our team has been providing them different therapy and vocational trainings to the inmates for rehabilitation and mainstreaming purpose. After getting different Physical exercises, massages, heat and cold treatment, gait training and MST, Speech therapy etc in their units, they can perform their day to day activities better than earlier.

Apart from this, their personal, academic and social skills are developed as well as occupational and recreational activities are performed. After getting vocational trainings, the beneficiaries can prepare phenyl, Agarbatis, candles, cakes, chocolates etc. It helps them to prove as earning members of the family.

ACTIVITIES UNDER PROJECT 'PHYSIO THERAPY SEVA KENDRA FOR SENIOR CITIZENS' (SADBHABANA SELF SUPPORT)

1. Physio Therapy and Psychological counseling:

Since August 2019, SADBHABANA has started this service. During the reporting period, it has provided therapeutic services to 50 Senior citizens who have been suffering from low back pain, Osteoarthritis knee, Rheumatoid Arthritis, gout, Psoriasis arthritis, Juvenile Arthritis, Cervical Spondylosis, Lumber Spondylosis, Frozen Shoulder, Paralysis Ankle sprain, Scoliosis, Muscle weakness etc. by the Physiotherapists of SADBHABANA. Apart from this, the senior citizens are also counseled psychologically as per their assessment done by Experts in order to confront the mental fatigues and dilemmas caused due to ageing. It also conducts awareness and treatment camps at various communities from time to time including providing physio therapies to the senior citizens.

2. Mobile Therapeutic Service

With the objective to provide physio therapy and psychological counseling services to the senior citizens residing at distance locations and facing problems in attending the SADBHABANA centre, our team has visited to 27 households during this reporting period. They have been assessed and provided required therapeutic services at regular intervals at their homes.



Our Physiotherapists, Special Teachers and Divyanga Sathis conduct regular visits to their homes and provide required therapeutic interventions to the elderly people at their doorsteps. Due to distance and communication problems the people of interior areas are unable to come to our physiotherapy centre. In order to overcome these problems our physiotherapists go to their doorstep for providing them free mobile therapy services.

Before starting the treatment process our therapists counsel both the patients and their family members and assess the patients to know about their present and past history. After assessing the patients our physiotherapists make plan for their treatment.

The physiotherapists of SADBHABANA provide therapy treatment in the form of manual exercises like stretching of tight structure, PNF, Mobilization, passive movement, muscle strengthening exercise, internal & external rotation, Isometric exercise, ladder, shoulder wheel bar exercise, shoulder wheel exercise, pulley exercise, parallel bar exercise, hot therapy, cold therapy, weight bearing exercise, active resisted exercise etc. Electro therapy like MST (Faradic/galvanic), IFT, UST, TENS,



Theraband, manual traction etc.

After getting these treatments the patients have benefited a lot. Their pain has relieved & physical function restored, their mobility & strength improved, their blood flow, flexibility, core strength & mobility increases, their active range of motion increased, their muscle tightness reduced. As a result they are able to perform their daily living activities without any difficulties & make their life easy than before.



ACTIVITIES UNDER PROJECT 'COMMUNITY BASED REHABILITATION (CBR)', SUPPORTED BY SBI LIFE, MUMBAI

1. Parents meeting on Community Based Rehabilitation programme:

During the reporting period, 60 meetings have been organised in the operational villages in adherence to COVID-19 preventive guidelines, where 322 parents (121 males and 201 females) were sensitised on proper care and protection of PWDs as well as various government schemes available for them.



The parents have been oriented on the benefits of 'Early Identification' in case of physical disabilities of children in the community. It refers to recognise developmental milestones in children. This can be understood as quick recognise of difficulty, identifying and making prompt intervention to support children and their families so that issues are countered before they become more aggravated. Focus should be mainly upon children with deaf blindness between age group of 0-6 years by way of special intervention services.

Emphasis was given on the person who can be referred or requested for evaluation i.e; may be parents, teachers or any other person, may be in the form of verbal or in writing to any health professional or special educator. The parents were explained in detail about the forms of physical disabilities such as; deformity in neck / hand/ finger/ waist etc, difficulty in sitting, standing, walking, lifting, holding, keeping things on floor, moving, using a stick to walk, jerks in walking or lack bodily coordination etc.

2. Training to parents on Community Based Rehabilitation programme:

With the objectives to sensitize the parents on CBR, 218 parents (62 males & 156 females) have been trained in 10 training sessions during the reporting period to reduce the emotional stress of the parents having differently able children and adult as well as to enable their children to lead easier life.

During this reporting period, PWDs and their parents / care givers have been oriented on the benefits of 'Early Identification' in case of physical disabilities of children in the community. The participants were oriented on the procedures of early identifying and recognising the difficulties as well as to intervene for prompt remedial actions and if required supporting the PWDs and their families. Focus was given on mainly upon the children with deaf blindness between age group of 0-3 years by way of special intervention services.



The SADBHABANA team emphasised on the person who can refer or request for evaluation i.e; may be parents, teachers or any other person which may be in the form of verbal or in writing to any health professional or special educator. The participants were explained in detail about 21 types of disabilities such as; Blindness, low-vision, leprosy Cured Persons, Hearing Impairment, Locomotor Disability, Dwarfism, Intellectual Disability, Mental illness, Autism Spectrum Disorder, Cerebral Palsy, Muscular Dystrophy, Chronic Neurological Conditions, Pecific Learning Disability, Thalassemia, Hemophilia, Sickle Cell Disease, Multiple Disability, Acid Attack Survivors and Parkinson's Disease.

3. Support of medicine and hygiene kits to the disables:

With the objective of keeping the beneficiaries and their families safe, fit and boost their immunity during COVID-19 pandemic, various medicines like; Vitamin B, Vitamin C, Zincovit, Horlicks, Nose masks and sanitizers have been provided to family of 38 beneficiaries. They have been supported with the kits in order to protect them from being affected from COVID and other infectious disease, boost their immunity and maintain a healthy life, especially during this pandemic period.



4. Providing Special Education:

Along with therapeutic intervention, SADBHABANA has been providing Special education to 38 disables. In order to enable the beneficiaries to perform their daily living activities independently without depending on others and lead their lives independently, ADL activities (Feeding, Drinking, Dressing, Bathing, Combing) are taught to them. To enable the beneficiaries to behave with others, to greet others in different situations, to treat the guests arrive to their homes, to behave in the public places Socialisation skills are enhanced by our team. In Academic part, they are trained on currency identification, calculate with the help of Calculator, learning Colour Concept, Shape, Size, Big & small etc, writing their names, parents name & address, writing numbers from 1 to 10, writing Odia and English alphabets etc are taught. For enhancing their co-curricular activities, they are taught on drawing, painting, dancing, singing etc. In order to enable them to earn some money and be independent to manage their family, they are trained on making bamboo kula & dala with the help of parents, make paper bags, cultivation (Soil erosion, Sowing, Seeds, watering the planets), making of Phenyl, mask, liquid dish wash, incense sticks, sanitary soaps etc under Vocational Skill part. Behaviour Management also is a part on which SADBHABANA emphasizes like, decrease the unacceptable behaviour and increase the desirable behaviour those are accepted by the society which are tend to lead better lives of the physically challenged persons.



5. Support of Aids and Appliances:

In order to minimize the problem in movement from one place to another, accomplishment of their ADL and perform their own work independently, SADBHABANA has supported Aids and Appliances to 17 physically challenged persons. As it has been a major concern that, they have to face problem in movement from one place to another independently, face problems in accomplishment of their ADL activities, unable to stand and walk properly, move from one place to another by crawling, for which their knees get injured and dirty, they have been supported with Wheel chair, Cock-up-splint, Walker, Rolater, Cervical collar, Lumbar spinal brace etc.



6. Creating Disable friendly environment:

With an object to perform their day to day activities without any hassles, SADBHABANA has constructed two ramps and a road from home to toilet for movement of wheelchair of the disables.

OTHER ACTIVITIES

1. Disable campaign on WASH facility:

With the objective to find a solution by the District administration on WASH facility in public place for *dibyangas* in Keonjhar District, the representatives of *dibyangas* have organised a campaign at-District Collectorate, Keonjhar on 8th October 2020. During the said campaign, a team constituting the representatives of the Samarth Sadhabana, Swasti, Dalit Foundation & Prayas has submitted a memorandum to the District Administration, Keonjhar containing various issues of *dibyangas* in the district.



As their memorandum says, there should be special facilities/provisions of toilets and drinking water for the disables at Railway station, bus stand, government offices, district head quarter hospital, availability of certificates for dibyanga children, travel concessions in bus and rail, inclusion of dibyangas in various government schemes like NFSA, water tank facility at the prayas school, Naranpur etc so that they can get equal opportunity and privileges in public place without losing their dignity. The facility should not only be ensured in district level but also in block levels of Keonjhar district. Then the district administration has assured for initiation of appropriate action in this regard and solution of the problem as early as possible.

2. Observation of Global Hand Washing Day:

With the intent to create awareness among the community including disables, the Global Hand Washing Day has been observed on 15th October 2020 in Haridagotha village of Sadar block, Keonjhar. The objective behind observation of this day was to create massive awareness and inspire community to wash hands frequently to tackle the sanitation crisis. This day has been observed in the village by a mass awareness meeting in participation of school children, PRI members, SHG members and other community members.



During observation, discussion was made on the objective behind the observation of this day, the process of keeping everybody safe by practising regular hand washing before foods and after defecation. Also discussions were made that, children in schools, Anganwadi centres and communities should give up the habits of taking foods without washing hands, to follow Seven steps of hand washing before taking meals and after defecation, drinking of clean water, put on slippers while going outside, diseases caused by open defecation as well as not maintaining cleanliness. Then, the participants were demonstrated washing hands with soap and water by seven steps. After discussions on above said matters, there was a programme on swearing by the children and communities for maintaining cleanliness to remain disease free and healthy.

3. Observation of International Disability Day:

In order to promote the rights and wellbeing of persons with disabilities in all spheres of society and development and increase the awareness of the situation of the disabled in every aspect of life, the World Disability Day was observed on 3rd Dec. 2020 by SADBHABANA at Prayas campus, Naranpur, Keonjhar. On this occasion an awareness rally was made by our children from SADBHABANA Therapeutic and Rehabilitation Center to Naranpur Chhaka followed by a meeting at SADBHABANA Rehabilitation Center, where Mr. Chandi Prasad Pattanaik, Secretary SADBHABANA shared about the objective of celebrating the World Disability Day.



Afterwards, the invited dignitaries emphasised on how the children with Special Needs are getting benefited, can avail the Govt. Schemes, facilities and mainstream them in the society. Then different competitions like Dance, Drawing, Balloon bursting, soft ball throw etc. have been organized among the differently able children. Prizes were distributed among all the participants to encourage them.

4. Observation of International Women's Day:

In order to promote peace with women's rights, honor the women and their achievement regardless of the divisions whether national, ethnic, linguistic, cultural, economic or political, uphold their achievements, recognize challenges and focuss greater attention on their rights and safety, SADBHABANA has observed this day at Nahabeda village of Jhumpura block in participation of more than 100 women. The participants have been made aware on the women's rights and their dignity in the society.

During observation, village women including ASHA, Angan Wadi Workers and SHG members had actively participated. The participants had conducted a rally in the community to aware the villagers on the objective of celebrating this day. Thereafter, the participants were oriented on women empowerment, importance of girl child education, women domestic violence, rights of women and children, minimum age of marriage as per Act, exploitation, abuse etc. They were also suggested to be alert to address various child protection issues especially child labour, child marriage, abuse, exploitation etc during this COVID pandemic period and they should encourage the children especially girls to continue their education without any interruptions.



Afterwards, various types of sports and competitions were organised among the participants, especially among women. The objective behind organising these competitions was to encourage the participants to aware, protect and promote girls and women's rights on the eve of International Women's Day observation and then the winners were given prizes at the end of observation.

5. Observation of Down Syndrome Day:

With the purpose to educate society on what down syndrome is and how individuals with down syndrome need to be valued in their communities, the World Down Syndrome day was observed by SADBHABANA on dated 21st March 2021 at SADBHABANA Therapeutic & Rehabilitation Center, Naranpur. A meeting was organized at our centre where 20 parents were



counseled on the sign & symptoms of the Down syndrome children, how to identify these children etc.

The day has been observed with the theme that, “**We CONNECT so that we can**”. If we connect with these children, in other words if we accept them whole heartedly & understand them fully then we can able to develop their inner potentialities.

6. Formation of Farmer’s Producer Group:

In order to mobilize farmers in to member-owned producer organizations or FPOs, to enhance production, productivity and profitability of farmers, enhance their income especially marginal and small farmers thereby strengthening their sustainability in agriculture a Farmers Producer Organisation has been formed by SADBHABANA including 300 farmers of Nahabeda Gram Panchayat of Jhumpura block.



During the meeting of farmers, they were oriented on how FPOs can trade directly with corporates, large processors and millers by taking their farm productions for getting maximum value for the produce. It will remove all the intermediaries and execute tax-free trading. **FPO** will promote best practices of farming, maintain marketing information system, diversifying and raising levels of knowledge and skills in agricultural production and post-harvest processing that adds value to products. The **FPO** mark is a certification mark mandatory on

all processed fruit products sold in India such as packaged fruit beverages, fruit-jams, crushes and squashes, pickles, dehydrated fruit products, and fruit extracts, following the **Food Safety and Standards Act of 2006**.

7. Organising State Level Sports Competition among physically challenged children:

With the object to provide opportunity to the physically challenged persons to show case their internal talent in sports field, promote sportsmanship and primarily exhibit the society that the disable persons can also do more than the world think about them, a state level sports competition has been held by SADBHABANA on 08.02.2021 among the differently able children of five districts of Odisha in collaboration with Special Olympics Bharat, Odisha and BRM ASHA at Naranpur, Keonjhar.

This programme was inaugurated by Sudhanshu Sekhar Pattnaik, President, ROTARY GREEN, Keonjhar. More than hundred participants from Baragarh, Khordha, Mayurbhanj, Baleswar and Keonjhar districts of Odisha have participated in the competition in guidance of their coaches. Various events like; 100 metre race, shot put throw, football, soft ball throw and newly introduced Baggo where the participants have shown their talents, competitiveness and efficiency. The selected participants were scheduled to be finalised for National level competition to prove their efficiency and abilities.



8. Dignity for work:

School to School programme: With an objective to create competitiveness, punctuality, love for environment and to maintain cleanliness in surroundings, School To School Programme have been organized on 27th March 2021 at State Brigade School, Naranpur and persons with disabilities of SADBHABANA Therapeutic and Rehabilitation Center, Naranpur, Keonjhar with the joint collaboration of Goonj, New Delhi. The students had participated in different activities like, Gardening, Debate Competition and School environment cleaning. In this programme cleaning of the connected road, Coloring and Dancing activities were also performed by the beneficiaries with the support of our staffs. In morning the beneficiaries along with our staffs cleaned the road and environment from SADBHABANA Therapeutic and Rehabilitation Center to Naranpur over bridge which was very dirty. During this programme total 70 beneficiaries had participated. At the end of the programme, encouragement kits, supported by Goonj, New Delhi were distributed among them.



Repair and maintenance of Road by Women SHGs: In March 2021 an orientation meeting was held with the women SHG members of Ramchandrapur village, Keonjhar on 'Dignity for Work' activities supported by Goonj, New Delhi. The women suggested to repair and maintain the village kuchha road which was fully damaged due to rain and movement of loaded tractors etc. Thereafter, the women of the said village came forward to accomplish the job without any wages for the job. After the completion of the job, home utility kits were distributed among them which were supported by Goonj, New Delhi.



9. COVID-19 Response:

In order to create awareness among the communities and especially the physically challenged persons on health and sanitation process to be maintained during the COVID-19 pandemic, more than 1500 households have been visited to sensitize the beneficiaries and their family members so that they can remain safe and unaffected by the CORONA virus. They were sensitized on wearing of face masks, sanitizing hands or washing with soap and water frequently, maintaining social distance, avoiding crowd places and staying at home to be safe and also take vaccinations when it becomes available etc

Apart from this, total 1476 dry ration kits containing dry rations and sanitary items have been provided to poor and vulnerable families, physically challenged families, senior citizens, women headed families etc. to meet their minimum basic needs during the pandemic period and imposed time to time lock downs and shut downs. 1476 dry rations kits were supported by various donors like; 456 kits were supported by Jiv Daya Foundation, 200 kits were supported by FANSA/India (Odisha Chapter) IYD, Odisha, 534 kits were supported by Goonj, New Delhi and 286 kits were distributed by SADBHABANA with its own support. Moreover, Goonj, New Delhi has also provided vegetable seed support to 90 farmers of 3 villages for strengthening their livelihoods.



SUCCESS STORIES

1. Problematic behaviour of Mamata changed

Mamata aged 27 years, daughter of Mr. Gangadhar Naik and Ms. Gurubari Naik of Jasanpur village of Keonjhar district, having a condition of Dwarfism. Her father manages the six members poor family by doing farming activities and her mother does household chores along with taking care of the children at home.

Mamata was not ready to listen anybody's advice or carry any instructions. She liked to stay at home was not interested to mingle with others. She was not take her care properly.



In order to enable her to perform day to day chores independently, she was given Special education & Physiotherapy treatment on regular basis by the special educator, physiotherapist & divyanga sathi of SADBHABANA organisation.

In special education sessions, she was trained on the aspects of knowing traffic signals, socialisation skill, behaviour management, vocational trainings including making paper bags, cultivation, making different types of mats from old and wastage clothes, prepare herself according to the situations and festivals etc.



Special education sessions have reduced the problem behaviours of Mamata to some extent and now she can prepare herself according to the situations and festivals, able to cultivate her land, make paper bags, make different types of mats from old and waste clothes. Her socialisation skills have also been improved a lot. Apart from these interventions, the professionals have got involved her parents in the above said activities for her quick improvement. In order to maintain good health, she has been provided with medicine kits every month including Vit-B, Vit-C and Multi vitamin (Zincovit) etc with the support of SBI Life, Mumbai.



Now Mamata says, *"I am sincerely grateful to SADBHABANA for enabling me to perform agricultural activities, make paper bags and mats by which I can earn some money for myself."*

2. Lovely walks now

Lovely aged 11 years the youngest child of Late Mangulu Maharana and Ms. Meera Mahara of Siluan Village of Keonjhar District, having the condition of Cerebral Palsy. Her mother does labour activities and faces very hardship to feed her four children after the sad demise of husband before five years. The financial status of the family is such that they hardly get two meals a day. However, Meera could manage to feed her children. During pregnancy, Meera had consumed over dose of malaria tablets, which caused the disability of Lovely at the time of birth. She was unable to walk and sit properly, perform her ADL activities and was fully dependent on her mother as well as her family members for accomplishment of these. She had so many behavioural issues that she was not ready to accept anybody's advice easily and was not constantly sit in one place for some time.

Therapist, Special Educators, & Divyanga Sathis of *SADBHABANA* visited continuously to Lovely's house with an intention to provide Physiotherapy treatment and special education. During physiotherapy treatment, different exercise are given to Lovely like; stretching of calf muscles, hamstring & piriformies, parallel bar (with support) walking etc. Special Educators have provided the education like; ADL activities training, Socialization skill training, Colour concept training for development of eye-hand co-ordination, identification of body parts etc.



instructions.

Though Lovely was unable to walk from one place to another, a walker has been provided by *SADBHABANA* with the support of SBI Life, Mumbai in order to walk independently. In order to maintain good health, she has been provided with medicine kits every month including Vit-B, Vit-C and Multi vitamin (Zincovit) etc with the support of SBI Life, Mumbai.



Besides, the professionals have trained on these skills to her mother and family members as well. They practice these skills in their free time for better development of Lovely. *"I am very thankful to SADBHABANA as their professionals have enabled my daughter to do her activities independently. They have brought changes in my daughter's behaviour. Really I am grateful to them."*- Meera (Mother)

3. Changes in problematic behaviour

Gopal aged 21 years, the eldest son of Mr. Chandramohan Mahanta and Ms. Labanga Mahanta of Saharaposi village of Keonjhar district. Chandramohan faces a lot of difficulties to run the five members' family by doing agricultural activities with his wife, who keeps her busy in performing household chores as well as taking care of the children. It is very unfortunate that, Gopal has having the condition of Cerebral Palsy Quadriplegia and his both hands & legs are affected.



Gopal was facing a lot of snags in performing his day to day activities like; he was unable to sit & walk, can't perform his ADL activities without the support of his mother, was unable to say his own name and address, did not know the colour concept, identification of number etc. He was very temperamental as he was not ready to follow the instructions or guidance of anybody and does everything as per his mood.



In order to enable him to perform day to day chores independently, he was given Special education & Physiotherapy treatment on regular basis by the special educator, physiotherapist & divyanga sathi of *SADBHABANA* organisation.



Physiotherapists have given exercises to Gopal like, Bridging, kneeling, half kneeling, quadripod position, passive movement, MST(Faradic), sit to stand (with support), stretching exercise of the tight muscles etc so that he can be able to perform his daily activities smoothly.

In the special education sessions, he has been provided trainings like, ADL activity training, putting the ball in Bucket, addressing his own name and address, counting from 1 to 10 etc. in order to enhance her intellectual skills.

After regular therapeutic & special educational interventions, certain changes have been found in Gopal's life which include, improvement in problematic behaviours, reduce the muscle tightness, increase in muscle strength etc. Special education has also been able to improve his behaviours as he can perform his day to activities by himself. Now he can identify time, exchange the money, can say his own name and address as well as count the numbers from 1 to 10, can throw the balls in the bucket etc.



.Though Gopal can't move anywhere without his parents and family members' support, a wheel chair has been provided to him by *SADBHABANA* with the support of SBI Life, Mumbai. Special educators &

divyanga sathis have also prepared a disable friendly environment in the form of ramp for easy access of wheelchair with the help of available local resources. In order to maintain good health, he is provided with medicine kits every month including Vit-B, Vit-C and Multi vitamin (Zincovit) etc. with the support of SBI Life, Mumbai.



"We could not believe that our Gopal can move and do some activities in his life and his lifestyle will be changed but I am grateful to SADBHABANA for their noble effort in our life." Labanga says with wet eyes.

4. 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 disable 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 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"**.



5. Some Changes in Manika's Life

Before Intervention

Manika, aged 32 years, the eldest daughter of Mr. Maheswar Mahanta and Ms. Bhnmati Mahanta of Ramchandrapur village of Keonjhar district has having the condition of Cerebral Palsy. Her father does farming activities to run the poor family consisting of ten members while her mother does house hold chores as well as takes care of the children. When she was only of 3 years old, suffered from Epileptic fits, causing the Cerebral Palsy condition. Her muscles became tight & was unable to walk properly. She could perform her ADL activities with the support of her mother. She was talking unnecessarily & got angry most of the time. Manika was used to sit in one place for hours and did not listen to anyone. Even she did not eat or drink properly due to anger.

During Intervention



With an intention to enable her to perform day to day chores independently, she was given Special education & Physiotherapy treatment on regular basis by the special educator, physiotherapist & divyanga sathi of SADBHABANA organisation.

Physiotherapists have given her exercises like; stretching of hams, calf, TA, Piriformies, adductor muscle, passive movement, parallel bar walking (local research), MST (faradic) etc. in order to relax the tightness of muscles, joints & improve her muscle power.



In the special education sessions, he has been provided trainings like, ADL activity training, colour concept, shape & size, vegetable identification, socialisation skills etc. in order to enhance her intellectual skills.

After Intervention

After five months of regular and uninterrupted therapeutic & special educational intervention, certain changes can be seen in Manika's life, like; reduce the muscle tightness, increases the muscle strength and now she can walk properly in the parallel bar with the help of available local resources like bamboo, wood etc.



Special education has brought changes in her problematic behaviours to some extent as well as she is able to identify different colours, shapes & sizes, identify vegetables etc. Except these efforts, professionals of SADBHABANA have also been involved her parents in the above said

activities for quick improvement.

As she was unable to walk properly a walker has been provided her by SADBHABANA with the support of SBI Life, Mumbai for ensuring her easy movement. In order to maintain good health, he is provided with medicine kits every month including Vit-B, Vit-C and Multi vitamin (Zincovit) etc. with the support of SBI Life, Mumbai.



."We are very happy to see the changes occurred in our daughter's life and for all these we salute SADBHABANA. We are thankful to them from the core of our hearts." Maheswar and Bhanumati (Parents of the Child)

IMPORTANT QUOTES

1. *"It is my proud privilege that, SADBHABANA has intervened in my son's life and as a result, he now can walk and do other ADL activities normally, so I am grateful to them."* – Khirod Mahanta, Khendera village (Mother of Gurucharan)



2. *"Before intervention of SADBHABANA, my daughter was not able to use her fingers perfectly, but now she can use her fingers as normally, for which I would like to convey my gratitude to them."* –Kanakalata Ray, Khendera village (Mother of Moushumi)



3. *"I am very grateful to the SADBHABANA team to enable my sister in behaving much better than earlier, she now listens us and follow our instructions. They have brought sea changes in her attitude by dedicated efforts."*- Chandana Sahoo, Dimbo village (Sister of Archana)



PAPER CLIPPINGS
