

MARCH- APRIL- 2026

VARSHINI ILLAM TRUST

NEWSLETTER



PROJECT

VITHAI



WHERE FIRST STEPS BEGIN TOWARDS PROGRESS
— MOBILE THERAPY FOR DEVELOPMENTAL DELAYS

SCREENING

38306

485

SERVICE USERS

1891

ASHA

269

CHETANA

ASSISTIVE
DEVICES

77

MEDICAL
INTERVENTION

96

SHIKSHA
INCLUSION

76

SERVICE USERS
BIRTHDAY

144

CELEBRATING THE STRENGTH OF “SINGAPENGAL” – INTERNATIONAL WOMEN’S DAY PROGRAM

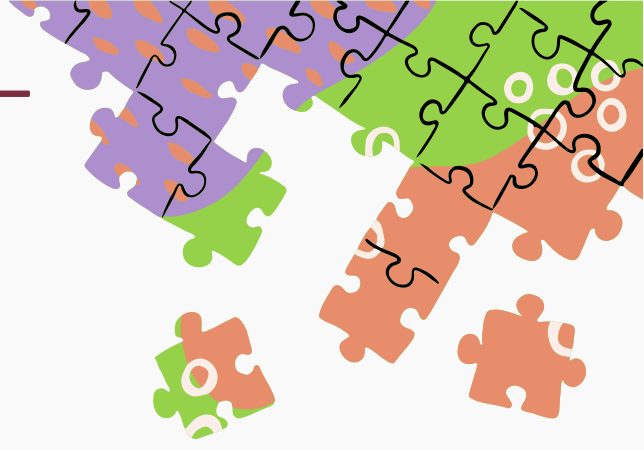
Special guests Ms. Mercy from IRCDUC and Ms. Yoga from the One Stop Centre, Department of Social Welfare, attended the program and shared valuable information on women’s rights, welfare schemes, and support services available for women.

On 14-03-2026, the “Singapengal Program” was organized by the ViThai Project of Varshini Illam Trust in celebration of International Women’s Day. The event saw the participation of 10 mothers.



The session was highly interactive, encouraging mothers to share their experiences and engage in meaningful discussions. Gifts were distributed to all participants as a token of appreciation. The program beautifully celebrated the courage, resilience, and strength of mothers — the true “Singapengal” (Lion Women).

AUTISM ACCEPTANCE WEEK 2026 – PROMOTING AWARENESS, INCLUSION, AND ACCEPTANCE



Autism awareness and acceptance programs play a vital role in building an inclusive society where children with autism are understood, supported, and celebrated for their unique abilities. Such initiatives help break stereotypes, encourage early identification and intervention, and create opportunities for families, educators, and communities to learn and grow together. Autism Acceptance Week serves as an important platform to spread awareness, foster empathy, and highlight the talents and potential of individuals on the autism spectrum.

The Government Institute of Intellectually Differently Abled (GIID) organized Autism Acceptance Week from 28th March to 2nd April 2026 in collaboration with several partner NGOs, with Varshini Illam Trust – Project VITHai proudly participating as one of the partner organizations.

Commissionerate for Welfare of the Differently Abled
(Government Institute for Intellectually Differently Abled (GIID), Tambaram)

Autism Acceptance Week - 2026

Infinite Abilities - Infinite Opportunities!

Powered by: **TPCDT** In collaboration with: **Dept. of Social Work, (Aided), Madras Christian College**

IN PARTNERSHIP WITH: **VARSHINI ILLAM TRUST**

AUTISM ACCEPTANCE WEEK 2026

Infinite Abilities - Infinite Opportunities

28 March – 2 April 2026

EVENT LOCATIONS

- Madras Christian College (MCC), Tambaram • 28.03.2026 & 30.03.2026
- Chitlapakkam Lake • 31.03.2026 – Walkathon
- GIID, Tambaram • 01.04.2026 & 02.04.2026

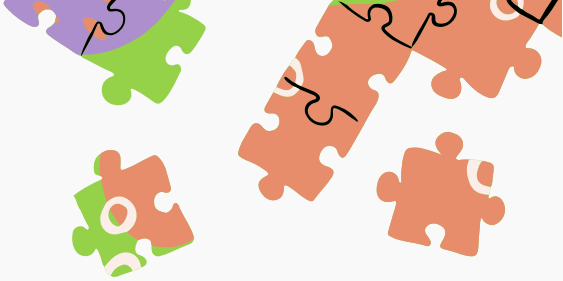
28-03-2026	30-03-2026
• Panel Discussion • Movie Screening • Expert Workshops	Guided Nature Walk

31-03-2026	01-04-2026	02-04-2026
• Awareness Walkathon • Chitlapakkam Lake 4 PM – 6 PM	• Capacity Building Sessions • GIID	Autism Carnival Day

Venues: Madras Christian College
• Chitlapakkam Lake
• GIID, Tambaram

Scan for full Schedule

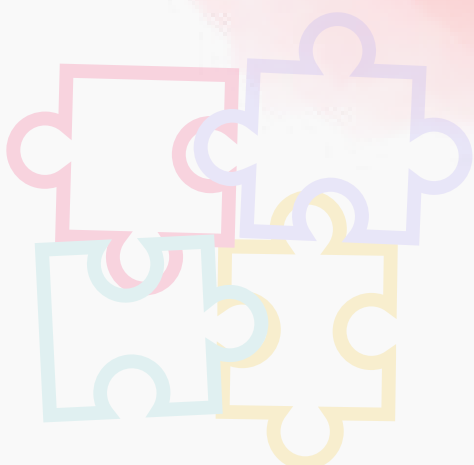
DAY 1 – AWARENESS PROGRAM AT MCC COLLEGE (28-03-2026)



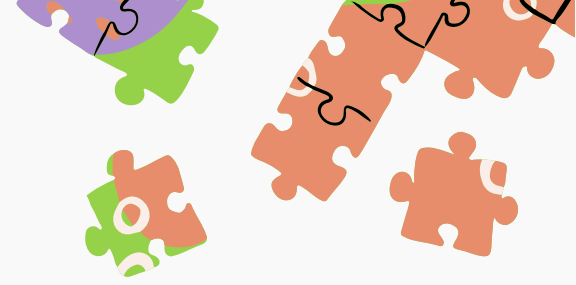
Our team participated in the Autism Acceptance Week celebration held at MCC College. The program was inaugurated by Dr. Boobesh, City Medical Officer, Tambaram.

A panel discussion on autism was conducted, Psychologists and Medical professionals shared valuable insights on autism awareness, intervention, and support systems. The session also featured the screening of “Rupak’s Mujji – Life Story,” followed by an inspiring interaction with Rupak and his mother.

They shared their personal experiences and emphasized the importance of recognizing and nurturing the unique talents and strengths of children with autism.



DAY 2 – WALKATHON FOR AUTISM ACCEPTANCE (31-03-2026)



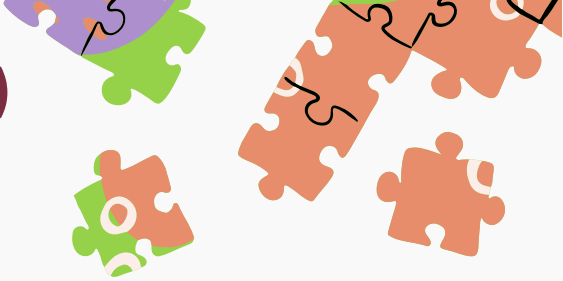
On 31-03-2026, the VITHai team, along with Trustee Mr. John Alex and three interns from Meenakshi College, actively participated as volunteers in the Walkathon held at Chitlapakkam Lake in observance of Autism Acceptance Week.

The event was Inaugurated by Tmt S Madhumathi IAS, Secretary, Department for the Welfare of the Differently Abled Persons, along with Mr. D Kathirvelu, DDAWO, Chengalpattu District, and other officials. Several special schools, NGOs, and the TN Rights Project participated enthusiastically, making the event inclusive and impactful.

During the event, Ms. Madhumathi IAS visited the VITHai Bus. The EXNORA team and Inspire team also visited and appreciated the initiative and its efforts toward community outreach and awareness.



DAY 3 – AUTISM CARNIVAL (02-04-2026)



On 2nd April 2026, the Autism Carnival was organized at the Government Institute for Intellectually Differently Abled, Tambaram.

The VIThai team from Varshini Illam Trust actively volunteered in organizing and supporting various activities, helping create a joyful and inclusive environment for children and families. The carnival featured sensory play activities, talent showcases, learning zones, interactive games, and several fun-filled experiences for children.

Ms. Madhumathi IAS attended the event as the Chief Guest and visited all the stalls and activity zones. In recognition of its dedicated partnership and active involvement throughout Autism Acceptance Week, Varshini Illam Trust – Project VIThai was honored with a trophy for service partnership and contribution to the events.





CHILD NAME: PAGALAVAN
AGE/GENDER: 3 YEARS / MALE
DIAGNOSIS: AUTISM SPECTRUM DISORDER
THERAPY DURATION: 4 MONTHS
THERAPIST: DR. NANDHINI
LOCATION: KATTANKOLATHUR

Pagalavan, a 3-year-old child diagnosed with Autism Spectrum Disorder (ASD), was enrolled in the VIThAI Mobile Therapy Program with concerns related to hyperactivity, lack of sitting tolerance, poor response to his name, and limited eye contact. These challenges affected his ability to engage in learning activities and social interaction.



Through early intervention and regular therapy sessions over the past four months, Pagalavan has shown encouraging progress in multiple developmental areas. He is now able to sit and participate in activities for a better duration, responds consistently when called by name, and has improved eye contact during communication and interaction.

His journey highlights the positive impact of timely intervention, structured therapy, and continuous family support. Pagalavan's progress is a meaningful step toward improved communication, social engagement, and learning readiness.



VISIT TO PRIMARY HEALTH CENTRES IN MADHURANTHAGAM BLOCK

On 11-03-2026, our team visited the Gnanagiriswaranpet PHC, Madhuranthagam Block UCHC, and Nallamur PHC in Madhuranthagam. During the visit, the team met Dr. Hariharan, Block Medical Officer, to review the facilities and feasibility of starting a pediatric therapy centre inside the PHC.



STAKEHOLDER MEETINGS & NETWORKING

- Soul Palliative Care team visited the VIThai bus and were briefed about the project and equipment available inside the bus.
- Meeting with Ms. Mercy (IRCDUC NGO) regarding Women's Day program planning.
- Visit to One Stop Centre and discussion with Ms. Shanthi and Ms. Sathya Sree regarding Women's Day activities.
- Meeting with District Programme Officer Ms Brama Vidya at Chengalpattu Collector Office for project coordination.
- Discussion with Dhanalakshmi Srinivasan College regarding parking arrangements for the 5th mobile bus.



GOVERNMENT & HEALTHCARE DEPARTMENT COORDINATION

- Visit to Chengalpattu Collector Office regarding Madhuranthagam bus planning.
- Meeting with Ms. Nandhitha, CDPO, regarding Anganwadi list coordination.
- Discussion with Ms. Preethi, DDRO Assistant, regarding SU disability fund matters.
- Meeting with Mr. Kumar from the Disability Department regarding UDID fund-related issues.
- Tiruvottiyur SHN Mrs. Karthishwari visited the therapy bus and discussed psychologist support services.
- Meeting with Mr. Chinna Payyan, Village President of Sithandi, regarding developmental screening concerns and 5th bus service support.



COMMUNITY OUTREACH & AWARENESS ACTIVITIES

- Visit to Peramanur and Thirukachur villages and interaction with VHM Ms. Eshwari.
- Awareness session at Thirukachur M.N116 Anganwadi explaining the Trivandrum Developmental Screening Chart (TDSC) to parents and community members.
- Visit to Nallathur village and meeting with VHN Ms. Poonkodi; project details and pamphlets distributed.
- Visit to Kathivakkam UPHC where project details and pamphlets were shared with healthcare staff.
- Visit to Avishkar Happy Nursery and Primary SP School to explain the VIThai project.
- Mr. Ravi, Thirukachur Councillor, visited the mobile bus and appreciated the therapy services provided for children.



EDUCATION & ADMISSION SUPPORT

- Visit to MCDS School for SU Ayan's admission process.
- Visit to Semmencheri Chennai Middle School for SU Giri's admission process.



MEDICAL & REHABILITATION COLLABORATION



- Meeting with Ms. Amudha and Ms. Sathya, CRWs from Ramachandra Hospital, regarding OAE-related discussions.
- Coordination with healthcare professionals regarding therapy and psychological consultation support.

PARTICIPATION IN AWARENESS PROGRAMS

- Kannagi Nagar team participated in the fire prevention awareness program conducted by Kannagi Nagar police officers at UCHC.



COMMUNITY AWARENESS & PREVENTIVE HEALTH PROGRAMS



Community awareness programs play a crucial role in educating parents, caregivers, teachers, and community members about child development, disability prevention, maternal health, child safety, and early intervention services. Such programs help communities identify developmental concerns at an early stage, encourage timely medical support, and reduce stigma surrounding disabilities and mental health. By conducting awareness sessions in Anganwadis, schools, and community centers, information reaches grassroots-level beneficiaries directly, empowering families with knowledge and improving access to healthcare and support services.

Through these initiatives, Varshini Illam Trust – Project VITHai continues to strengthen community understanding and create awareness about developmental milestones, child protection, maternal care, disability prevention, and therapy support services.

AWARENESS PROGRAMS CONDUCTED

COMMUNITY AWARENESS SESSION FOR ANGANWADI HELPERS – 05-03-2026

Our team conducted a community awareness session for 69 Anganwadi Helpers along with CRW Ms. Vasanthi.

The session included an introduction to Varshini Illam Trust, Project VITHai, and an overview of the therapies and support services provided through the project.



UNITED WAY CHENNAI ANGANWADI AWARENESS PROGRAM – 12-03-2026



Our team participated in an Anganwadi awareness program organized by United Way Chennai, where parents and Anganwadi teachers attended.

The discussion focused on improving facilities for children in Anganwadis. Awareness on disability prevention and Project VIThai services was also provided by CRW Ms. Meena.



PREGNANCY MOTHER CARE AWARENESS PROGRAM – 25-03-2026



Our team conducted a Pregnancy Mother Care Awareness Program with 20 participants. The session emphasized the importance of regular pregnancy scans, follow-up visits, vaccinations during pregnancy, and awareness about risks associated with early pregnancy. Mothers were guided on ensuring a healthy and safe motherhood journey.

HEALTH AWARENESS PROGRAM FOR MOTHERS – 27-03-2026

A health awareness program was conducted for mothers at Semmencheri Anganwadi with nearly 30 participants. The session focused on developmental milestone awareness, pregnancy care, the importance of medical consultation, and POCSO awareness.

DISABILITY AWARENESS PROGRAM AT BUKKATHURAI ANGANWADI – 23-03-2026



Our team conducted a disability awareness program at Bukkathurai Anganwadi with 11 participating parents. The session focused on disability awareness, early identification, available treatment options, and the importance of early intervention services.



COMMUNITY AWARENESS PROGRAM AT PAZHAYANUR 2 ANGANWADI – 30-03-2026

A community awareness program was conducted at Pazhayanur 2 Anganwadi with 7 participants. The session focused on Project VIThai, disability awareness, and disability prevention measures.



AWARENESS SESSION AT ATHIYUR ANGANWADI – 09-03-2026



A community awareness session was conducted at Athiyur Anganwadi (301) with 13 participants. Awareness was provided on developmental milestones, available therapies, and the services offered through Project VIThai.

TRAINING PROGRAM- MAR 26

- On 09-03-2026, our team, in collaboration with Magic Bus NGO, conducted a Women's Day awareness program for 100-day scheme workers at Kayarambedu Padavettamman Nagar.
- During the session, awareness was provided about Varshini Illam Trust – Project VIThai and the various services offered through the project. The program also focused on the importance of menstrual hygiene, regular pregnancy scans, and maternal health awareness.
- Pamphlets containing information about the project and healthcare services were distributed to participants. Around 150 people attended the program, including 100-day scheme workers, 15 members from the Magic Bus team, and 4 members from the self-employment training team.



TRAINING & HEALTH AWARENESS SESSIONS

- On 11-03-2026, a training session was conducted at Tiruvottiyur UCHC Hospital from 2:20 PM to 3:30 PM. During the session, our team presented Varshini Illam Trust – Project VIThai, explaining the objectives of the project, the concept of the mobile therapy bus, and the service zones covered under the initiative. Pamphlets containing project information were distributed to the participants.
- The training focused on developmental milestones, including physical, cognitive, and speech development in children.
- The session also covered common conditions such as
 - Genu Varum,
 - Genu Valgum, and
 - primitive reflexes observed from birth to two years of age.
 - In addition, awareness was provided on Autism Spectrum Disorder (ASD),
 - ADHD,
 - Tetralogy of Fallot, and
 - TORCH infections, including their causes, symptoms, diagnosis, and management.



MENSTRUAL HEALTH AWARENESS TRAINING – 12-03-2026 SEMMENCHERI MIDDLE SCHOOL



PROJECT
VITHAI



A POCSO awareness program was conducted for 7th standard students. A total of 90 students participated, along with teachers and the Headmaster. The session focused on child safety awareness and educating students about the Protection of Children from Sexual Offences (POCSO) Act



- Conducted a menstrual health awareness training session for 8th and 9th standard students. A total of 96 students participated in the program, along with the Headmaster and class teachers, who actively supported the session.
- Representatives from the Ford Motor Company CSR team also attended and supported the awareness initiative. The session focused on educating adolescent girls about menstruation, the menstrual cycle, menstrual hygiene practices, and addressing common myths and misconceptions related to menstrual health.

ASSISTIVE DEVICES DISTRIBUTION

Assistive devices play an important role in supporting children with developmental delays by improving mobility, communication, learning, and independence. Early access to these devices helps enhance a child's overall growth, confidence, and participation in daily life. Sponsoring assistive devices is equally important, as it enables children from underserved families to access essential support that can positively impact their development and quality of life.

SPONSORSHIP OF THE ALL INDIA ARYA VYSYA SAMAJAM

On 15th April 2026, assistive devices were distributed to two special users, SU Knishka and SU Sai Kishore. Further, on 27th April 2026, assistive devices were distributed to six special users (SUs) in the Thirukazhukundram Block. Both initiatives were generously sponsored by The All India Arya Vysya Samajam to support the children's developmental and mobility needs and improve their overall quality of life.







VITHAI

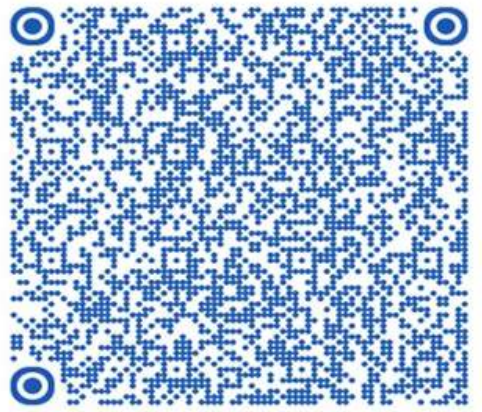


EVERY CHILD DESERVES A STRONG START

Project Vithai brings physiotherapy, speech, and occupational therapy directly to children in underserved communities through its Therapy on Wheels program.

- **37,000+**
Children Screened
- **264**
Children Receiving Therapy
- **364**
Children Under Monitoring

EVERY SCAN BRINGS HOPE



DONATE NOW

