

JANUARY - FEBRUARY - 2026

VARSHINI ILLAM TRUST

NEWSLETTER



PROJECT
VITHAI
therapy
on wheels

SOWING HOPE, CHANGING FUTURES – PROJECT VITHAI'S JOURNEY CONTINUES IN 2026

Hope



In communities where awareness and access to developmental support are limited, many children are left without the help they need. Project Vithai is working to bridge this gap by bringing early intervention and support closer to families. In 2026, we continue this journey with renewed hope to impact many more children and families.

WHERE FIRST STEPS BEGIN TOWARDS PROGRESS – MOBILE THERAPY FOR DEVELOPMENTAL DELAYS





SCREENING
35416

465
SERVICE
USERS

1876
ASHA

249
CHETANA

ASSISTIVE
TECHNOLOGY

68

MEDICAL
INTERVENTION

88

SHIKSHA
INCLUSION

73

SERVICE USERS
BIRTHDAY

134



Project Vithai conducted several awareness sessions across communities to educate parents, workers, and local groups about child development, health, and available support services.



- **Semmencheri Anganwadi Centre (22 Jan 2026):** Awareness session with 30 parents along with the FORD CSR Team Head, social workers, Viyabarigal Sangam leader, Anganwadi staff, and helpers. Topics included developmental delays, speech and physical conditions, hygiene, nutrition, early pregnancy risks, and POCSO awareness.
- **Kannagi Nagar (27 Jan 2026):** CRW Ms. Nithya conducted a community awareness program at Ashanivas Centre, where 22 women involved in napkin-making activities participated.
- **Karuneelam Village:** CRW Ms. Nishanthi conducted an awareness session for 28 workers under the 100 Days Job Scheme.
- **Mullikolathur Panchayat – Pallaiyegai Village (16 Feb 2026):** The Thirukazhukundram team conducted a program for around 50 workers, distributing pamphlets and explaining the Vithai Project.
- **Melayur (16 Feb 2026):** Another awareness session for 100 Days Job Scheme workers, led by CRW Ms. Nishanthi, focusing on the services and activities of the Vithai Project.





REACH OVER 130 COMMUNITY MEMBERS

These sessions helped reach over 130 community members, strengthening awareness about early identification and support for children with developmental needs.

FIELD TEAM ENGAGEMENT

Our Community Rehabilitation Workers (CRWs) continue to play a crucial role in connecting with families, identifying children who may need support, and building trust within the community. Through regular visits, meetings, and awareness sessions, the field teams ensure that information about early intervention services reaches those who need it the most.

★ ★ FIELD STARS BEHIND OUR OUTREACH ★ ★

LOOKING AHEAD

In the coming months, Project Vithai aims to expand community outreach, strengthen early identification efforts, and support more families through therapy and guidance. With continued collaboration from partners, community leaders, and parents, we hope to bring hope and opportunity to many more children in 2026



Nithya (CRW) -
Kannagi Nagar



Ms Nishanthi, CRW
Kattankulathur



Ms. Meena (CRW)
- Perumbakkam



Ms Vasanthi, CRW
North Chennai

ALLEN'S JOURNEY

NAME: ALLEN

DIAGNOSIS: AUTISM

SPECTRUM DISORDER (ASD)

Allen was referred to Project Vithai on 30 December 2024 by one of our existing parents. When he first came to us, he had poor eye contact, limited social interaction, and vestibular and oral sensory challenges that affected his communication and engagement with others.



1 YEAR AND 2 MONTHS OF THERAPY

Over the course of 1 year and 2 months of therapy, Allen received consistent support and intervention from the Vithai team. With regular therapy and guidance, he gradually began to show remarkable progress.



TODAY, ALLEN IS ABLE TO

- **Maintain eye contact,**
- **Communicate socially with greater confidence, and**
- **Interact with peers more comfortably.**
- **His vestibular and oral sensory challenges have also significantly improved.**

With these positive developments, Allen has now been successfully discharged from therapy and is attending a regular school, marking an important milestone in his journey. Allen's progress reflects how early intervention and consistent support can transform a child's future.



ANGANWADI SCREENING PROGRAM

Sai Deepthi was identified by the Project Vithai team during an Anganwadi screening program in Thiruvetriyur. At the time of identification, she showed several developmental challenges including poor eye contact, lack of response to her name, hyperactivity, speech delay, and difficulty with potty training.

OCCUPATIONAL THERAPY AND SPEECH THERAPY

With consistent support through Occupational Therapy and Speech Therapy, Sai Deepthi began to show encouraging progress over time



Sai Deepthi's journey highlights the importance of early identification and timely intervention, helping children build essential skills for communication and independence.

SAI DEEPTHI'S JOURNEY

AGE: 5 YEARS

CONDITION: AUTISM SPECTRUM
DISORDER

THIRUVETRIYUR (BLOCK - G)



KEY PROGRESS:

- **Hyperactivity has significantly reduced**
- **Responds to her name and simple commands**
- **Initiated independent potty training**
- **Started speaking two-word phrases**

SMALL STEPS, BIG MILESTONES: SAI DEEPTHI'S PROGRESS WITH PROJECT VITHAI



SUPPORTING CHILDREN THROUGH ASSISTIVE CARE

On 16 February 2026, the Thirukazhukundram team initiated the process of applying for wheelchairs for two of our service users, Jeevitha and Boominathan, by submitting online applications through the E-Service Centre. The wheelchairs were later distributed by Tmt. Varalakshmi Madhusudhanan, District Pradhinithi, Chengalpattu, in the presence of District Collector Tmt. D. Sneha, IAS.



On 23 February 2026, With the help of Vidyasagar team we will be providing home based specialist education support to these two children. To ensure continued support, the team plans to provide therapy training to the children's mother and sister, enabling them to carry out the exercises and interventions at home.



KAMALI - SUCCESS STORY

Name: Kamali

Age: 6 years

Condition: Hearing Impairment

Kamali was identified through the door-to-door screening conducted under the Vithai Project. At the time of identification, she was able to communicate only using single words, indicating a significant speech delay associated with her hearing impairment.

Following her identification, Kamali received regular speech therapy and continuous intervention for three years. Over this period, she demonstrated steady progress and gradually developed the ability to communicate in full sentences with improved confidence.



RECENTLY, KAMALI LOST HER HEARING AID, WHICH AFFECTED HER CONCENTRATION IN STUDIES AND PARTICIPATION IN CLASSROOM ACTIVITIES. TO ADDRESS THIS CONCERN, THE VITHAI TEAM COORDINATED WITH MERF TO CONDUCT A COMPREHENSIVE HEARING SCREENING AND EVALUATION.

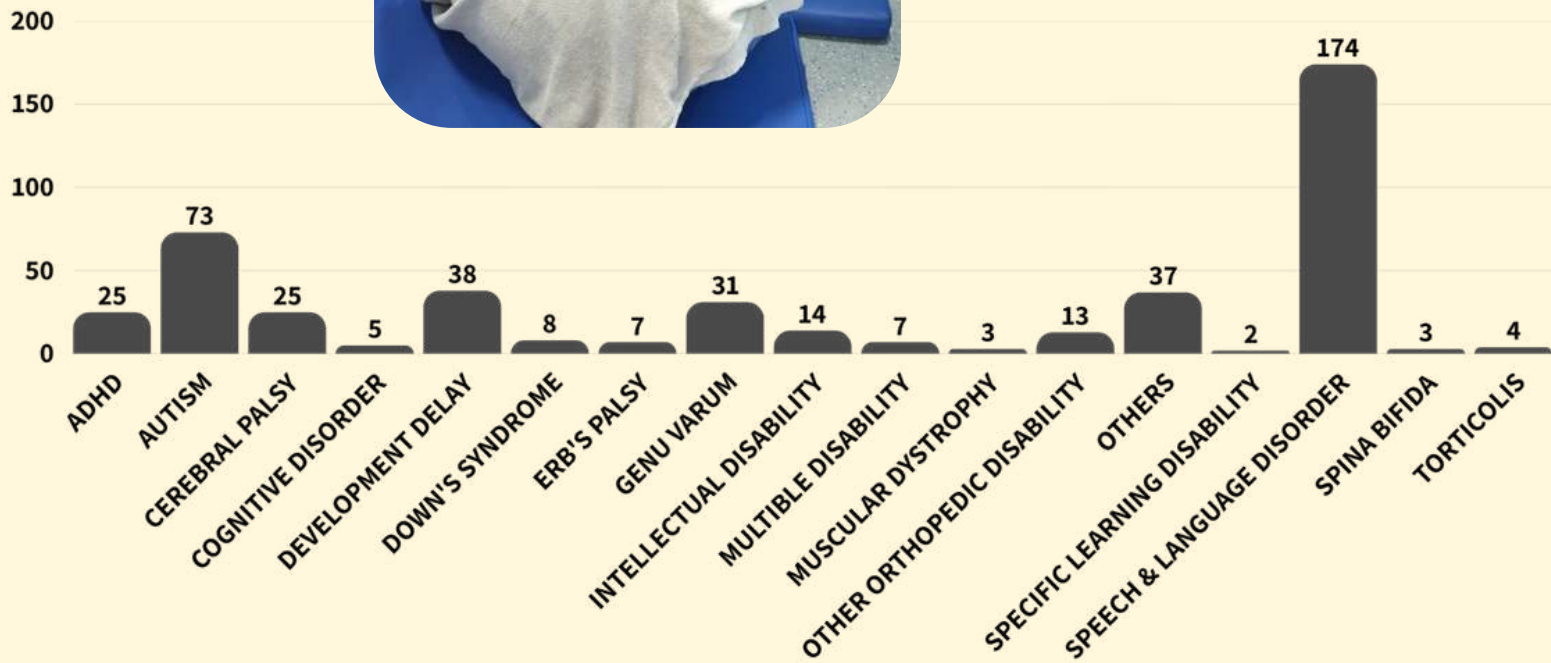
Based on the assessment, Kamali was successfully provided with bilateral hearing aids. With this support, she is now able to hear clearly, focus better on her studies, and actively participate in learning activities.



This case highlights the importance of early identification, sustained therapy, and timely assistive support in improving the communication abilities and educational participation of children with hearing impairment.



DISABILITY STATUS OF SU



STAKEHOLDER ENGAGEMENT & LOCAL COORDINATION

On 19 January 2026, the Project Vithai team engaged with local leaders to strengthen coordination and operational support for project activities.

- Met Thiru D. Yuvaraj, the Peruratchi (Town Panchayat) Chairman, for parking of our Therapy van inside Municipality office and he kindly obliged and offered all support.
- A meeting was held with Thiru S. Thanigaivel, Village Head of Mullai Kolathur, where the details and objectives of the Vithai Project were explained.
- The team also met Mr. R. K. Ramesh, Constituency Union Councillor, to discuss a proposal regarding relocation of the bus parking space.



THESE MEETINGS HELPED BUILD STRONG LOCAL SUPPORT AND COORDINATION FOR THE SMOOTH IMPLEMENTATION OF PROJECT VITHAI ACTIVITIES.

VITHAI NEW YEAR CELEBRATION 2026



On 03 January 2026, the Vithai New Year Celebration 2026 was successfully held in the presence of our esteemed chief guests Mr. Darwin Moses, CO, TNUHDB; Ms. Antony Jenifer, CO, TNUHDB; and Ms. Lennart, Coach – Life Project for Youth.

The event featured interactive activities with children, valuable feedback sessions with parents, and concluded with a lunch distribution, creating joyful and memorable moments for all participants.

2ND YEAR OF THIRUKAZHUKUNDRAM PROGRAM - FEB 26



On 7 February 2026, Team ViThai organized the second-year TKM Project ViThai intervention at Thirukazhukundram to celebrate the progress of children who successfully completed their therapy program.

The event was graced by our chief guests
Tmt. Kavitha, BMO – TKM;
Mr. Yuvaraj, President, Town Panchayat; and
Mr. Ramesh, District Pradinithi – TKM.

Around 30 service users (children) participated in the program along with their parents.

The event included games and cultural activities for the children, creating a joyful and engaging atmosphere. The program concluded with the distribution of gifts and lunch for the children and their parents, making it a memorable occasion for all.



PARTNERSHIPS, COORDINATION & INSTITUTIONAL ENGAGEMENT

During this period, the Vithai team actively engaged with various government departments, healthcare institutions, NGOs, and academic institutions to strengthen collaboration, referrals, and service delivery.

- The team met Ms. Samili, Incharge of the Social Welfare One Stop Centre (181), and discussed the Family Resource Program and potential collaboration.
- On 19 January 2026, the team visited Balavidhyalaya – The School for Young Deaf Children and Institute for Teacher Training to introduce the Vithai Project and share details of its activities.
- CRW Nithya, along with service user Jithesh and his mother, visited Vanam Vasapadum NGO and met Mr. Murugan to discuss the child's needs and possible support services.
- The team met Ms. Janagi, CDPO, Kattankulathur Block for coordination and to discuss service users and feedback from parents.
- Mrs. Pushpanjali, MCHO (Medical Child Health Officer) enquired about the Vithai Project and was briefed about its activities and objectives.
- The team visited Kondangi Village and met Ms. Brinda, Staff Nurse, to share information about the project.



- Representatives from Shishu Sarothi NGO, Assam visited the Kannagi Nagar Centre and Adyar Therapy Bus to understand the Vithai implementation model and field operations.
- The team visited Tiruvottiyur UCHC and the North Chennai Zonal Medical Office to obtain approval for vaccination and OAE screening, which was approved by Mrs. Malathi, Zonal Medical Officer.
- Discussions were held with SRM College of Physiotherapy and Speech Therapy regarding the Vithai Project and recruitment opportunities. The institution suggested conducting campus interviews for potential hiring.

PARTNERSHIPS, COORDINATION & INSTITUTIONAL ENGAGEMENT

- The World Bank team, currently supporting the Rights Project in Tamil Nadu, invited the Vithai team to demonstrate the mobile therapy van model at the Vizhuthugal One Stop Centre, Santhome. They explored possibilities of adopting similar models for their future therapy buses.
- The team also visited Freedom Trust and met Dr S Sunder M D, who is Founder and Managing Trustee of Freedom Trust and Advisor with Project ViThai, agreed to conduct, who agreed to support the project by conducting a free Assistive Technology (AT) camp and a training session for therapists.



THESE ENGAGEMENTS HELP STRENGTHEN PARTNERSHIPS, REFERRALS, TECHNICAL SUPPORT, AND SERVICE EXPANSION FOR THE VITHAI PROJECT.



TRAINING & CAPACITY BUILDING

As part of strengthening early identification and awareness at the community level, the Vithai team conducted and participated in several training and orientation programs.

- **Anganwadi Teacher Training – AIR Nagar (25 February 2026):**

A training session was conducted for 40 newly appointed Anganwadi teachers at the AIR Nagar (101 Centre). The session introduced the Vithai Project objectives, developmental milestones for children aged 0–6 years, and the early identification of developmental disabilities. The importance of early screening and timely referral for intervention services was emphasized.

- **Orientation Program – SBSP Vidyalaya (14 February 2026):**

The team attended an orientation program at SBSP Vidyalaya (Silver Beach Singara Pillai), an institution functioning since 2004 that provides special education for hearing-impaired children below 6 years. The school also offers English-medium education, free bus passes, nutritious meals, and educational trips.



Currently, the institution supports around 100 children, with two former students successfully placed in IT and Fashion Designing fields. The session highlighted the importance of HPV vaccination at 15 years, early identification signs such as breathing difficulties and lack of response to sound by three months, and the need for timely medical consultation and therapy.



STRATEGIC PARTNERSHIPS & MOU COLLABORATIONS

On 25 February 2026, Vatrshini Illam Trust – Vithai Project officially signed a Memorandum of Understanding (MoU) with Sathya Sai Medical College to strengthen therapy and rehabilitation services for children with disabilities. Through this collaboration, the institutions will work together to provide Physiotherapy, Speech Therapy, and Occupational Therapy support, enhancing access to quality interventions for children in need.

WITH SATHYA SAI MEDICAL COLLEGE TO STRENGTHEN THERAPY AND REHABILITATION SERVICES FOR CHILDREN WITH DISABILITIES



On 28 February 2026, another MoU exchange took place between the Vithai Project and the National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD) during the Purple Fest. The MoU was handed over by Dr. Nachiketa Raut, Director, NIEPMD, in the presence of Tmt. M. Lakshmi, Commissioner for Welfare of Differently Aabled Persons; Mr. R. Sudan, Director, Centre of Excellence in Autism, Government of Tamil Nadu; Mr. Hemachandran, Assistant Professor, IIT Madras, and other distinguished guests.



This partnership will enable the Vithai Project to extend therapy services to children who discontinued treatment at NIEPMD due to distance, while also supporting capacity building for Community Rehabilitation Workers (CRWs) and therapists to improve service delivery.





VARSHINI
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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

