

VARSHINI ILLAM TRUST

Project Vithai - Therapy on Wheels Newsletter



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

SCREENING	28,036	MEDICAL INTERVENTION	75
CHETANA	185	SERVICE USERS	357
ASHA	1711	ASSISTIVE TECHNOLOGY	58

CHETANA - AWARENESS PROGRAM

COMMUNITY AWARENESS PROGRAMS

Block E – Thirukazhukundram

An awareness program was successfully conducted across multiple locations within Thirukazhukundram Block, including Natham, Kariyacheri, and Kalkulam. As part of the outreach efforts, informative pamphlets were distributed to local residents in each area to raise awareness about the services and objectives of Project ViThai.



Block F – Pattinapakkam

Outreach activities were carried out in Nochikuppam, Srinivasapuram, Dumilkuppam, and Santhome under Block F – Pattinapakkam. Residents were engaged through distribution of pamphlets, ensuring vital information about Project ViThai reached communities in need.



1. Anganwadi Awareness Program – 16th & 20th June 2025

Awareness sessions on Project ViThai, its key initiatives, and the identification of children with special needs were conducted for Anganwadi Teachers and Helpers at Nantham Karayacheri, Thirukazhukundram, Chengalpattu District. The sessions focused on early identification and referral mechanisms both within Anganwadi centres and the broader community.

2. Street Play on Early Childhood Marriage – 11th June 2025

An impactful street play was organized to raise awareness about the issue of early childhood marriage. This joint initiative by the National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD) and Varshini Illam Trust was graced by Tmt. Suja Devi, Sub-Inspector of Police, T-15 Kannagi Nagar Police Station, who emphasized the importance of prevention and community vigilance.

3. Anganwadi Awareness Session – 9th June 2025

An awareness session was held at Adyar Kakkanji Colony Anganwadi (Ward 121) with participation from 6 parents and 1 Anganwadi teacher. The program aimed to educate families on developmental milestones and early intervention.

CHETANA - AWARENESS PROGRAM

COMMUNITY AWARENESS PROGRAMS



4. Bus Awareness Campaign – 12th June 2025

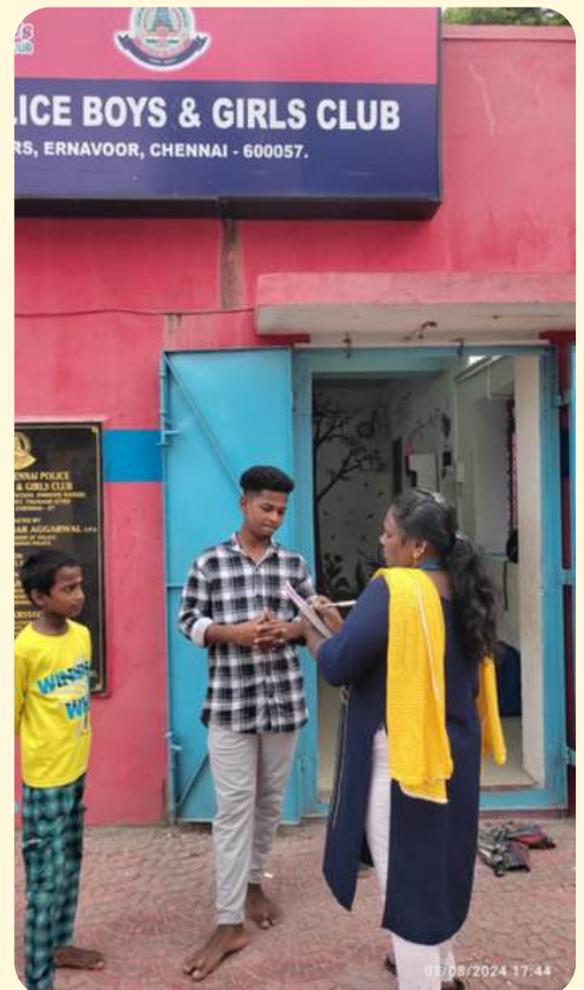
A mobile awareness campaign was carried out in Thiruvottriyur, MRF, Bharathiyar Nagar, and Nethaji Nagar through mike announcements and distribution of informational pamphlets, reaching a wider community base.

5. Anganwadi Awareness Session – 18th June 2025

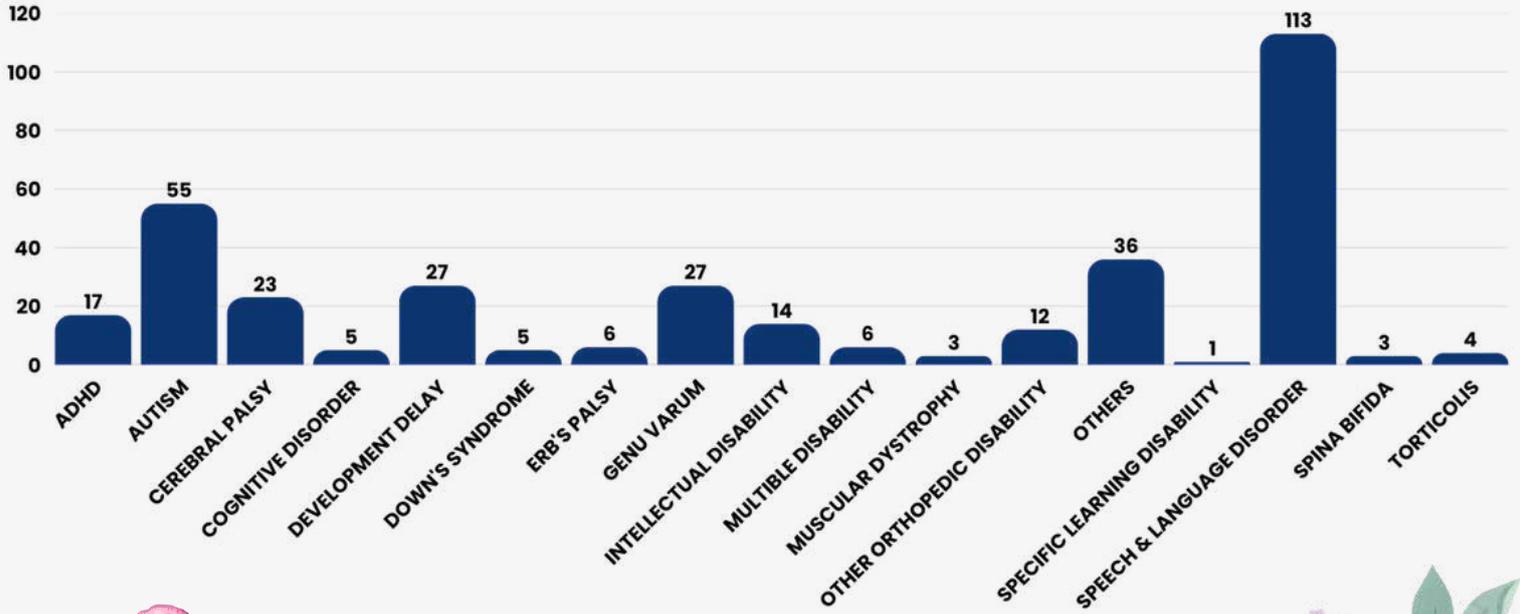
Another awareness program was conducted at Adyar Indra Nagar Anganwadi (Ward 119) with 6 parents and 1 Anganwadi teacher in attendance. The session covered early identification of developmental delays and available support services.

6. Bus Awareness Campaign – 18th June 2025

Further bus-based outreach was conducted via mike announcements and pamphlet distribution across Ennore, Kathivakkam, Thazhankuppam, Chinna Kuppam, and Periya Kuppam, focusing on spreading awareness about Project ViThai's services to underserved coastal communities.



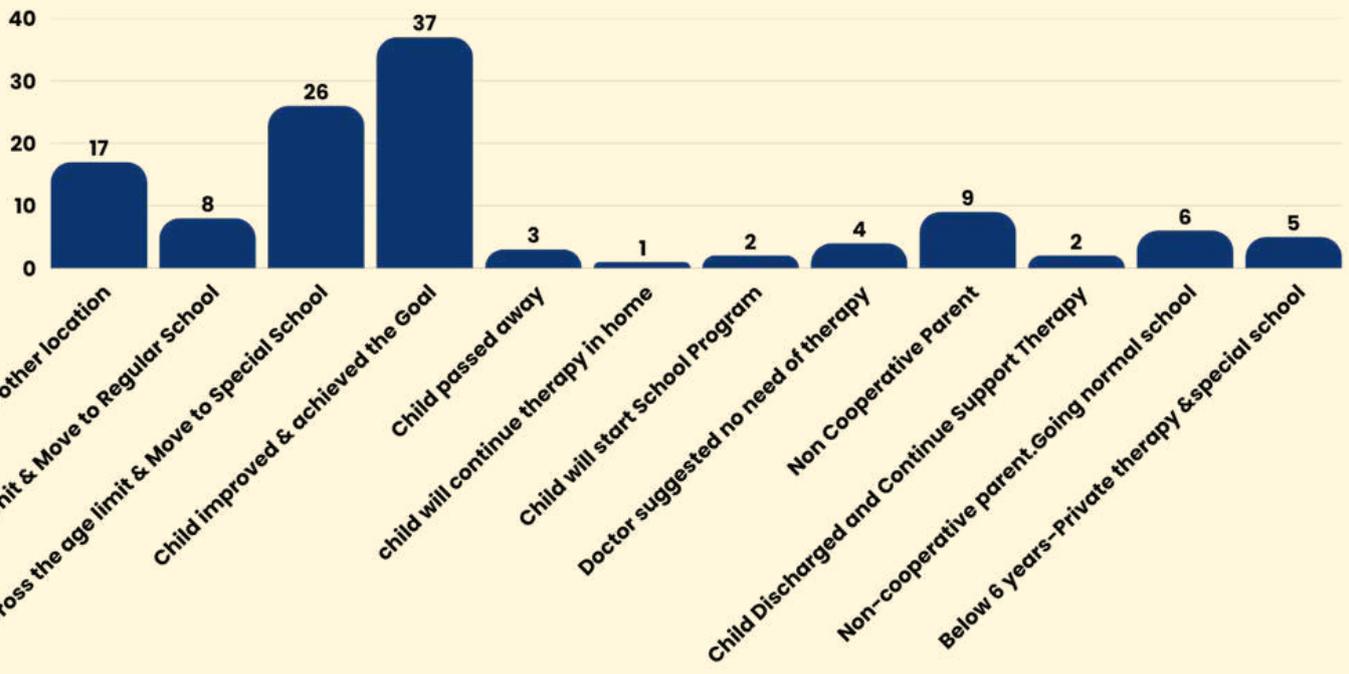
DISABILITY STATUS OF SU



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DOOR TO DOOR SCREENING 2025

CUMULATIVE
87767

BLOCK A 29894	BLOCK B 30404	BLOCK C 13142
BLOCK D 7754	BLOCK E 6410	BLOCK F 163

OTHER SCREENINGS

- OAE SCREENING
- NEW BORN & NEONATAL SCREENING
- ANGANWADI SCREENING
- DEVELOPMENTAL SCREENING - KANNAGI NAGAR
- DEVELOPMENTAL SCREENING - PERUMPAKKAM
- DEVELOPMENTAL SCREENING - AIR NAGAR



CHILD REHABILITATION SUCCESS REPORT

CHILD'S NAME:

NOORAL HAFEEZA

AGE:

3 YEARS 4 MONTHS

CONDITION DIAGNOSED:

GENU VARUM (BOW LEGS)

DURATION OF INTERVENTION:

1 YEAR 6 MONTHS



BACKGROUND

Nooral Hafeeza was referred to the Vithai Therapy Bus through the Community Resource Worker (CRW) network. Upon her initial assessment, the child presented with a pronounced bowing of the legs, marked by a 9 cm gap between the knees. Her mobility was limited—she was unable to stand or walk for extended periods.



INTERVENTIONS PROVIDED

A structured, consistent therapy plan was implemented, including:

- Massage therapy
- Stretching and strengthening exercises
- Use of assistive supportive devices

CHILD REHABILITATION SUCCESS REPORT



OUTCOME

With dedicated intervention over 18 months, Nooral Hafeeza has made remarkable progress:

- Her knee alignment has returned fully to the normal range
- She is now able to walk independently and confidently
- Her overall physical mobility has significantly improved



CURRENT STATUS

The child has successfully completed the therapy program and has been discharged. She is now enrolled in a local Anganwadi center and is participating in early childhood education activities.

Nooral Hafeeza's progress is a strong example of the impact of early intervention and community-based therapy programs. Her case highlights the effectiveness of sustained rehabilitation and family support in addressing developmental delays and physical conditions.



SPEECH THERAPY PROGRESS REPORT

Age: 3 years

Initial Concern: Lack of verbal communication; child relied solely on pointing gestures to express needs

INTERVENTION

The child was enrolled in speech therapy sessions and has been undergoing consistent intervention for the past 4 months.

INITIAL OBSERVATIONS

- No verbal communication at the time of admission
- Expressed all needs through gestures (pointing)
- Limited to no response to verbal prompts



THERAPY PLAN IMPLEMENTED

- Focused activities to enhance verbal expression
- Use of repetition, modeling, and visual aids
- Parent involvement and home-based reinforcement strategies

PROGRESS NOTED

- After 4 months of therapy, the child is now able to speak in short phrases consisting of 2 to 3 words
- Initiating basic communication verbally
- Reduced reliance on gestures for needs



CONCLUSION

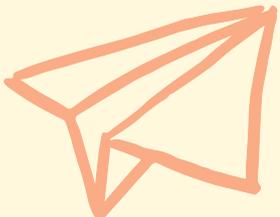
The child has shown significant improvement in expressive language skills. Continued speech therapy and consistent support at home are recommended to further enhance communication abilities



PROVISION OF AIR BED – 26TH JUNE 2025



An air bed was provided to Yashmitha (4 years, Hydrocephalus) to enhance her comfort and assist in the prevention of bed sores. This support is part of our home-based care approach for children with significant medical needs, ensuring dignity and improved daily living conditions.





EMPOWERING CHILDREN THROUGH SPEECH AND HEARING SUPPORT: PROJECT VITHAI - MERF-ISH



Speech and language therapy plays a crucial role in early intervention, particularly in supporting children with developmental delays. Detailed hearing assessment also helps in providing appropriate hearing intervention and also paves way for development. Over the past three years, data from Project ViThai shows that out of 359 service users, 32% presented speech and language delay and some also had hearing concerns as their primary impairment.



Project ViThai has been able to significantly improve outcomes for children with hearing and speech challenges through an impactful collaboration with the MERF Institute of Speech and Hearing.

VITHAI



EMPOWERING CHILDREN THROUGH SPEECH AND HEARING SUPPORT: PROJECT VITHAI - MERF-ISH

VITHAI



Prof. R. Ranjith, Managing Director and Principal of MERF - Institute of Speech & Hearing (MERF-ISH) and Chief Audiologist at MERF-ISH

This partnership is led by renowned professional Prof. R. Ranjith who guides Ms. Antoinette Pavitra and they both along with their team helps in transforming early intervention services

Prof. R. Ranjith is a pioneer in Implantation Audiology. He has over 25 years of experience in assessing and intervening in Speech related disorders and he has over a decade experience in leading and mentoring students who pursue Audiology and Speech language pathology as a career.

Ms. Antoinette Pavithra, brings over a decade of expertise in inclusive Rehabilitation, Assessment and Intervention of Speech & Language related disabilities. She is also experienced in providing Audiological Management. Her leadership in academic, clinical, and outreach programs has strengthened MERF-ISH impact on communities across India.

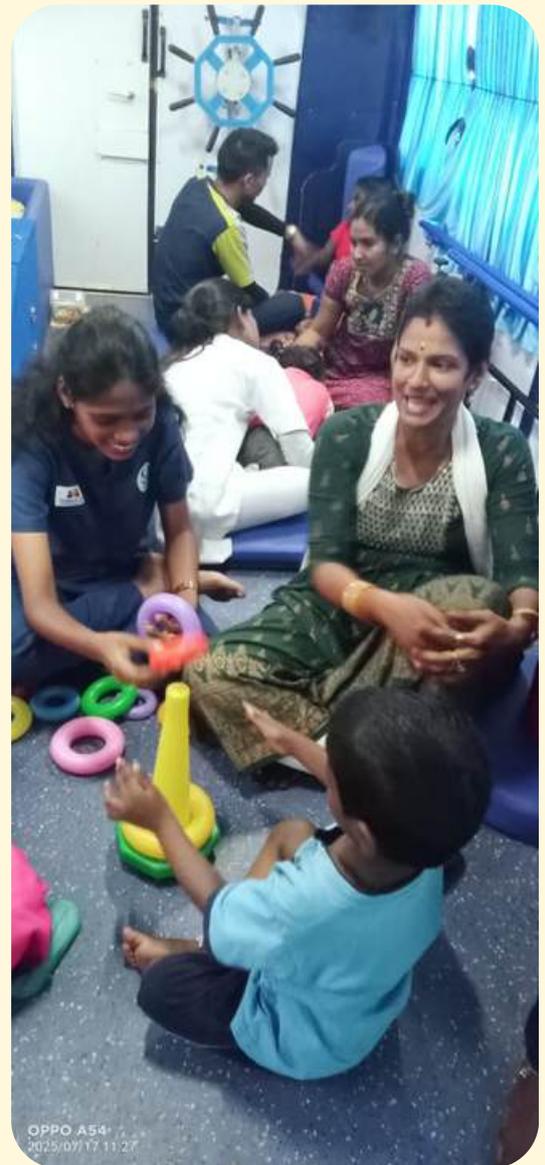


EMPOWERING CHILDREN THROUGH SPEECH AND HEARING SUPPORT: PROJECT VITHAI - MERF-ISH

VITHAI



Ms. Helena, ASLP from MERF-ISH, under the guidance of Mr. Ranjith and Ms. Pavitra plays a key role in delivering compassionate, child-centered therapy. Her dedication has helped many children with speech delays make remarkable progress and successfully transition into mainstream education.



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EMPOWERING CHILDREN THROUGH SPEECH AND HEARING SUPPORT: PROJECT VITHAI - MERF-ISH

VITHAI



Why?

WHY MERF-ISH CHOSE TO COLLABORATE WITH PROJECT VITHAI

The collaboration between MERF-ISH and Project ViThai Team approached MERF-ISH, highlighting the pressing needs, challenges, and difficulties in availing in providing early intervention services for children in underprivileged communities. While MERF-ISH had a strong history of impactful outreach programs, they had come forward to help in this vision after understanding needs and difficulties.

Motivated by this conversation, MERF-ISH decided to conduct a pilot study in these underserved neighborhoods. What began as a limited 1-2 day field visit soon evolved into a deeper commitment and named this Project as Chitra which is part of ViThai. Today, MERF-ISH is actively involved in delivering speech and hearing services across a broader segment of underprivileged populations – a first for the institution.



CRITICAL BARRIER: PARENTAL ACCEPTANCE

Through this journey, MERF-ISH identified a critical barrier: parental acceptance. Many parents in these areas are unable to identify the problem and unable to accept speech and language delays in their children. While physical disabilities are more readily acknowledged, hidden difficulties such as non-verbal communication often go unnoticed. For example, even when a child is 6 years old and non-verbal, families may believe the child will “speak eventually” without intervention.

EMPOWERING CHILDREN THROUGH SPEECH AND HEARING SUPPORT: PROJECT VITHAI - MERF-ISH

VITHAI



WAY FORWARD

Moving forward, MERF-ISH jointly with ViThai is committed to overcoming these obstacles by offering strong parental counseling, raising awareness, and ensuring each child receives timely, appropriate therapy. Through its partnership with Project ViThai, MERF-ISH aims to deliver high-quality speech and language therapy to the children who need it most – right at their doorstep.



PARENTS MEETING AT UCHC, KANNAGI NAGAR – 5TH JUNE 2025

PARENTS ATTENDED : 10

- The session highlighted the importance of regular and consistent treatment for children.
- Special emphasis was placed on motivating parents with irregular attendance to ensure their children attend regularly.
- Several parents also shared touching testimonials about their children's progress to motivate other parents.



PARENTS MEETING FOR PERUMBAKKAM & SEMMANCHERY – 6TH JUNE 2025

PARENTS ATTENDED : 10

- The session focused on the importance of regular treatment and encouraged parents with irregular attendance to bring their children consistently.
- The Family Resource Program was introduced, with a detailed explanation of how it can support families by offering various services and connecting them to relevant community resources.



MONTHLY ACTIVITY & COLLABORATION



1. Meeting with Dr. Lakshminarayan – 5th June 2025

Dr. Lakshminarayan, He is the country's leading epileptologist and Pediatric Neurologist. He has been supporting Project ViThai since its inception by giving free consultations to our service users. ViThai Project Advisor, Mrs. Deepa Murali, met in person to express gratitude on behalf of the ViThai team with a small token of appreciation.

2. Media Visit by Ms. Kamala Narayani – 12th June 2025

Ms. Kamala Narayani, an independent media professional (Free Launcher), visited the ViThai Bus. Our team shared detailed insights about the project and its impact.

3. CDPO Meeting – 9th June 2025

The Thirukazhukundram Block Team met Tmt. Sujatha, Child Development Project Officer (CDPO), at the BDO Office, Chengalpattu Collectorate, and

MONTHLY ACTIVITY & COLLABORATION



6. SRM Builders Visit – 25th June 2025

Our team visited SRM Builders regarding the painting work for the second ViThai Therapy Bus at FC, Kandigai, Chennai.

7. Visit to VAO Office – 30th June 2025

Our team visited the Village Administrative Officer of Perumpedu, Ms. Malathi, at Thirukazhukundram Block. The team presented an overview of the ViThai Project and its services.

8. Visit by Mr. & Mrs. Pavithran – 17th June 2025

Mr. Pavithran and Mrs. Isabella Pavithran visited the ViThai Bus along with Mrs. Deepa Murali. A detailed presentation was given on the objectives and functioning of the ViThai Project.



MONTHLY ACTIVITY & COLLABORATION

9. Kumaran special school Collaboration – 25th June 2025

The team visited Kumaran special school and met the Principal, Mrs. Senthamilselvi, to discuss the possibility of enrolling two of our service users, Mohammed Yunas and Sai Deepthi.

10. Student Visit from MSSW – 27th June 2025

Twenty MSW students from Madras School of Social Work (MSSW) visited Project ViThai. The visit was coordinated by our Trustee, Ms. Varshini, with support from the MSW Department. Our Founder Trustee, Ms. Choodamani, was also present during the visit.



1. Pediatric, Neurological, and Psychological Consultation – 21st June 2025

The Thirukazhukundram team accompanied four service users to Chengalpattu Government Hospital for medical evaluations:

- Jeevitha (9 years, CP)
- Bhuminathan (12 years, CP)
- Kishore Kannan (3 years, Autism)
- Geevithesh (3 years)



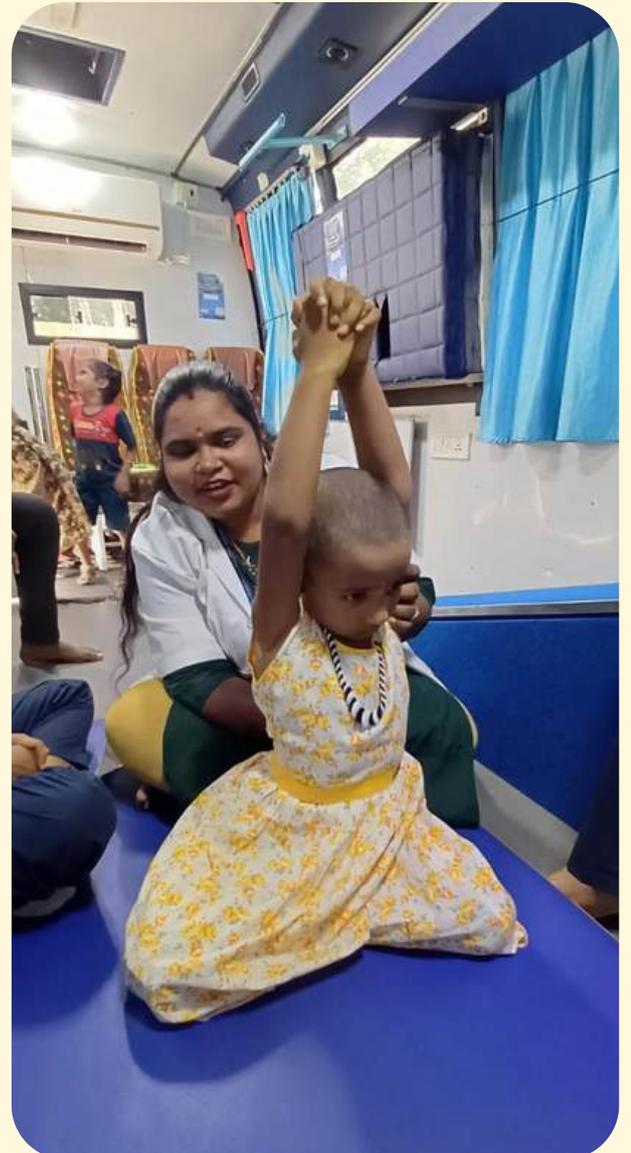
Recommendations from the Consultation:

- Jeevitha and Bhuminathan: Advised to undergo genetic testing
- Kishore Kannan: Referred to the Institute of Child Health and Hospital for Children (IHC), Egmore, for further assessment
- Geevithesh: Advised to continue ongoing therapy sessions

4. Neurological Consultation – 5th June 2025

Senmathi (4 years), diagnosed with Erb's Palsy, underwent a neurological consultation.

- Recommendation: Referred for orthopedic consultation for a second opinion and further treatment options.





1. COPM Online Training Session

An online training session on the Canadian Occupational Performance Measure (COPM) was conducted by Ms. Navamani from Amar Seva Sangam. The session was followed by a case presentation led by our in-house therapist, providing practical insights and application of COPM in the field.

2. Sensory Processing Disorder Training

Our team has also commenced participation in an online training program on Sensory Processing Disorder, facilitated by Ms. Navamani of Amar Seva Sangam, aimed at enhancing our understanding and intervention skills in managing sensory needs among children.

3. Sensitization Training for Village Health Nurses – SADRAS PHC

A sensitization session on Project ViThai and its ongoing activities was conducted for the Village Health Nurses at the Sadhuranga Pattinam (SADRAS) Primary Health Centre, Thirukazhukundram Block.

- The session was attended by Dr. Kavitha, Block Medical Officer, and Dr. Sivasaran, Anesthesiologist.
- Approximately 25 Village Health Nurses participated, gaining awareness of the project's goals and their role in community-level identification and referrals.

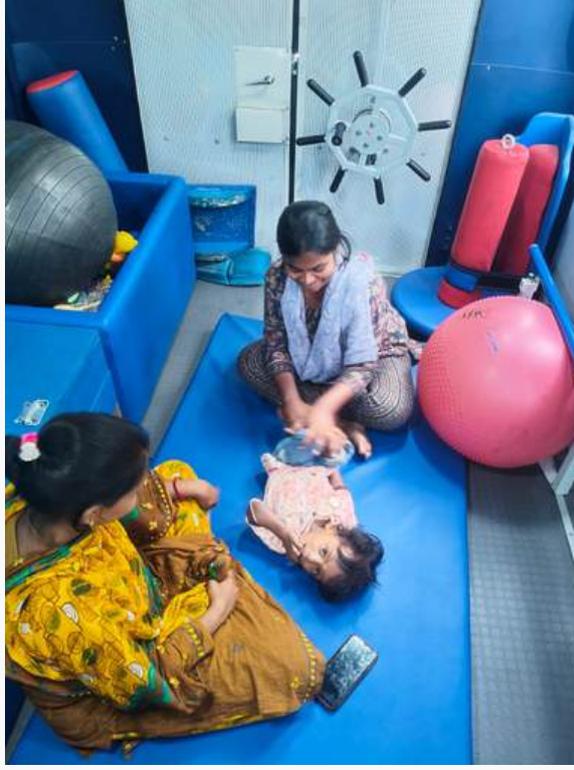
4. GAFA Conference Participation – 22nd June 2025

Ms. Deepa Murali, Project Advisor, attended a conference organized by the Global Alliance for Autism (GAFA). The event focused on global best practices and advancements in autism care and inclusion.

5. Play Therapy Training – 9th June 2025

Ms. Deepa Murali also participated in a training program on Play Therapy conducted by the Ummeed Child Development Center, Mumbai. The session emphasized therapeutic play as a vital tool in early childhood development and emotional regulation.







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therapy
on wheels

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



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