

VARSHINI ILLAM TRUST

Project Vithai - Therapy on Wheels Newsletter



CELEBRATING 3 YEARS OF PROJECT VITHAI – SPREADING HOPE AND INCLUSION

Project Vithai, the pioneering Pediatric Therapy on Wheels initiative by Varshini Illam Trust, proudly marks three years of transformative impact in the lives of children with developmental delays and disabilities. Launched in November 2022, Project Vithai brings early detection and intervention services directly to underserved communities through a specially equipped mobile therapy van, breaking barriers of access, awareness, and affordability

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

SCREENING 32497

CHETANA 236

ASHA 1828



MEDICAL INTERVENTION 76

SERVICE USERS 439

ASSISTIVE TECHNOLOGY 65



DOOR TO DOOR SCREENING 2025

CUMULATIVE
94508

BLOCK A 31487	BLOCK B 33413	BLOCK C 13411	
BLOCK D 7974	BLOCK E 6410	BLOCK F 163	

OTHER SCREENINGS

- OAE Screening
- NEW Born & NEONATAL Screening
- ANGANWADI Screening
- Developmental Screening
 - Kannagi Nagar, Perumbakkam, AIR Nagar, Adyar Semmencherry, Gandhinagar, Thiruvetriyur, Kattankulathur, Thirukazhukundram



VITHAI 3RD ANNUAL DAY & WORLD DISABILITY DAY CELEBRATION

19 DECEMBER 2025

VITHai marked a significant milestone by celebrating its 3rd Annual Day, alongside World Disability Day, bringing together children, families, partners, and government representatives for a meaningful and inspiring event.

The programme was honoured by the presence of Tmt. S. Madhumathi, IAS, Secretary, Department of Welfare of the Differently Abled Persons, along with other esteemed government officials, whose participation added great value to the occasion.



DISTRIBUTION OF ASSISTIVE DEVICES TO 10 CHILDREN

A deeply moving highlight of the event was the distribution of assistive devices to 10 service user children, a moment that brought visible joy, enhanced confidence, and renewed hope to both the children and their families.



VITHAI 3RD ANNUAL DAY & WORLD DISABILITY DAY CELEBRATION

Officials from various government departments—Welfare, ICDS, Education, Health, and TNUHDB—along with our CSR partner Unico Housing Finance Pvt. Ltd., sponsor Aptus, and our NGO partners, were felicitated with mementos in appreciation of their continued support and collaboration.

This celebration reflected the collective commitment of all stakeholders towards building an inclusive, supportive, and empowering ecosystem for children with disabilities and their families.



**DR.K.LAKSHMI NARAYANAN,
MD,DM
SR.CONSULTANT PEDIATRIC
NEUROLOGIST AND
EPILEPTOLOGIST,
ADVISOR, VIT**

VITHAI 3RD ANNUAL DAY & WORLD DISABILITY DAY CELEBRATION



**TMT S MADHUMATHI IAS,
SECRETARY, DEPT FOR WELFARE
OF DIFFERENTLY ABLED
PERSON, GOVT OF TAMILNADU**



**RTN.D.SURESH JAIN,
DISTRICT GOVERNOR, ROTARY
INTERNATIONAL - 26-27**



**MR. J. A. NIRMAL KUMAR,
CCDO, TNUHDB**



**TMT. J. SENTHIL KUMARI,
DDAWO - NORTH CHENNAI**



**TMT. M. KRISHNAVENI, DPO
ICDS, SOUTH CHENNAI,**



**TMT. M. VANITHA DEVI, DPO
ICDS, NORTH CHENNAI**



**TMT.DR.AMIRTHAVARSHINI,
VICE PRINCIPAL, MERF-ISH**



**MR. V. BALASUBRAMANI,
MANAGER - SALES, JAI
COMMERCIALS,**



**MR. E. MARISAMY,
FOUNDER & MD, MUTHAL
THALAIMURAI TRUST,**



**MS. S. EYALARASI, HM, GOVT.
PRIMARY SCHOOL, KANNAGI
NAGAR**



MS. S. VEENA, CDPO - ICDS



MR. M. BALAJI, CO, TNUHDB

VITHAI 3RD ANNUAL DAY & WORLD DISABILITY DAY CELEBRATION



**MR. S. LAXMANAN, CO,
TNUHDB**



**TMT. S. SARASWATHI, CO,
TNUHDB**



**MS. C. MANJULA, SR. NURSE,
UCHC, KANNAGI NAGAR,
CHENNAI**



**MS. NASREEN FATHIMA,
PA, TNDACT**



**MR. R. BALAJI, MARKETTING
MANAGER, SRMPR**



**MR. K. DEENADHAYALAN,
DESIGN ENGINEERING,
SRMPR**



**MR. ANJAN. D, PROGRAM
MANAGER - IB, EQUITAS SFB**



**DR. M. JAGADEESAN,
CHO, GCC**



**TMT.M.LAKSHMI, IAS
COMMISSIONER FOR
WELFARE OF DIFFERENTLY
ABLED, GOVT. OF TAMIL
NADU**



**MR. S. ANANDHAN, CO,
TNUHDB**



**MR. RAVINDRANATH SINGH,
DEPUTY DIRECTOR, DDAWO**



CHILD PROGRESS REPORT – VITHAI PROJECT



NAME: SAI DEEPTHI
AGE: 5 YEARS
AREA: TIRUVOTTIYUR (BLOCK – G)
CONDITION: AUTISM SPECTRUM DISORDER (ASD)



Sai Deepthi was diagnosed with Autism Spectrum Disorder at the age of three. She was later identified through Anganwadi screening under the VITHai Project at the age of four and subsequently enrolled for therapy services.

AT THE TIME OF IDENTIFICATION, SAI DEEPTHI EXHIBITED

- Poor eye contact
- Lack of response to name calls
- Hyperactivity
- Speech delay, and
- Absence of toilet training.

These challenges significantly affected her daily functioning and communication.



CHILD PROGRESS REPORT – VITHAI PROJECT

Following regular intervention through Occupational Therapy (OT) and Speech Therapy at VITHai, notable progress has been observed.



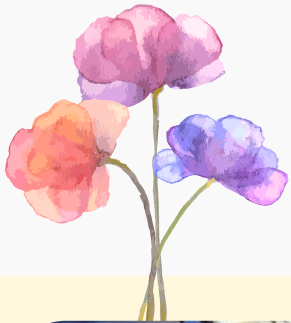
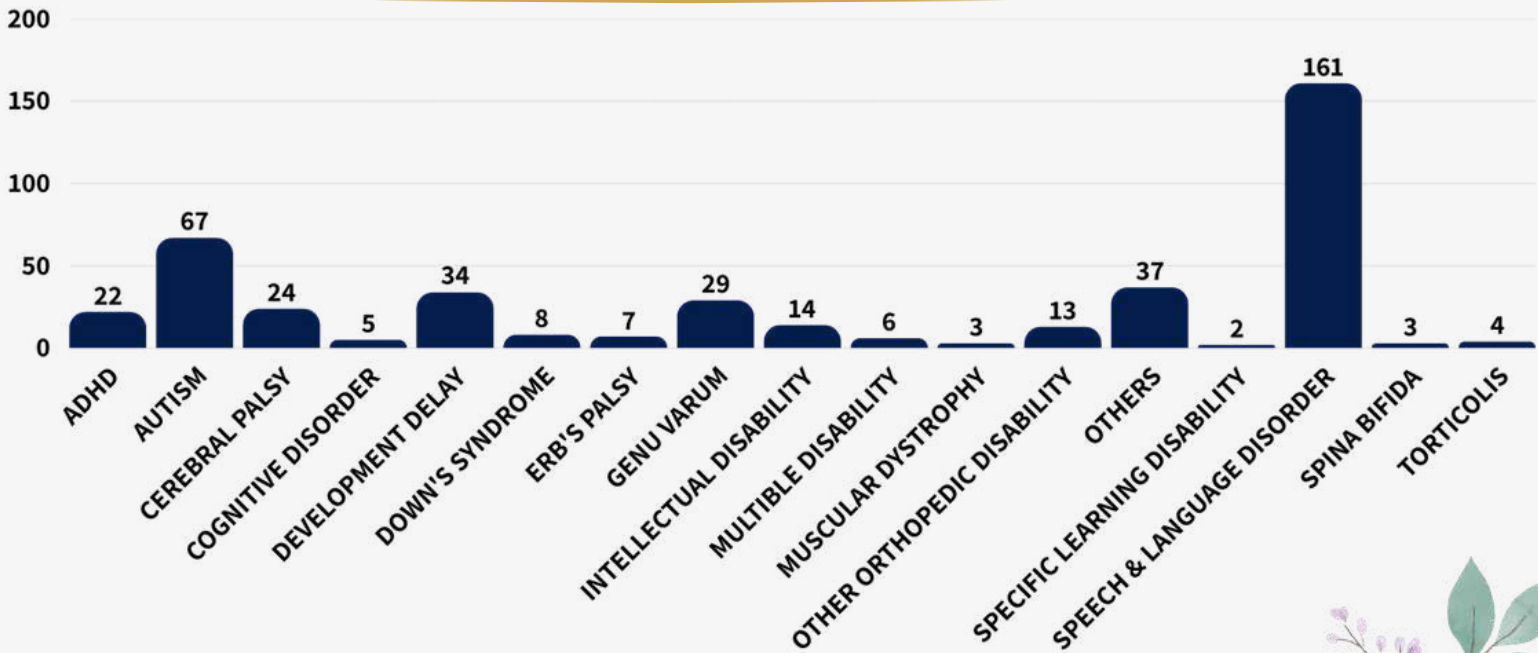
- Her hyperactivity has reduced
- Responds to her name and simple commands
- Begun to initiate toilet training independently.

IN ADDITION, SHE HAS STARTED TO USE TWO-WORD SPEECH, MARKING AN IMPORTANT MILESTONE IN HER COMMUNICATION DEVELOPMENT.

Sai Deepthi's progress highlights the impact of early identification, consistent therapy, and parental guidance, reinforcing the importance of community-based screening and timely intervention for children with developmental needs.



DISABILITY STATUS OF SU



CELEBRATIONS THAT NURTURE JOY, GROWTH, AND WELL-BEING

- Celebrations play a vital role in the holistic development of children, especially for children with developmental and physical challenges. Participating in joyful events helps children build social skills, emotional expression, confidence, and creativity in a relaxed and inclusive environment. Such moments of happiness also provide a much-needed break from therapy routines, allowing children to learn through play and shared experiences.
- For parents and caregivers, these celebrations offer a space to relax, reconnect, and feel emotionally supported. Seeing their children laugh, participate, and feel included brings renewed energy, reduces stress, and strengthens the sense of community among families and staff.

CELEBRATION HIGHLIGHTS



CELEBRATIONS THAT NURTURE JOY, GROWTH, AND WELL-BEING

CHILDREN'S DAY

- 14 & 15 November 2025 – **Children's Day celebrations** were organised across all blocks at their respective locations. Ms. Senthil Kumari, DDAWO North, participated in the Block C Children's Day celebration. In addition, UNICO conducted a Children's Day programme for staff members' children, creating a joyful and inclusive atmosphere.
- 29 November 2025 – **Children's Day** was celebrated at Kayarambedu Village with Tmt. Jeyagandhi Pushparaj, President, as the Chief Guest, along with other Guests of Honour. Nearly 30 service users (SUs) participated along with their parents, making the event lively and memorable.

- 26 December 2025 – **Christmas celebrations** were held at the Thiruvottiyur Block at the mobile therapy bus. Children enthusiastically took part in various festive activities, spreading cheer and togetherness.
- 30 December 2025 – The AIR Nagar Block celebrated the **New Year** at the mobile therapy bus. Children actively participated in games and activities, welcoming the new year with joy and positive energy.

CHRISTMAS & NEW YEAR



ASSISTIVE DEVICE SUPPORT & MOBILITY AID DISTRIBUTION

- 20 & 21 November 2025 – Measurements for assistive devices were conducted for identified service users (SUs) across Chennai and Chengalpattu districts, ensuring accurate fitting and appropriate support for children in need.
- 10 November 2025 – The Thirukazhukundram and Kattankolathur teams provided a wheelchair to Mariyammal, a 6-year-old child diagnosed with osteogenesis imperfecta. Due to the high risk of bone fractures, physiotherapy interventions were not advisable. Recognising her mobility needs, the Vithai Project stepped in to support her independence by providing a wheelchair.



MONTHLY HIGHLIGHTS: FIELD ENGAGEMENTS & COLLABORATIONS

1. GOVERNMENT & INSTITUTIONAL ENGAGEMENTS

- 04 Nov 2025 – Met Dr. Kathirvelu, District Disability Officer, Chengalpattu District, and Mrs. Sarguna, District Project Officer, ICDS, Chengalpattu to give a brief on our current activities at Thirukalkundram and Chengalpattu and about our new area of operation Madurantakam.
- 07 Nov 2025 – Discussion with Ms. Aruna, CDPO, ICDS Thiruvottiyur, regarding training programme planning and coordination.
- 10 Nov 2025 – Mr. George, Psychologist from Nandhivaram PHC, visited the mobile therapy bus, reviewed equipment, provided feedback, and conducted parent counselling sessions.
- 13 Nov 2025 – Dr. Keshava Perumal from Sathya Sai Hospital & Medical College visited the mobile therapy bus and discussed future medical collaboration and continued doctor support.



MONTHLY HIGHLIGHTS: FIELD ENGAGEMENTS & COLLABORATIONS

2. COMMUNITY OUTREACH & PANCHAYAT MEETINGS

- 21 Nov 2025 – Our team met Mr. Thanikaivel, President of Mullikolathur Village, explained the Vithai Project, and received appreciation for community awareness initiatives.
- 20 Nov 2025 – Vithai Mobile Therapy Bus visited Thirukazhukundram Town Panchayat; discussion held with Mr. Pichamuthu, Chairman, Kothimangalam Panchayat Council, explaining the Vithai Project.
- 15 Dec 2025 – Thirukazhukundram Team met Mr. Segar, President of Kariyacheri Village, and briefed him on the project objectives and impact.
- 15 Dec 2025 – Met Mr. Suresh, Village Administrative Officer (VAO), Kariyacheri; explained the project and distributed awareness pamphlets.



MONTHLY HIGHLIGHTS: FIELD ENGAGEMENTS & COLLABORATIONS

3. MOBILE THERAPY BUS VISITS

- 04 Nov 2025 – Mr. Sooraj, Mrs. Sheeba, and Ms. Akshaya visited the mobile therapy bus; therapy procedures and infrastructure were explained.
- 06 Nov 2025 – Our Trustee Mrs. Gariyali visited the mobile therapy bus and Kannagi Nagar UCHC Centre, reviewed field progress, offered strategic suggestions, and provided counselling to a parent, including advice on nutritional support for children.



MONTHLY HIGHLIGHTS: FIELD ENGAGEMENTS & COLLABORATIONS

4. RESEARCH, EVALUATION & ACADEMIC VISITS

- 20 & 21 Nov 2025 – Project Evaluation Research Team led by Dr. Ravi Prasad Varma, Professor at Sree Chitra Tirunal, Institute of Medical Sciences and Technology, Trivandrum visited the mobile therapy bus across Chennai (Perumpakkam & Kannagi Nagar) and Chengalpattu District (TKM Block). The team interacted with government stakeholders, staff, and parents.
- 10 Dec 2025 – MERF-ISH Vice Principal Ms. Amirthavarshini and Ms. Pavithra visited the Kannagi Nagar Paediatric Physiotherapy Centre as part of a general review visit.

5. NGO & PARTNER COLLABORATIONS

- 15 Dec 2025 – Mr. Moses and his team from TKM-Hand in Hand visited the mobile therapy bus; the Vithai Project and services were presented.
- December 2025 – TKM Team visited Lift Charitable Trust (Krishnalaya Multi-Disabled School & Counseling Center), met Mrs. Priya, explained the Vithai Project, and distributed informational pamphlets.



OCCUPATIONAL THERAPY CAMP AT KARIYACHERI REGION

On 15 December 2025, an Occupational Therapy (OT) camp was successfully conducted at MN Kuppam, Kariyacheri, and Vengampakkam. The camp aimed to support children with developmental needs while equipping parents with practical guidance for continued care at home.

A total of 12 children, accompanied by their parents, participated in the camp. During the sessions, children engaged in therapy-based activities designed to address their functional and developmental challenges. Parents were provided with awareness, counselling, and simple home-based strategies to support their children's progress beyond the therapy setting.



MEDICAL CONSULTATIONS FOR EARLY DIAGNOSIS AND ONGOING CARE

Regular medical consultations are crucial for children with developmental and neurological challenges, as they enable early diagnosis, accurate assessment, and timely intervention. Such consultations help in identifying underlying conditions, refining therapy plans, and preventing complications. They also provide parents with clarity, reassurance, and expert guidance, empowering them to make informed decisions for their child's long-term well-being.



- 10 November 2025 – The Kattankulathur Team facilitated a medical consultation visit to Chengalpattu Government Hospital & Medical College, supporting five service users (SUs) along with their parents.
- 30 & 31 December 2025 – Three service users from Kannagi Nagar were supported in attending neurological consultations, ensuring specialised evaluation and continued medical guidance.

STRENGTHENING EARLY IDENTIFICATION THROUGH TEACHER CAPACITY BUILDING

Teachers and frontline childcare workers play a critical role in the early identification of developmental, behavioural, and speech-related challenges in young children. Equipping ICDS teachers with the right knowledge and practical tools enables early screening, timely referrals, child protection, and preventive care. Such capacity-building initiatives not only strengthen early childhood care systems but also ensure safer, more inclusive, and responsive learning environments for children and families.



- 06 November 2025 – The Block G (Thiruvottiyur) Team conducted a training programme for ICDS teachers at the Government Primary School, Thiruvottiyur.
- The session was attended by Ms. Shahin, Supervisor, and Ms. Suguna (SMH).
- The training covered key topics including the TDSC Scale, POCSO Act, and POSH guidelines, with participation from 30–50 ICDS teachers.



STRENGTHENING EARLY IDENTIFICATION THROUGH TEACHER CAPACITY BUILDING

24 December 2025 – Varshini Illam Trust, under its Project VITHai initiative, organised a large-scale capacity-building training at the DMS Office, reaching 170 ICDS teachers.

THE PROGRAMME WAS HONoured BY THE PRESENCE OF MS. ARUNA, CDPO – THIRUVOTTIYUR ZONE, WHOSE PARTICIPATION ADDED SIGNIFICANT VALUE TO THE SESSION.

The training focused on:

- Project overview and objectives
- Screening methods and practical tools
- Identification of simple developmental and speech-related conditions
- Preventive measures
- Service areas and available support systems



AWARENESS PROGRAMMES

COMMUNITY AWARENESS PROGRAMMES: BUILDING INFORMED & INCLUSIVE COMMUNITIES

Awareness programmes play a crucial role in ensuring that families, community leaders, and local institutions are informed about available services, early intervention, and support systems for children with developmental needs. By reaching people at the grassroots level, these initiatives help reduce stigma, encourage timely referrals, and strengthen collaboration between communities, authorities, and service providers—ultimately enabling better outcomes for children and families.



- 26 November 2025 – The Block F (Adyar) Team conducted an awareness programme at Mandhaveli, where information about the VITHai Project was shared with the community. Visual awareness was created through the display of project content on a TV, and informational pamphlets were distributed to the public.

AWARENESS PROGRAMMES

COMMUNITY AWARENESS PROGRAMMES: BUILDING INFORMED & INCLUSIVE COMMUNITIES

These awareness efforts reinforce our commitment to community engagement, cross-sector collaboration, and ensuring that vital support reaches children and families who need it most.

- 08 December 2025 – The Kattankolathur Team held a series of stakeholder meetings to strengthen community outreach:
 - Met Mr. Naseer, Intelligence Officer, CID, and Ms. Suganya, Sub-Inspector, at the Guduvanchery Police Station, explained the VITHai Project, and distributed awareness pamphlets.
 - Met Ms. Karthi, Chairman, Guduvanchery Municipality, at the Municipal Office to explain the project and distribute pamphlets.
 - Visited the Karuneelam Chairman's Office and met Ms. Mohan, Computer Manager, to share details about the VITHai Project and its community services.







VARSHINI
ILLAM TRUST

VITHAI

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



DONATE NOW

