

VARSHINI ILLAM TRUST

NEWSLETTER



Mobile pediatric therapy for special kids

Ages 0-6
Physiotherapy & Speech Therapy

Bringing care to your doorstep

PROJECT VITHAI

Children with disabilities from disadvantaged backgrounds often miss out on crucial early diagnosis and treatment due to various limitations.

Project ViThai aims to bridge this gap by offering mobile pediatric therapy directly to these communities. Our specially equipped van delivers therapy sessions to children aged 0-6, ensuring they receive the support they deserve.

SCREENING
21,014

CHETANA
134

ASHA
1453

SHIKSHA
INCLUSION
42

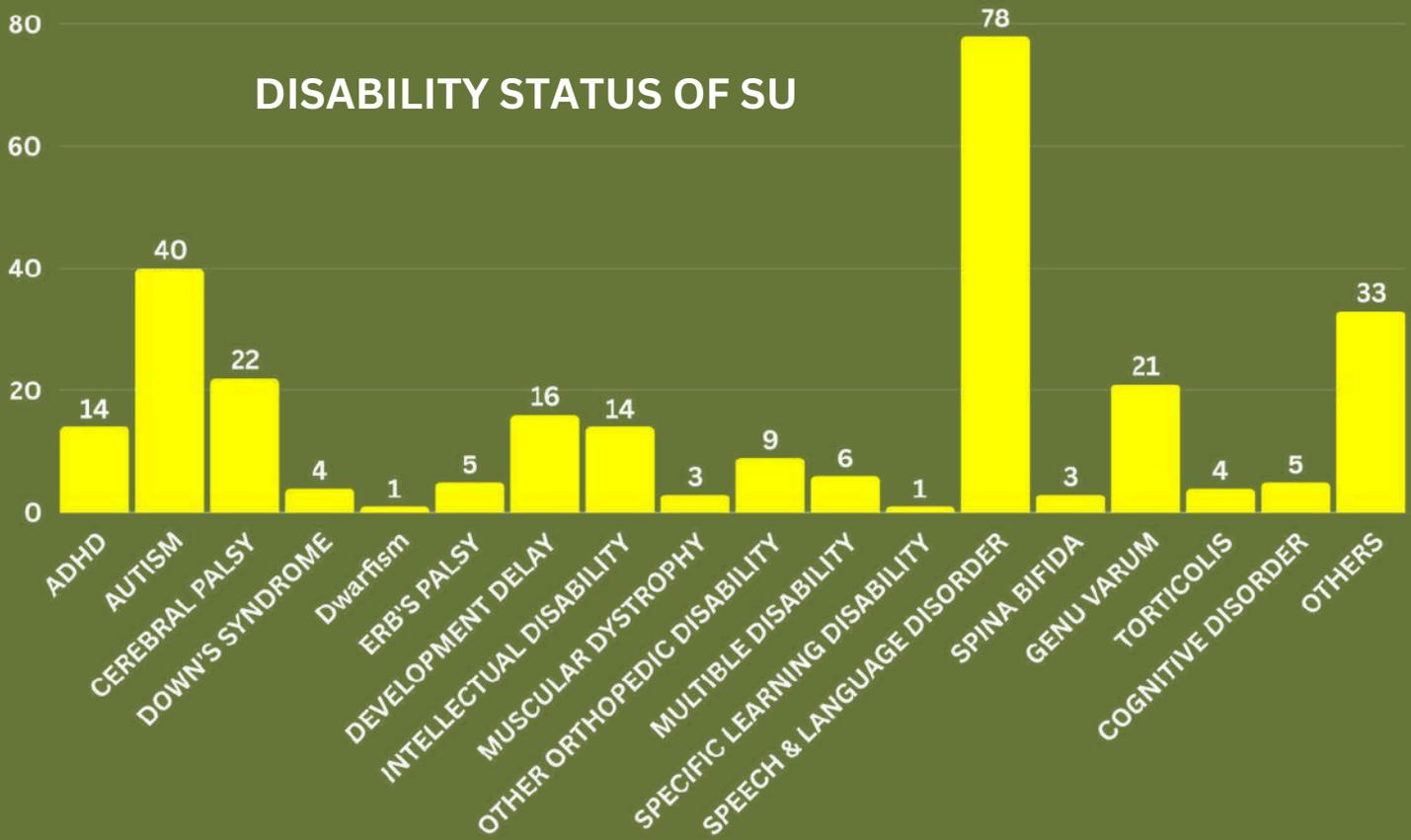
SERVICE
USERS
278



ASSISTIVE
TECHNOLOGY
34

MEDICAL
INTERVENTION
56





THERAPY

PHYSIO	SPEECH	OCCUPATIONAL
67	112	51
SPECIAL EDUCATION		LOW VISION THERAPY
38		02



Early support maximizes the brain's adaptability, ensuring better long-term outcomes. It also helps families understand and support their child's unique needs effectively. Overall, it lays the foundation for a child's healthier and happier future



Stories that matter

Baby Thakshitha

Baby Thakshitha was born in a hospital but did not cry immediately after birth. Doctors identified her as a child with a 95% disability due to a blood clot in her head. Additionally, she had a smaller-than-average head size, likely a consequence of her mother becoming pregnant at the young age of 16



Baby's condition was Developmental delay



When the baby was born, her head was very small.

She underwent treatment at a hospital for six months, but no improvement was observed. She experienced frequent seizures, and the prescribed medication failed to improve her condition. During this time, the Vithai Therapy Bus visited the AIR Nagar area for screenings. Baby Thakshitha was brought to us when she was 7 months old. With her grandmother's support, she began attending our screenings and therapy sessions regularly



she can now control her head a little bit better than before.

She is now 1.5 years old. When she first came to us, she had no head control, but with the help of our therapy sessions, she can now hold her head up. Additionally, her seizures have stopped following treatment from our neurologist



We tried different treatments that didn't work for her.



our child has shown better improvement in head control.



She is also trying to stand on her own at home,

She is now attempting to stand on her own, and this therapy has brought new hope to her family for her continued improvement

Highlights



The Thirukazhukundram team, in coordination with Mr. Boobalan, a pharmacist from the RBSK team, organized a medical consultation at the Government Hospital in Chengalpattu District. The consultation covered pediatrics, psychology, occupational therapy, neurology, and orthopedics, benefiting 8 service users



Capacity-building training program for Anganwadi teachers was conducted at Urapakkam in the Kattankolathur block, with approximately 39 teachers participating



The team visited the Medavakkam PHC and met Dr. Babu, the head of the RBSK team, to discuss potential collaboration and teamwork. During the visit, they also provided an overview of our project details



Certificates were awarded to the physiotherapy interns from Meenakshi College, followed by a feedback session



Discussion with Dr. Bharanidharan, the District Health Officer of Chengalpattu, on organizing a medical camp and provide an overview of our work in the district



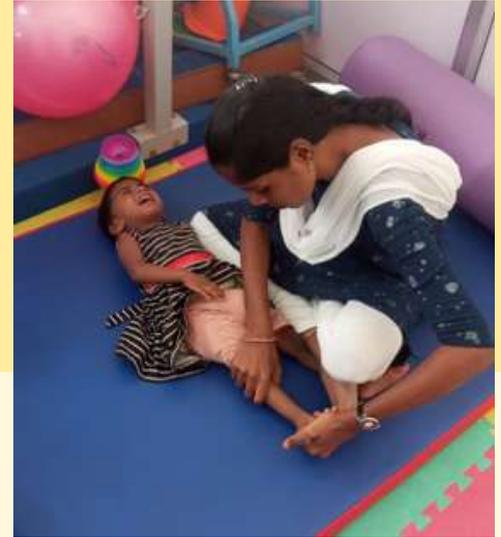
Capacity-building training program for Anganwadi teachers was conducted at 617 - Ninnakarai, with approximately 36 teachers participating

JOY OF GIVING



Provided assistive device for Special children

Therapy Sessions



SEP 2024

MEDICAL VISITS AND SCREENINGS



- CMO Dr. Banumathy visited our UCHC Centre for neonatal hearing screening purposes.
- Our team participated in the Pregnant Women Month program at ICDS Centre - 11, Kayarambedu Village, Kattankolathur block.
- Our team visited Kattankolathur High School with the RBSK team led by Dr. Moorthy and screened children.
- Our team visited AIR Nagar PHC and Thiruvottriyur PHC for vaccination approval purposes.
- Our team met RBSK Medical Officer Dr. Kavitha MBBS, MD (Kalpakkam), who supported consultation for our service users.
- Dr. Gomathy MBBS, MD (Thirukazhukundram), accepted consultations at Chengalpet Government Medical Hospital.

NGO AND INSTITUTIONAL COLLABORATIONS

- Our team met Mr. Mankumar from the December 3 NGO to seek support for a high-risk intervention case at Lokesh Home.
- Our team participated in the TNUHDB and all NGO Meeting Program.
- We connected with December 3 NGO representative Ms. Akshara regarding the SU – Ayaan medical check-up (genetic test).
- The SAKSHAM Project Head met our team to discuss organizing the Aadhaar and UDID card camp.
- Mr. Anandh, Project Associate from Learning Links NGO, visited our bus.
- Our team participated in the Thozhamai NGO's Child and Women Safety and Rights Awareness Training Program.



SEP 2024

VISITS TO EDUCATIONAL INSTITUTIONS



- Our team visited Sarva Shiksha Abhiyan (SSA) Government Special School in Thirukazhukundram.
- Our team visited Anbalaya Special School, Periyar Thiruvottriyur, for schooling purposes for high-risk children (above 6).

- Mr. Ganesh, Founder of DSW Trust at Guru Vidhyashram Special School, Keerapakkam, visited our bus and discussed medical support options for interventions.
- Meenakshi College Department of Occupational Therapy and Physiotherapy Department visited our facilities.
- Physiotherapy interns from Meenakshi College of Physiotherapy (MAHER) completed a 15-day internship, and we conducted a feedback session at the UNICO office.
- Our team met Dr. Ganesh, Head of the SRM Social Work Department, who expressed readiness to send social work students for support.

SPECIAL EVENTS AND CELEBRATIONS

- We celebrated the ONAM Festival in our office and enjoyed a team lunch with VIThAI and MERF staff.
- Our team celebrated Varshini Illam Trust's 10th anniversary with a cake-cutting ceremony in the field where staff members shared their experiences.
- We celebrated Physiotherapy Day and Driver's Day at the UNICO office with cake cutting and gift distribution to all therapists and drivers.

TRAINING PROGRAMS AND SUPPORT

- The G-Form and App Training Program was conducted for our therapists.
- The TNHSP (Tamil Nadu Health System Project) Disability Department Head, Dr. Keerthika, visited our bus and appreciated the VIThAI Project and the services provided.
- UNICO team members visited our bus and therapy facilities

COMMUNITY AND LEADERSHIP SUPPORT



- Our team and trustees met the GCC Commissioner along with Gayriyali Mam to submit a request for vaccination screenings at AIR and Thiruvottriyur PHCs and the Parthasarathy Nagar satellite center in Old Washermenpet.
- Our team met Mr. Yuvaraj, B.E., Chairman of Thirukazhukundram, who supported our awareness and treatment programs and visited our bus.

OCT 2024

MEDICAL CONSULTATIONS AND CAMPS



- Our Thirukazhukundram team organized a medical consultation (Pediatrics, Psychology, Occupational Therapy, Neurology, and Orthopedics) at a government hospital in Chengalpattu district, guided by the RBSK team's Mr. Boobalan, Pharmacist. Eight service users benefitted from this program.
- Psychiatric medical intervention, IQ, and speech consultation programs were conducted for Dhashwanth and Sugadharani.

- Our team met Dr. Bharanidharan, District Health Officer in Chengalpattu, to discuss upcoming medical camps and brief him about our work in the district.
- Our team visited Perumbakkam PHC and met Dr. Gayathri to inquire about the RBSK team and explain project details.
- Our team visited Medavakkam PHC and met Dr. Babu, RBSK team head, to discuss collaboration and teamwork and to explain our project details.
- Our team visited PHCs in AIR Nagar and Thiruvottriyur and met ZHO Dr. Leena for vaccination center screening approval purposes.

TRAINING AND CAPACITY BUILDING

- Our team conducted basic condition identification training for ICDS teachers in Kattankolathur's three sectors, with 52 teachers participating.
- The team conducted an Anganwadi Teachers Capacity Building Training Program at Urapakkam, Kattankolathur block, where 39 teachers participated.
- The Thirukazhukundram team conducted an Anganwadi Teachers Capacity Building Training Program at 617 - Ninnakarai, with participation from 36 teachers.
- Our project manager, Mr. Suresh, gave a speech on the VIThai Project to social work students from St. Joseph's College of Arts and Science, Chennai.

EDUCATION AND INTERNSHIPS

Certificates were provided to the Meenakshi College Physiotherapy Interns after their internship, and a feedback session was conducted.

FESTIVALS AND CELEBRATIONS

- Our team celebrated Ayudha Pooja at the UNICO Office and Kannagi Nagar UCHC Centre.
- The team participated in the Diwali celebration at the Kumaran Special School, Ennore.
- Our team also joined the Diwali celebration at the UNICO Office.

OCT 2024

COMMUNITY ENGAGEMENT AND COLLABORATION



- Our team visited Kattankolathur Anganwadi and Madhakovil Anganwadi to identify a bus parking location to start a new area. Additionally, we visited Keerapakkam Slum Board Area and met the in-charge, Mr. Sathyamoorthy, regarding implementation permissions.
- Our team met Mr. Darwin Moses from TNUHDB for a routine discussion about daily work and Children's Day celebration plans.
- The team visited the Chennai Middle School in Chemmencheri for SU-Nazira's school joining process. However, the HM requested a "no disability" certificate for school admission.
- Our team visited the 9th Division Office at Chemmencheri and met with the Executive Engineer to request a center for our project.
- Aadhar card camp was held in 208 Anganwadi, Kakkanji Nagar, where 8 service users participated.
- Our team attended the RIGHTS Project discussion meeting at Kannagi Nagar, Asha Nivas.
- Lalitha CRW from the RIGHTS project visited our center, inquired about our activities, and suggested referring children for therapy activities.
- Our team visited the Chennai District Collector Office, inquired about the disability card application process, and met District Program Officer Mr. Senthil Kumar to explain our project details.
- Our team visited Thirukazhukundram Taluk Office to include SU-Yasmitha in the family card process of UDID.



NOV 2024

INAUGURATION



We inaugurated the OAE screening test at Kannagi Nagar UCHC Centre. Dr. Banumathy (City Medical Officer) participated as Chief Guest, along with:

- Dr. Karpagam (Zonal Medical Officer)
- Mr. Marisamy (Founder, Muthal Thalaimurai Trust)
- Ms. Eyalarasu (HM, Chennai Primary School)
- Ms. Manjula (Senior Staff Nurse) as Guests of Honor.

RIGHTS PROJECT INAUGURATION

Our team participated in the inauguration of the RIGHTS Project (Vizhluthugal) and visited the one-stop center in Kannagi Nagar

DIWALI CELEBRATION

Our team conducted a Diwali celebration at the Pediatric Physio Centre in Kannagi Nagar UCHC. Eight service users participated with their parents. Sweets and prizes were distributed to all service users.



CHILDREN'S DAY CELEBRATIONS

- We celebrated Children's Day for our SU at AIR Nagar, Chennai. Chief Guest: Mr. Balaji (DDAWO, North Chennai), Guests of Honor: Mr. Ananthan (CO, TNUHDB), and Ms. Ramalakshmi (CDPO, ICDS). Nearly 20 SUs participated with their parents.
- Our team attended the Thozhamai NGO Children's Day celebration.

EXTERNAL VISITS AND COLLABORATIONS

INSTITUTIONAL VISITS

- Mr. Surendhar from IIT Madras Research Park visited our bus for assistive device purposes.
- VIT Vellore MSW students visited our bus and therapy center and collected project-related details.
- Ms. Andrea and Mr. Behdin from the University of Toronto's Occupational Science Department, along with Dr. Doss Prakash (Professor) and Mr. Ram (Amarseva), visited our bus for research purposes. We discussed the VIThai project, the challenges faced, and issues related to using the pediatric walker.
- Our team attended the disability commissioner meeting at the Police Club, Kannagi Nagar, where we explained our project details.
- MCDS head Mr. Brother Joseph visited our center, and we briefed him on our project details.
- Mr. Anandhan (Community Officer and Slum Board Head, AIR Nagar) visited our bus and therapy center.

NGO AND GOVERNMENT COLLABORATIONS

- Our team visited the Chennai school in AIR Nagar and met RBSK Dr. Yamini to discuss Anganwadi screening and childhood conditions.
- We met Mr. Lakshmanan and Ms. Manju (CO, Division 5, TNUHDB) regarding project implementation in the Pattinampakkam area.

FIELD VISITS AND FOLLOW-UPS

NOV 2024



HEALTH DEPARTMENT VISITS

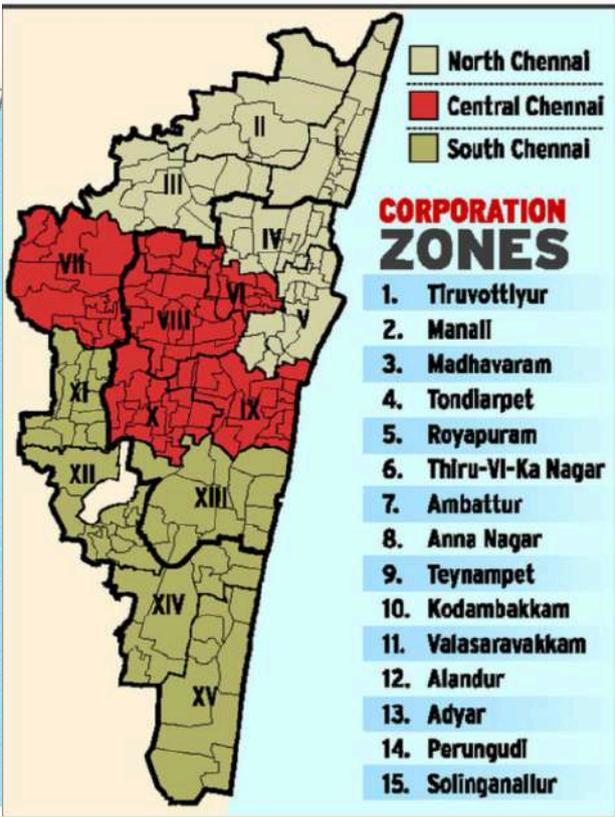
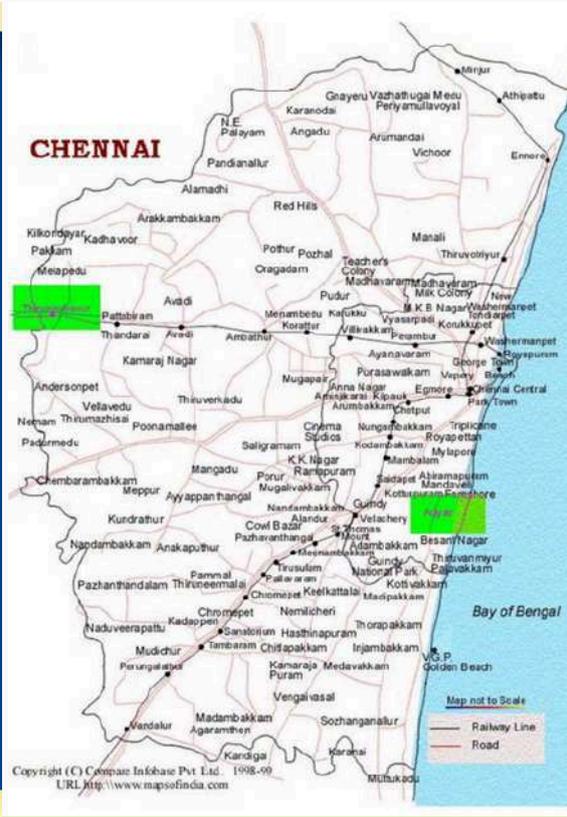
Dr. Karthick (Psychiatrist and NHM Director) visited our center, and we explained our project details.

DIRECT COMMUNITY INTERVENTIONS

- We distributed diapers to high-risk children:
 - Vaishnavi (via her mother)
 - SU-Sujith Sai and Dharshika Sri at their homes.
- Our team made announcements about our VIThai project details and services in AIR Nagar and distributed pamphlets.



OPERATIONAL AREAS



- ### CORPORATION ZONES
1. Tiruvottiyur
 2. Manali
 3. Madhavaram
 4. Tondiarpet
 5. Royapuram
 6. Thiru-Vi-Ka Nagar
 7. Ambattur
 8. Anna Nagar
 9. Teynampet
 10. Kodambakkam
 11. Valasaravakkam
 12. Alandur
 13. Adyar
 14. Perungudi
 15. Solinganallur

ICDS SCREENING

INTEGRATED CHILD DEVELOPMENT SERVICES

Perumbakkam

ANGANWADI CENTERS - 7
 TOTAL CHILDREN SCREENED - 57
 RESULT:
 POSITIVE : 1
 HIGH RISK : 1
 NEGATIVE : 57

Kannagi Nagar

ANGANWADI CENTERS - 6
 TOTAL CHILDREN SCREENED - 49
 RESULT:
 POSITIVE : 4
 HIGH RISK : 4
 NEGATIVE : 41
 REFFERAL: 1

AIR NAGAR

ANGANWADI CENTERS -39
 TOTAL CHILDREN SCREENED - 478
 RESULT:
 POSITIVE: 22
 HIGH RISK: 13
 NEGATIVE: 443
 REFFERAL: 4

Thirukazhukundram

ANGANWADI CENTERS - 68
 TOTAL CHILDREN SCREENED - 1094
 RESULT:
 POSITIVE: 69
 HIGH RISK: 0
 NEGATIVE: 1025

Kattankulathur

ANGANWADI CENTERS - 23
 TOTAL CHILDREN SCREENED - 390
 RESULT:
 POSITIVE: 10
 HIGH RISK: 10
 NEGATIVE: 365
 REFFERAL: 51