

May, 2025

VARSHINI ILLAM TRUST

Project Vithai - Therapy on Wheels Newsletter



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

SCREENING 27158

CHETANA 176

ASHA 1695



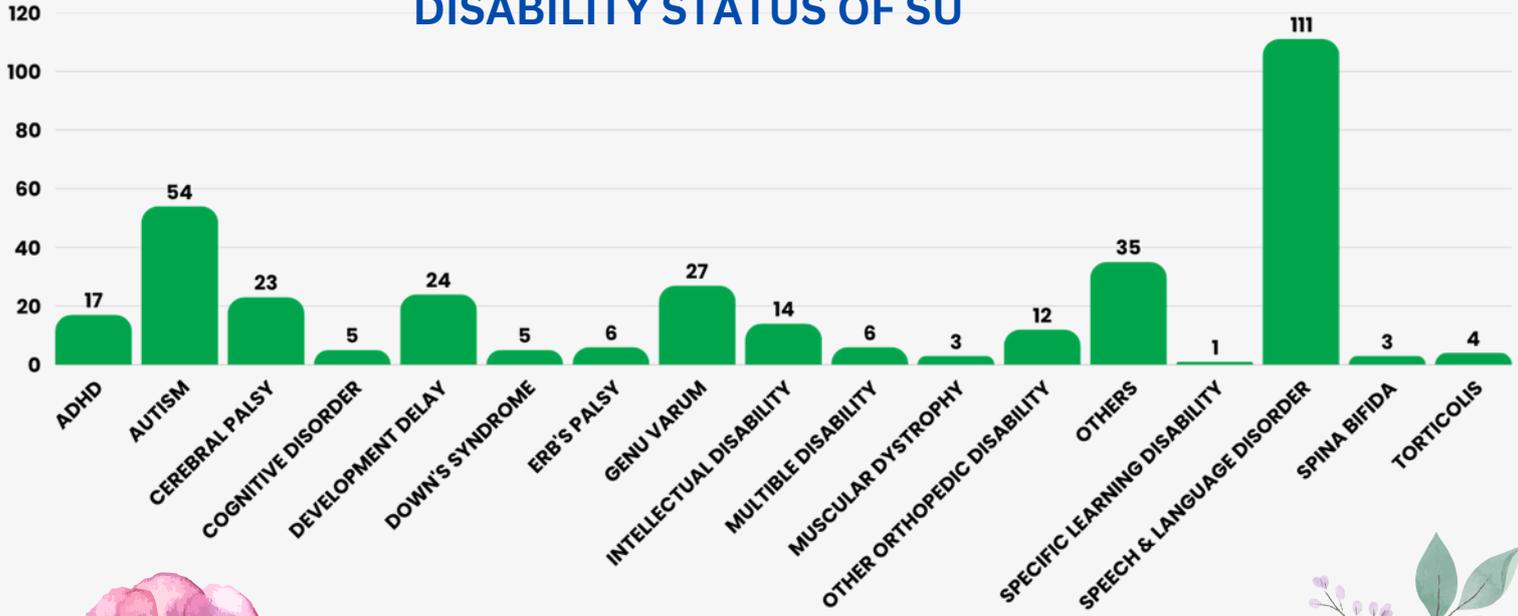
MEDICAL INTERVENTION 70

SERVICE USERS 350

ASSISTIVE TECHNOLOGY 58



DISABILITY STATUS OF SU



THERAPY

PHYSIO
61

SPEECH
119

OCCUPATIONAL
63

SPECIAL EDUCATION
01



CASE PROGRESS REPORT

CHILD'S NAME: GIRI - AGE: 6 YEARS



BACKGROUND

Giri is a six-year-old child diagnosed with a congenital kidney disorder, accompanied by developmental delays. Since the past three years, the child has been enrolled for physiotherapy and speech therapy services provided by Varshini Illam.

INTERVENTIONS PROVIDED

- **Therapeutic Support:**

Regular physiotherapy and speech therapy sessions have resulted in considerable improvements. Giri has shown enhanced clarity in speech and has achieved independent walking milestones.



CASE PROGRESS REPORT

CHILD'S NAME: GIRI - AGE: 6 YEARS

• **Documentation and Welfare Support:**

Our team assisted the family in applying for the Unique Disability ID (UDID) card at the Chengalpattu Collector's Office. The card was successfully obtained; however, the family faced challenges in accessing the associated disability welfare benefits.

To address this, our staff accompanied the family to the Chennai Collector's Office, where a formal petition was submitted. Further follow-up was done at the Directorate of Medical Services (DMS), including submission of necessary documentation to the Disability Department.

OUTCOME

- Giri is now a beneficiary of monthly disability welfare support from the government.
- The child is under continuous supervision with regular neurology and nephrology consultations as per the recommendations of the healthcare team.
- Systematic therapy has been prescribed by specialists, and efforts are ongoing to facilitate these sessions.



PARENTAL IMPACT



At the beginning of this intervention, Giri's parents were uncertain about procedures and resources available to them. With timely guidance and support, they are now more confident and hopeful regarding their child's progress and future care

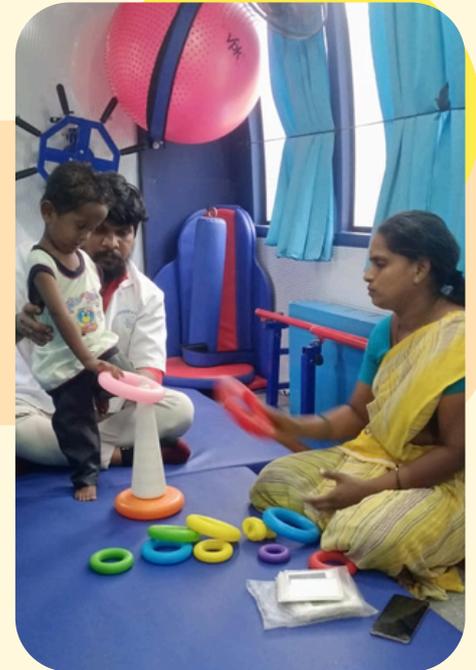
SAMINATHE'S JOURNEY TOWARDS INDEPENDENCE

BACKGROUND

When Saminathe first came to our centre, she was facing severe developmental challenges. She was unable to maintain balance in sitting or standing positions. She could neither stand nor walk independently, making her completely dependent on others for basic mobility. Her parents expressed deep concern as they watched their child struggle with simple motor tasks that other children her age had already mastered.

ASSESSMENT AND DIAGNOSIS

Upon evaluation, Saminathe was diagnosed with Developmental Delay, affecting her gross motor skills. Her muscle strength, balance control, postural stability, and ability to perform transitions (such as moving from sitting to standing) were significantly below developmental expectations for her age.



THERAPEUTIC INTERVENTION PLAN

Based on her assessment, an individualized developmental therapy program was designed, focusing on the following key areas:

- **Sitting to Standing Balance Exercises**

To improve postural control and balance while transitioning from sitting to standing.

- **Lower Back Strengthening Exercises**

To build core and lower back muscles essential for maintaining an upright posture and for standing stability.

- **Gait Training Exercises**

To develop proper walking patterns, foot placement, and coordination necessary for safe and independent ambulation.

- **Active Movement and Mobility Exercises**

To enhance overall muscle tone, strength, and active participation in daily functional activities.



SAMINATHE'S JOURNEY TOWARDS INDEPENDENCE

PROGRESS ACHIEVED

Saminathe responded positively to therapy with noticeable improvements every month. Through consistent practice and structured intervention

- She progressed from lying to sitting without support, demonstrating improved core strength and balance.
- She was able to stand up from the floor independently, a significant milestone indicating lower limb and trunk muscle development.
- Most remarkably, within five months, she achieved independent walking without any external support, showing proper gait patterns and confidence in her movements



Today, Saminathe can confidently move around on her own, explore her environment, and engage in play activities alongside other children. This transformation not only brought joy to her and her family but also improved her social interaction and overall quality of life.

Saminathe's story stands as a testament to how early and focused developmental therapy can dramatically change the life of a child with developmental delays. With the right guidance, care, and perseverance, milestones once thought distant can be reached in a short time frame.

SPREADING SMILES BEYOND THERAPY



Bringing joy to these children and their families not just through therapy, but also by celebrating their birthdays together. These moments of celebration, shared with parents, other children, and families, make them feel truly special – especially for those coming from underprivileged backgrounds



This report summarises the activities undertaken by our team during the recent period, covering awareness programs, stakeholder engagement, capacity building, service user support, event participation, and partnership development

AWARENESS PROGRAMS AND PAMPHLET DISTRIBUTION

Our team conducted awareness programs at multiple locations to educate the community on health and screening services. Pamphlets were distributed to ensure wider dissemination of information. The details are as follows

- Thirukazhukundram Block: Natham, Kariyacheri, Kalkulam
 - Pattinapakkam Block: Nochikuppam, Srinivasapuram, Dumilkuppam, Santhome
 - Other Areas: Keerapakkam, Periyar Nagar
-

STAKEHOLDER MEETINGS AND COORDINATION

In order to ensure the smooth execution of camps, screenings, and related activities, the following stakeholder engagements were carried out:

- **Perumbakkam Police Station:**

Our team met with Sub Inspector Mrs. Sujatha regarding arrangements for the upcoming physiotherapy camp.

- **Sathyabama College:**

A meeting was held with Mrs. Palthangam, Professor, to discuss possible collaborations for physiotherapy camp support.

- **Maternal and Child Health Department:**

Mrs. Pushpanjali, Maternal Child Health Officer, enquired about our project during our visit to the vaccination centre. Our team provided a detailed explanation of CRW's screening tools and scales.

- **Anganwadi Centres:**

Visits were made to Anganwadi centres located at Peramanur, Panakattur, and Sattamangalur, where our team engaged with the Anganwadi teacher to coordinate child screening activities.

- **Tamil Nadu Housing and Urban Development Board (TNHUDB):**

Mr. Balaji, Community Officer (CO), visited our bus and discussed the areas under his jurisdiction, specifically mentioning Kotturpuram, which has approximately 1500 households.

- **Panchayat Engagement:**

Our team visited Thiruvettriur Kuppam and met with the Panchayat Head, Mr. Vinoth, to seek permission for door-to-door screening activities.

- **Special Schools:**

Representatives from Sathya Special School, Pondicherry, visited our UCHC centre and mobile bus. The project objectives and activities were explained in detail.

TRAINING AND CAPACITY BUILDING

To enhance the knowledge and skills of our staff, the following training sessions were conducted:

- **COPM Training Session:**

Conducted by Ms. Navamani from Amar Seva Sangam, followed by a case presentation by our therapist.

- **Online Training Program:**

Our team attended a session on Sensory Processing Disorder, also facilitated by Ms. Navamani from Amar Seva Sangam.



SUPPORT EXTENDED TO SERVICE USERS (SUS)

To enhance the knowledge and skills of our staff, the following training sessions were conducted:

- **Medical Scholarship:**

SU Giri received a medical scholarship successfully processed by CRW team member Ms. Meena. The team also visited the DMS Office for child medical support purposes.

- **Medical Equipment Distribution:**

An air bed was provided to SU Yasmitha to support her healthcare needs.

EVENTS AND RECOGNITIONS

- **Varshini Illam Trust Annual Meet 2025:**

The Annual Meet was successfully conducted on 24th May 2025 at Mamalla Resort. Awards were distributed to the staff members who demonstrated exceptional performance over the past year.



PARTNERSHIP DEVELOPMENT AND PROTOCOL SHARING

Our therapist visited the Vizhuthugal Therapy Centre (Rights Project). During the visit, the One Stop Centre Manager, Mr. Anandhan, provided detailed information on the therapy protocols followed at the centre



The above activities reflect our team's continued commitment to community health awareness, stakeholder collaboration, professional development, and direct support to service users. These initiatives contribute significantly to the effective implementation of our programs.





Vaccination Screening

Particular	Kannagi Nagar	Perumpakkam	AIR Nagar	Total
Name of Centre	Kannagi Nagar 2PHK / Ezhil Nagar	Chemmencheri PHC	Ernavur PHC	-
Total Screening	31	52	131	214
Positive	-	-	-	
Negative	31	51	129	211
High Risk	-	1	2	3
SU - Converted	-	-	-	

Door to Door Screening

Particular	Block A	Block B	Block C	Block D	Block E	Block F	Total
Total doors	849	960	-	312	363	-	2484
Total Screening	185	204	-	128	143	-	660
Doubt list	3	12	-	2	1	-	18
Negative	182	192	-	126	142	-	642

Anganwadi Screening

Particular	Kannagi Nagar	Perumpakkam	Kattan Kolathur	Thirukazhukundram	Pattinapakkam	Total
No. of Anganwadis	-	-	1	1	-	2
Total Screening	-	-	20	2	-	22
Positive	-	-	-	-	-	0
Negative	-	-	20	2	-	22
High Risk	-	-	-	-	-	-
SU - Converted	-	-	-	-	-	-

OAE Screening

Particular	Kannagi Nagar
Place of Centre	UHC Centre
Total Screening	8
Positive	-
Negative	8
High Risk	-
SU - Converted	

Neonatal & New Born Screening

Particular	Kannagi Nagar
Place of Centre	UHC Centre
Total Screening	12
Positive	-
Negative	12
High Risk	-
SU - Converted	-



ICDS SCREENING

INTEGRATED CHILD DEVELOPMENT SERVICES

ANGANWADI - NIL
 CHILDREN SCREENED - 0
 RESULT:
 POSITIVE : 0
 HIGH RISK : 0
 NEGATIVE : 0

Pattinapakkam-Block F



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



Thirukazhukundram

ANGANWADI - 1
 TOTAL CHILDREN
 SCREENED - 2

RESULT:
 POSITIVE: 0
 HIGH RISK: 0
 NEGATIVE: 2



Kattankulathur

ANGANWADI - 1
 CHILDREN SCREENED - 20

POSITIVE - 0
 HIGH RISK - 0
 NEGATIVE - 20



Kannagi Nagar

ANGANWADI - NIL
 CHILDREN SCREENED - 0

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



VITHAI

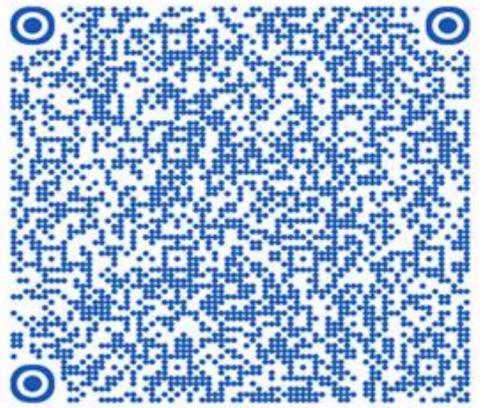


EVERY CHILD DESERVES A STRONG START

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

