

# VARSHINI ILLAM TRUST

Project Vithai - Therapy on Wheels Newsletter



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

**SCREENING 31335**

**CHETANA 220**

**ASHA 1789**



**MEDICAL INTERVENTION 68**

**SERVICE USERS 418**

**ASSISTIVE TECHNOLOGY 55**



# DOOR TO DOOR SCREENING 2025

**CUMULATIVE**  
**92868**

<b>BLOCK A</b> <b>30959</b>	<b>BLOCK B</b> <b>32431</b>	<b>BLOCK C</b> <b>13411</b>	
<b>BLOCK D</b> <b>7874</b>	<b>BLOCK E</b> <b>6410</b>	<b>BLOCK F</b> <b>163</b>	

## OTHER SCREENINGS

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



In this edition of the Project Vithai – Therapy on Wheels Newsletter highlights the continued efforts of Varshini Illam Trust in delivering accessible early intervention, rehabilitation, and community-based support for children with developmental delays. Through screenings, therapy services, stakeholder engagement, awareness programmes, and capacity-building initiatives, the project continues to strengthen its presence across multiple urban and rural communities.



**This report also showcases collaborative events, exposure visits, and meaningful success stories that demonstrate the impact of structured, consistent interventions in improving child development outcomes.**





**NAME:** MITHRAN K

**AGE:** 3 YEARS

**CONDITION:** GENU VARUM (BOW-LEG DEFORMITY)



## BACKGROUND

During a door-to-door screening initiative, our CRW Ms. Nithya identified Mithran, a 3-year-old child showing early signs of genu varum. In the initial clinical assessment, our therapist also noted mild gait imbalance and poor coordination.

Mithran's parents shared that he frequently lost balance, resulting in repeated falls and multiple wounds on his legs. After being counselled on his condition and the potential complications if untreated, the parents committed to bringing him for regular therapy sessions.

Over the next six months, Mithran underwent a structured therapy plan tailored to his condition and needs



## PHASE 1: ALIGNMENT CORRECTION

The first phase focused on correcting leg alignment.

Therapy included:

- Massage and stretching to release tight muscles
- Active strengthening exercises for weak muscle groups
- Functional movements such as squats and lateral leg raises

These interventions helped reduce the curvature and improved weight distribution on his legs.

## PHASE 2: BALANCE TRAINING

Since Mithran struggled to maintain balance while walking and running, targeted balance training was introduced.

This included:

- Static and dynamic balance exercises
- Activities to improve center-of-gravity control
- Play-based tasks to enhance coordination and confidence



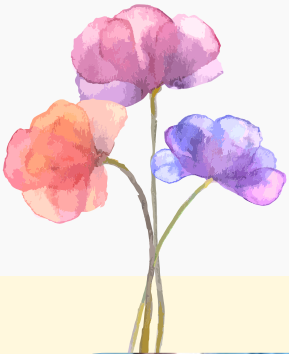
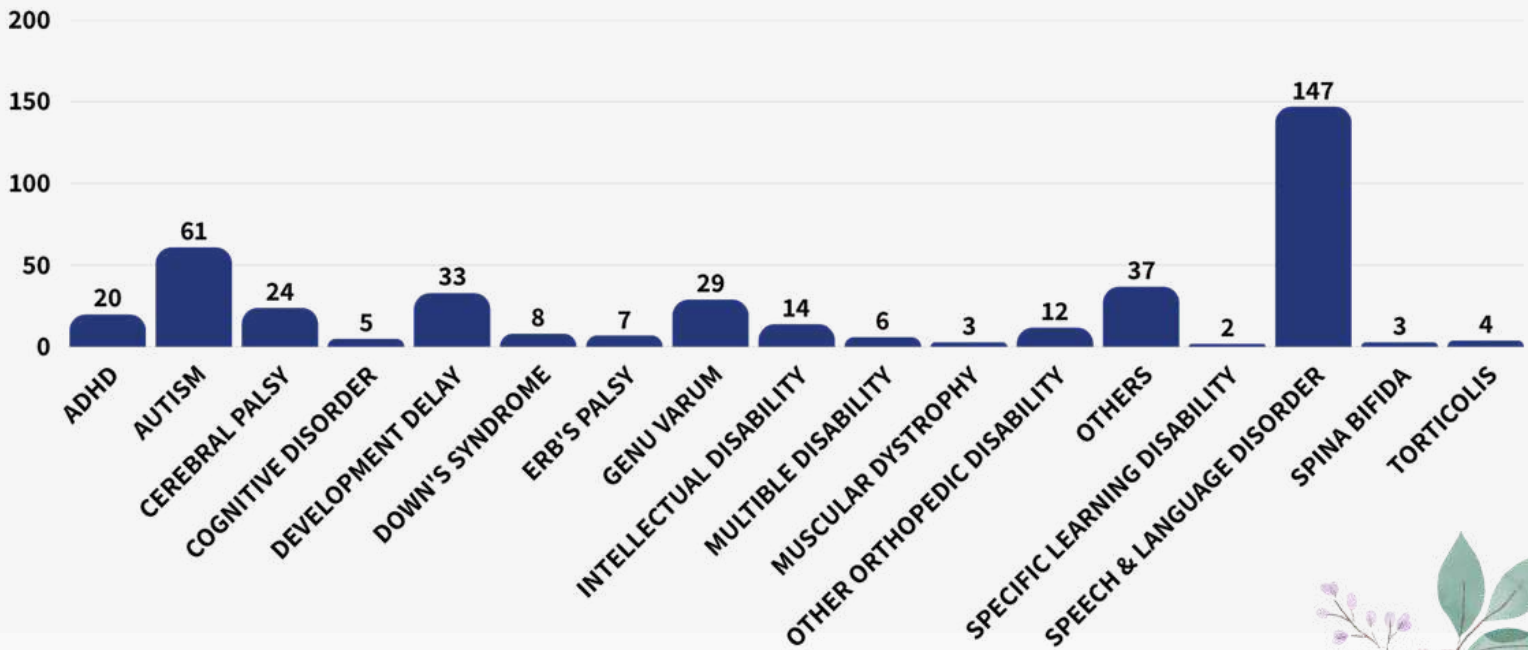
Today, Mithran shows significant improvement in his

- walking pattern
- balance, and stability.
- Frequency of falls has reduced drastically, and
- Able to participate more actively in daily play and movement.



**This progress highlights the importance of early identification, regular therapy, and parental involvement in addressing developmental conditions effectively.**

## DISABILITY STATUS OF SU







## WORLD PHYSIOTHERAPY DAY CELEBRATION AT UNICO HOUSING FINANCE



On September 6, 2025, Varshini Illam Trust and UNICO Housing Finance Pvt. Ltd. jointly organized a special event to celebrate World Physiotherapy Day at the UNICO office premises. The event saw enthusiastic participation from the entire UNICO Housing Finance team, highlighting the importance of physical wellness and preventive healthcare in the workplace

## SENSORY INTEGRATION TRAINING PROGRAM FOR VITHAI STAFF



From September 8 to 10, 2025, Varshini Illam Trust organized a Sensory Integration Training Program for our VITHAI staff. The sessions were led by Ms. Vimala (Occupational Therapist) from Amar Seva Sangam, who served as the resource person for the training. The program was conducted across three locations – Kannagi Nagar Centre, AIR Nagar, and Thirukazhukundram Block. During the sessions, Ms. Vimala assessed children at each center and provided tailored treatment plan ideas to better support their individual needs.

## TRAINING PROGRAMME ON POSH & POCSO – 13 SEPTEMBER 2025

---

On 13th September 2025, we successfully conducted a comprehensive training session for our staff on two essential workplace safety legislations.

The session on The Sexual Harassment of Women at Workplace (Prohibition, Prevention and Redressal) Act, 2013 (POSH) was facilitated by Ms. Kurinji Michael, Consultant, who shared valuable insights on workplace policies, complaint redressal mechanisms, and preventive measures to ensure a safe and respectful environment.

The training on The Protection of Children from Sexual Offences Act, 2012 (POCSO) was led by Mr. Vishnu from UNICO House Finance Pvt. Ltd. He covered the key provisions of the Act, reporting procedures, and best practices for safeguarding children.

Nearly 20 staff members from Varshni Illam Trust actively participated in the programme, making it an engaging and enriching learning experience.

---



## COUNSELLING & STRESS-RELIEF SESSION FOR PARENTS – 15 SEPTEMBER 2025

On 15th September 2025, MSc Psychology students from the Madras School of Social Work facilitated a counselling and stress-relief session for the parents of our service users at Kannagi Nagar.

The interactive session created a safe space for parents to express their feelings, learn practical strategies for managing stress, and gain emotional support in their caregiving journey. Participants deeply appreciated the students' empathetic and thoughtful approach, which made the session both meaningful and comforting.



## VISIT TO THE CENTRE OF EXCELLENCE FOR AUTISM SPECTRUM DISORDER – 19 SEPTEMBER 2025

On 19th September 2025, the VIThai Team, along with students from Madras School of Social Work (MSSW), visited the Centre of Excellence for Autism Spectrum Disorder in K.K. Nagar, Chennai.

During the visit, the team met Mr. Rama, Head of the Government Autism Centre, and was introduced to Dr. Kabilan, Paediatrician, who shared valuable insights on child health and developmental care. .



### THE SPECIALISTS GUIDED THE TEAM THROUGH THE CENTRE AND DEMONSTRATED THE VARIOUS EQUIPMENT AVAILABLE FOR THERAPEUTIC INTERVENTIONS

The team also had the opportunity to interact with Mr. Saravana, Speech and Language Pathologist from Ramachandra Hospital, and meet the Head of the Occupational Therapy Department. A visit to the sensory room offered a closer look at the facilities and support systems provided for children with Autism Spectrum Disorder.

This visit provided meaningful learning and enhanced understanding of the specialised services offered for children with ASD.



## MEETING WITH STAKEHOLDERS

### ICDS OFFICIALS – OCTOBER 2025

On 10th October 2025, the Thiruvettriyur Team met Mrs. Aruna, CDPO, the newly appointed Head of the Tiruvottiyur Block. During the visit, the team introduced the VIThai Project, outlining its objectives, impact, and the journey so far.

On 17th October 2025, the team also met Mrs. Shagitha Bhanu, CDEPO of the Thirukazhukundram Block, who visited our treatment centre. She requested details of the Anganwadi children who have been discharged from our system for further follow-up and coordination.

These interactions strengthened our partnership with ICDS officials and supported smoother service delivery.



## AWARENESS PROGRAMMES

### IMPORTANCE OF AWARENESS PROGRAMMES

Awareness programmes play a vital role in building an informed and inclusive community. By educating parents, Anganwadi workers, students, and frontline staff on developmental delays, disability rights, government schemes, and child health, Project Vithai ensures early identification and timely intervention for children in vulnerable settlements. These programmes empower families with knowledge, remove stigma, and strengthen the referral pathways needed for effective rehabilitation. They also encourage community participation, encourage accountability among service providers, and create a supportive environment where children can grow better.



## AWARENESS PROGRAMMES

### DISABILITY EQUALITY & GOVERNMENT SCHEMES – SEPTEMBER 2025



On 24th September 2025 (Morning), Niepmmed social outreach team conducted the awareness sessions with a street play. MSW students from MCC, Hindustan college and MSSW, Loyola college participated. The session focused on “Equality for Persons with Disabilities and Government Schemes for the Disabled.”

### KANNAGI NAGAR URBAN HABITAT DEVELOPMENT AREA



24th September 2025 (Evening), a similar awareness programme was organized at Kannagi Nagar Urban Habitat Development Area, again involving work students from the partnering colleges. The event helped spread valuable information on disability rights and available government support.

## AWARENESS PROGRAMMES

### MEETINGS FOR THE PARENTS

On 26th September 2025, Ms. Nithya (CRW), along with MSSW students, organized awareness meetings for the parents of our service users at the UCHC Centre, Kannagi Nagar, further strengthening community understanding of disability inclusion and support mechanisms.



### NUTRITION WEEK AWARENESS PROGRAM

On 23rd September 2025, a Nutrition Week Awareness Programme was organized at the Anganwadi in the presence of ICDS officials – Mrs. Krishnaveni (PO), Mrs. Usha (CDPO), Mrs. Udhayamala (Supervisor), Mrs. Kavery (Teacher), and the Anganwadi Helper.

Representing Varshini Illam Trust – Project Vithai, Mrs. Deepa Murali (Advisor), Mrs. Ananthi (Physiotherapist), and Mrs. Leena (Speech Therapy Intern) participated in the event, contributing to the discussions on child nutrition and overall well-being.



## AWARENESS PROGRAMMES



### PARTICIPATION IN INAUGURATION OF PERUMBAKKAM VANAM VASAPPADUM COOPERATIVE WELFARE ASSOCIATION – 29 SEPTEMBER 2025

On 29th September 2025, our team participated in the inauguration ceremony of the Perumbakkam Vanam Vasappadum Cooperative Welfare Association. Members from various other associations were also present, contributing to a strong community gathering.

Officials from the Slum Board attended the event, along with the Women Welfare Department officer from the Women's Helpline (181), Perumbakkam, who also took part in the programme.



## AWARENESS PROGRAMMES

### FOR 100 DAYS WORKERS – 6 OCTOBER 2025

On 6th October 2025, the Kattankolathur Team (CRW) conducted an awareness programme for 100 Days Workers at Kumizhi Village. Nearly 13 workers participated in the session, which focused on sharing important information and creating awareness within the community.



### ANGANWADI TEACHERS TRAINING PROGRAMME – 9 OCTOBER 2025

On 9th October 2025, the Kattankulathur Team conducted a training programme for Anganwadi teachers at Ottery–Vandalur Samudhayakudam. The session covered an introduction to Project Vithai, an explanation of the Tiruvandrum Developmental Screening Chart (TDSC), and an overview of conditions such as developmental delay, Cerebral Palsy (CP), ADHD, and Autism, along with guidance on how to identify early signs.

The programme was attended by Ms. Janaki (CDPO), Ms. Premavathi (Supervisor), and nearly 30 Anganwadi teachers, who actively participated and engaged in the learning process.



## AWARENESS PROGRAMMES

### ANGANWADI TEACHER TRAINING PROGRAM

On 10th Oct 2025, Kattankulathur Team, conducted the Anganwadi teacher training program (Ottery vandalur samudhayakudam ) and Conducted the Training program for anganwadi helper at Chengalpattu Town Palli, 25 anganwadi Teachers and 30 Helpers and 2 Supervisors were participated in this program.



On 13th Oct 2025 Kattankolathur Team conducted the Anganwadi teacher training program Chengalpattu Town palli, Chengalpattu District.

Ms.Prema, Supervisor and nearly 23 Anganwadi Teachers participated in this program.

## AWARENESS PROGRAMMES

On 10th Oct 2025, Kattankulathur Team, conducted the Anganwadi teacher training program (Ottery vandalur samudhayakudam ) and Conducted the Training program for anganwadi helper at Chengalpattu Town Palli, 25 anganwadi Teachers and 30 Helpers and 2 Supervisors were participated in this program.



## SOCIAL INTERACTION PROGRAMME FOR ANGANWADI CHILDREN – 29 OCTOBER 2025



On 29th October 2025, the Thirukazhukundram Team conducted a Social Interaction Programme for Anganwadi children at MN Kuppam Village. The session saw active participation from the village nurse, the Anganwadi teacher and helper, and nearly 32 children, making it an engaging and joyful learning experience.

## AWARENESS PROGRAMMES

### AT TKM BLOCK



On 13th Oct 2025 Thirukazhukundram team visited Aalavai village and successfully obtained permission from the Village President, Mr. Kalimuthu, to conduct our outreach activities.

With the valuable support of the local supervisor, Mrs. Ramya, they mobilized 100 daily wage workers and organized an awareness program.

A total of 57 community members actively participated in the session.

During the program, they introduced them to Project Vithai and facilitated informative discussions on child care and pregnancy care, emphasizing the importance of maternal and child well-being.

## NIEPMD VISIT

### EXPOSURE VISIT TO NIEPMD – 15 OCTOBER 2025

On 15th Oct 2025 We have visited the National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD) along with our mobile therapy bus for exposure purposes

Our team had the privilege of meeting Dr. Nachiketa Rout, Director, NIEPMD, Explained our project details and also met Dr. Rajesh Rajendran.

We also attended an informative orientation session conducted by Mr. Sakthivel, Social Worker, who provided a comprehensive overview of NIEPMD's objectives, functioning, and community outreach activities.

The team visited several key departments including Physiotherapy, Speech Therapy, Occupational Therapy, Model School, Special Education, and Psychology Unit.



## OCCUPATIONAL THERAPY CONSULTATION CAMPS – 25 OCTOBER 2025

On 25th October 2025, Varshini Illam Trust's Project Vithai, in collaboration with the Department of Occupational Therapy, Meenakshi College of Occupational Therapy (MAHER), organized Occupational Therapy Consultation Camps in celebration of Occupational Therapy Month at Kannagi Nagar and AIR Nagar.

A total of 23 students participated in the camp at Kannagi Nagar and 17 students at AIR Nagar. Assessments were conducted for 14 children in Kannagi Nagar and 15 children in AIR Nagar. Each child received an individualized home program, along with parental guidance to support continued therapy at home.



## VISITS TO THE MOBILE THERAPY BUS – SEPTEMBER 2025



On 26th September 2025, Project Vithai Advisor Mrs. Deepa, along with Occupational Therapists Ms. Sweetha and Ms. Preethi, visited the mobile therapy bus. Their visit focused on observing ongoing therapy sessions, interacting with children and parents, and offering valuable recommendations to further strengthen service delivery.

Earlier, on 20th September 2025, a team from Vasantham Special School, Mogappair, visited the mobile therapy bus to learn more about its facilities, services, and overall operations.

These visits provided meaningful feedback and strengthened collaborations for improved therapy support.



## AYUDHA POOJA CELEBRATION – 4 OCTOBER 2025

Ayudha Pooja holds special significance for the Vithai Therapy Bus, as it is a day dedicated to honoring the tools and equipment that support our work. By celebrating this festival, we express gratitude for the mobile therapy unit that helps us reach children in need and deliver essential therapeutic services. The ritual symbolizes renewal, positivity, and a commitment to continue serving the community with dedication and care.



VITHAI



The activities and achievements featured in this newsletter reflect the collective commitment of Project Vithai's team, partner institutions, and community stakeholders. From therapy camps and training programmes to collaboration with government departments and capacity-building sessions, each initiative brings the project closer to its mission of providing accessible, quality therapy services to underserved communities. As we continue our journey, sustained partnerships, community awareness, and early intervention will remain key drivers in shaping brighter futures for children with developmental needs.



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

