

April, 2025

VARSHINI ILLAM TRUST

Project Vithai - Therapy on Wheels Newsletter



SCREENING 25978

CHETANA 171

ASHA 1680

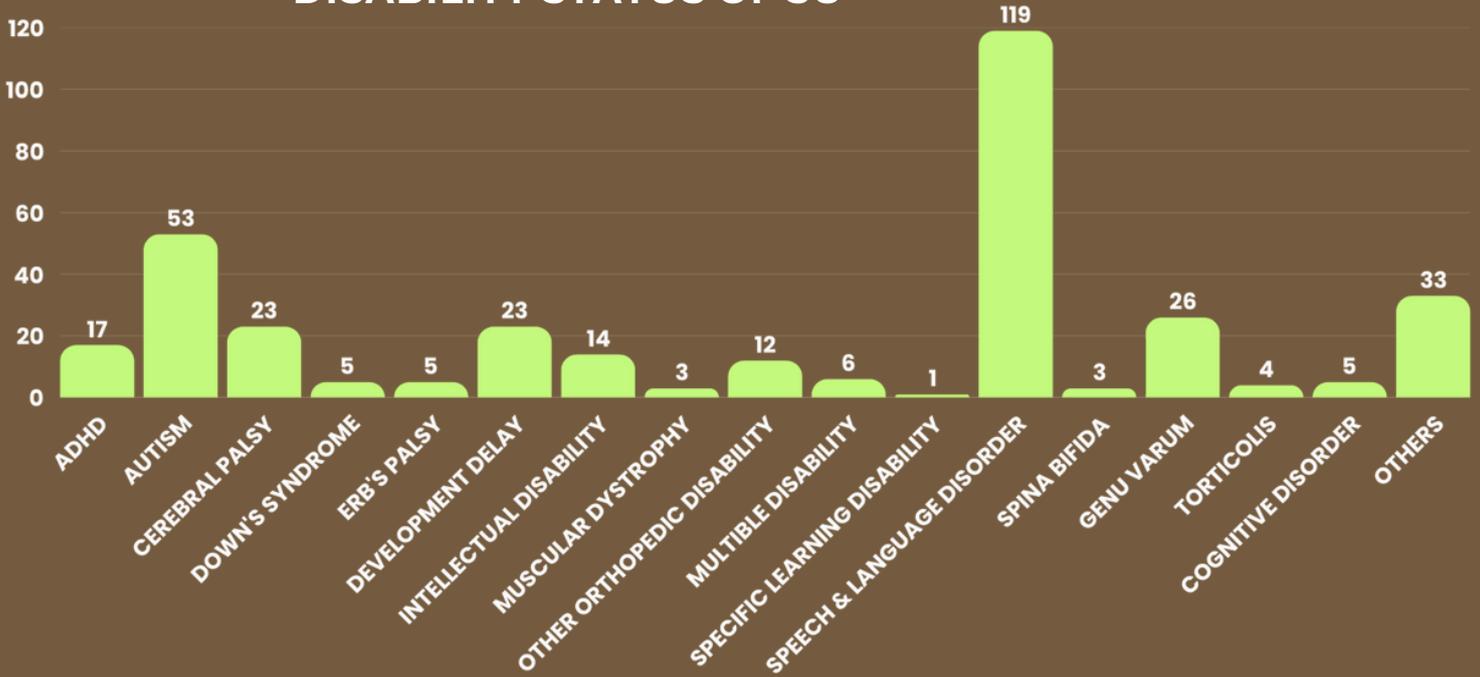


MEDICAL INTERVENTION 68

SERVICE USERS 342

ASSISTIVE TECHNOLOGY 56

DISABILITY STATUS OF SU



THERAPY

PHYSIO	SPEECH	OCCUPATIONAL
60	117	62

SPECIAL EDUCATION 01



“Speech therapy is not just about talking—it’s about giving people the tools to connect, to be understood, and to thrive.”



— DR. CAROLINE BOWEN, SPEECH-LANGUAGE PATHOLOGIST

MOTOR MILESTONE ACHIEVEMENT IN A CHILD WITH GLOBAL DEVELOPMENTAL DELAY: A CASE OF ADHYA NAIDU GANTHA

Adhya presented with difficulties in maintaining sitting balance and was unable to stand or walk independently. She was diagnosed with global developmental delay.



We began her rehabilitation by focusing on static sitting balance training. Once she achieved adequate static balance, we progressed to dynamic sitting balance exercises. Following that, we introduced pull-to-stand training and walking with maximal support.



Improvement Time - 4 months

With consistent and targeted intervention, Adhya made significant progress. Within four months, she achieved the ability to walk with minimal support, marking a major milestone in her motor development.

A SIMPLE GUIDE TO PREGNANCY TESTS & SCANS



Pregnancy is a beautiful and life-changing journey – and regular check-ups, tests, and scans play a crucial role in ensuring the health and safety of both mom and baby at every stage. Whether you're newly expecting or supporting someone through pregnancy, understanding what to expect can ease a lot of anxiety.

SECOND TRIMESTER (WEEKS 1-12): DETAILED CHECKS FOR BABY'S DEVELOPMENT

SECOND TRIMESTER (13-28 WEEKS) Monitoring Baby's Growth & Mother's Health

TESTS

- OGTT (Oral Glucose Tolerance Test) – Checks for gestational diabetes at 24-28 weeks
- Repeat CBC, TSH, Urine Test – Monitor health and infection
- Quadruple Marker Test (if needed) – screens for birth defects

SCANS

- Anomaly Scan (Level 2 Scan) – Checks baby's brain, heart, spine, limbs, and organs for any abnormalities between 18-22 weeks.
- Fetal Echocardiography – Done if heart issues are suspected



This phase focuses on tracking how your baby is growing and identifying any early issues.

THIRD TRIMESTER (29-40 WEEKS) Final Checkups Before Delivery

TESTS

- Repeat CBC, Blood Sugar, Urine Routine
- HIV, HBsAg, VDRL (if needed) – recheck infections
- Group B Streptococcus (GBS) – done in last month if recommended

SCANS

- Growth Scan – Checks baby's weight, position & placenta health, done around 28-32 weeks
- NST (Non-Stress Test) – from 36 weeks
- Monitors baby's heartbeat and movement before labor.



FIRST TRIMESTER (0-12 WEEKS)

Routine Blood Tests & First Scan

TESTS

- CBC (Complete Blood Count) – Checks for anemia and infection
- Rh Factor – Checks blood type compatibility with baby
- Rubella IgG, HBsAg (Hepatitis B), HIV, VDRL (Syphilis) – Infection screening.
- PAPP-A (Pregnancy-Associated Plasma Protein-A) & β -hCG (Beta Human Chorionic Gonadotropin) - Double Marker tests to screen for chromosomal conditions.

SCANS

- NT Scan (Nuchal Translucency) – at 11-13 weeks
Screens for Down syndrome and other abnormalities



FIRST TRIMESTER (WEEKS 1-12): FOUNDATIONAL TESTS & EARLY SCREENINGS

This is when your pregnancy is confirmed and early checks are done to ensure everything starts smoothly.

THIRD TRIMESTER (WEEKS 28-40): FINAL PREP BEFORE YOUR LITTLE ONE ARRIVES

Final stretch! These tests help monitor the baby's position, growth, and mom's readiness for labor.

TIMELY TESTS + REGULAR CHECK-UPS

= SAFE DELIVERY & HEALTHY BABY

IMPORTANT TESTS & SCANS DURING PREGNANCY

A simple guide for expecting parents to ensure a healthy pregnancy.



Always follow your doctor's advice and don't skip important scans!

Let's care for both mom and baby!

Send this guide to someone on their pregnancy journey

Assistive Device Distribution

12 assistive devices distributed to SUs from Kattankolathur & Thirukazhukundram Blocks sponsored by Flat owners of Anandham Apartments, Kilpauk.

Dignitary: Tmt. Dr. Kavitha, Block Medical Officer



APR 2025

TRAINING PROGRAMS

- **Topic:** Early Disability Identification Techniques
 - **Participants:** Anganwadi teachers from Srinivasapuram and Adyar
 - **Lead:** Tmt. Pavithra, CDPO, ICDS, Zone 13
 - **Trainers:** Ms. Pavithra (ASLP, MERF) and Dr. Ananthi
 - **Participants:** 5 teachers
-
- **Topic:** Mental Health Training (Training of Trainers)
 - **Organizer:** SCARF India Team
 - **Hosted by:** Equitas Development Initiative Trust, Anna Nagar
-
- **Topic:** COPM Recap Training
 - **Trainer:** Ms. Navamani, Lead TOT, Amar Seva Sangam
 - **Participants:** Physiotherapist and Management Team



STAKEHOLDER ENGAGEMENT

- **Visit:** Thirukazhukundram Block team met Mr. Vinayagam, Inspector of Police
- **Purpose:** Explained project and services

APP RECAP TRAINING AND ANGANWADI TRAINING

- **Event:** “Digital Democracy & Us”
- **Representative:** Ms. Deepa Murali, Advisor
- **Organizer:** Govt. of Telangana, We Hub, WSA Global Congress, Defindia.org
- **Location:** Hyderabad, Telangana



DIGITAL DEMOCRACY



MEDICAL CONSULTATIONS

PSYCHOLOGY CONSULTATION

- **Location:** SRM College of Medical & Research Institute
- **SUs:** Jacob, Trikshan, Advik, Ritvik, Ashiq

NEPHROLOGY CONSULTATION

- **SU:** Giri
- **Location:** Egmore Government Hospital

AWARENESS PROGRAMS

BUS AWARENESS CAMPAIGNS

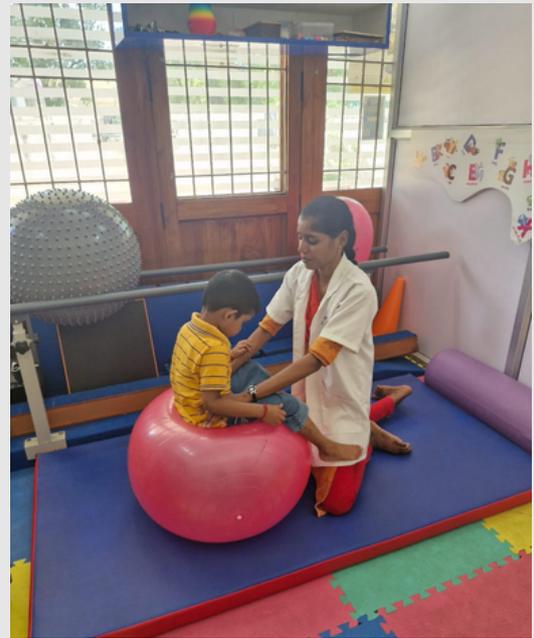
- **Block C:** Jothi Nagar, Ennore area – Pamphlet distribution & announcements
- **Block D:** Gudatuvancheri bus stop and PHC – Pamphlet distribution & announcements
- **Block E:** Keerapakkam, Thalampedu, Teachers Nagar, Nasarthe Pettai – Pamphlet distribution & announcements

FIELD VISITS & SCREENINGS

ANGANWADI PILOT VISIT

- **Purpose:** Screening
- **Locations:** Kakkan Colony, Periyar Nagar, Indira Nagar, Sasthri Nagar
- **Anganwadis Visited:** 8





VACCINATION SCREENING

Particular	Kannagi Nagar	Perumpakkam	AIR Nagar	Total
Name of Centre	Kannagi Nagar 2PHK	Chemmencheri PHC	Ernavur PHC	-
Total Screening	39	34	131	204
Positive	-	-	-	-
Negative	39	31	129	199
High Risk	-	3	2	5
SU - Converted	-	-	-	0

DOOR TO DOOR SCREENING

Particular	Block A	Block B	Block C	Block D	Block E	Block F	Total
Total doors	490	1440	-	589	932	190	3641
Total Screening	106	274	-	239	286	23	928
Doubt list	1	12	-	-	-	-	13
Negative	105	262	-	239	286	23	915

ANGANWADI SCREENING

Particular	Kannagi Nagar	Perumpakkam	Kattan kolathur	Thirukazhukundram	Pattinapakkam	Total
No. of Anganwadis	-	-	5	3	1	9
Total Screening	-	-	95	40	15	150
Positive	-	-	-	-	-	0
Negative	-	-	95	40	15	150
High Risk	-	-	-	-	-	-
SU - Converted	-	-	-	-	-	-

OAE SCREENING

Particular	Kannagi Nagar
Place of Centre	UHC Centre
Total Screening	10
Positive	-
Negative	10
High Risk	-
SU - Converted	-

NEONATAL & NEW BORN SCREENING

Particular	Kannagi Nagar
Place of Centre	UHC Centre
Total Screening	13
Positive	-
Negative	13
High Risk	-
SU - Converted	-





ICDS SCREENING

INTEGRATED CHILD DEVELOPMENT SERVICES

ANGANWADI - 1
CHILDREN SCREENED - 15

RESULT:
POSITIVE : 0
HIGH RISK : 15
NEGATIVE : 0

Pattinapakkam-Block F



**BLOCK -B-PERUMBAKKAM &
CHEMMANCHERY
COMPLETED**



Thirukazhukundram

ANGANWADI - 3
TOTAL CHILDREN
SCREENED - 40

RESULT:
POSITIVE: 0
HIGH RISK: 0
NEGATIVE: 40



Kattankulathur

ANGANWADI - 5
CHILDREN SCREENED - 95

POSITIVE - 0
HIGH RISK - 0
NEGATIVE - 95



Kannagi Nagar

ANGANWADI - NIL
CHILDREN SCREENED - 0

RESULT:
POSITIVE : 0
HIGH RISK : 0
NEGATIVE : 0



VITHAI

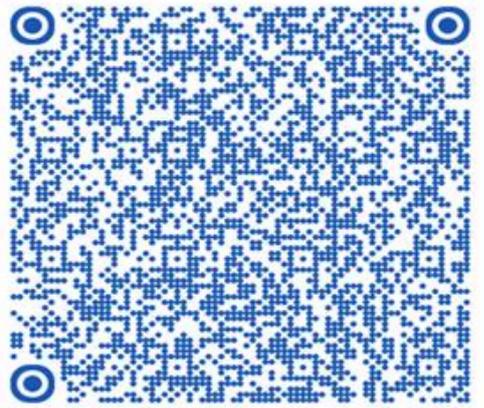


EVERY CHILD DESERVES A STRONG START

Project Vithai brings physiotherapy, speech, and occupational therapy directly to children in underserved communities through its Therapy on Wheels program.

- **20,000+**
Children Screened
- **270+**
Children Receiving Therapy
- **350+**
Children Under Monitoring

EVERY SCAN BRINGS HOPE



DONATE NOW

