

ANNUAL REPORT 2013-14

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Disha Foundation

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Mr. Basantt Khaitan

Mrs. P. N. Kavoori

Mr. Anand Singhal

Mr. John Singh

Advisor

Mrs. P. N. Kavoori

Director

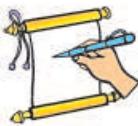
Ms. Kavita Apoorva Verma



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Trustee Chairperson



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I am glad to know that Disha is publishing its 19th Annual Report. For all of us connected with Disha the past 19 years have been full of enthusiasm, dreaming, hoping and believing!

Disha's phenomenal growth from a little nest of 17 students and a few volunteers, to a full fledged Resource Centre for the Multiple disabilities has justified our believing and has turned our dreams and hopes into reality.

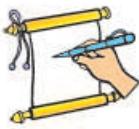
The credit for this goes to the untiring united efforts of the Disha management, staff and of course its students. My profound thanks to all of you.

Again there is time to rejoice, albeit cautiously !

The disability sector has never had it so good. At the national level the ratification of the UNCRPD by the Govt., the RTE Act, the constitution of a department of disability affairs are all pointers to a better future. At last the disability boat is moving forward and not still anchored in still waters.

In this encouraging scenario I wish Disha continued success, of course all of us are here together to support and motivate each other to excel in our efforts.

Basant Khaitan
Trustee Chairperson
Disha Foundation



Chairperson Governing Council



In 2014 we shall move in the 19th year of this non-profit voluntary organization for rehabilitation of differently abled children. The Central Government and State Government under right to education have now realized that there is a large number of such youngsters who need specialized care from the specialized teachers trained in the speciality of rehabilitation earlier. It was to the credit of the trustees to have been foresighted in creating this centre, one of its own kind in Rajasthan.

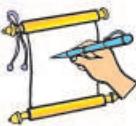
While DISHA has been moving slowly taking step by step towards becoming a recognized centre in the field of special education, the time has arrived when all of us together need to create a clear futuristic vision document to work on so that we are able to attain the landmark growth, we are aspiring for.

I wish to compliment and congratulate all those who positively contributed in creating new facilities at the centre and the students who won different awards and brought laurels to the institution. Nand Kishore, the Golden Boy, who with his sheer hard work and perseverance, could be a brand ambassador to the quality of training and homely environment in this institution. We should also explore the possibility of procuring employment for those who have been benefitted with the therapy and can contribute to the organization.

Ashok Panagariya
Chairperson
Governing Council
Disha



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Advisor



Friends,
Is it not amazing how time flies, yet another year has whisked past us , launching us into the new year, with its quota of challenges, promises, triumphs and tribulations.

March is the time for us to retrospect and introspect. As we evaluate Disha programs, it becomes quite obvious that we have moved, in the right direction. At the same time we look back learning much from the mistakes we made the goals we achieved and did not achieve.

I am delighted to say that 2013 saw a real spurt in the sports arena. Our students triumphantly brought back several medals by participating at the national and international sports special meets.

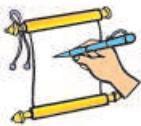
In the academic and vocational fields our children have reached class X NIOS. Happily, some companies have come forward to train our students according to the company needs so that they can be employed there.

2013-14 also witnessed a spurt in our outreach program supported by NRHM, 330 grassroots level health workers trained by Disha and 26 camps were organized in four blocks of Jaipur district.

I look back with pride at 2013 and I look ahead into the New Year with renewed hope and anticipation.

My thanks for the good work done in the past years and blessings for all the years yet to come.

P.N. Kavoori
Advisor
Disha



Director



“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” -Thomas A. Edison

And so I joined Disha Family as Director in September 2013. At the outset on behalf of Disha family I would like to congratulate Padmshree Dr Ashok Pangariya, for being conferred upon with Padmshree for his distinguished contribution in Medicine, thus benefitting the society. The Director's message will not be justified without thanking, the former Executive Director Ms Rainu Singh who had made a lasting impact in terms of growth and development of Disha, along with a committed team. It was a new experience and I began with my work keeping in mind “....miles to go before I sleep.” Since then it has been a wonderful experience. Event after event, Disha has been bursting with activities. It has been an year full of achievements, fun, learning and memories.

One of the biggest achievement this year for Disha family was in terms of two of our students getting four medals at International level, in Asia Pacific Regional Common Wealth Games at Australia (New Castle) held on 27th-28th Dec 2013. Our students Sumit Garg and Anurag Rathi won 4 medals out of the nine medals of India thus bringing pride to the nation.

There were more than 50 Celebrations within and outside Disha, where in, Disha students participated, competed and came out in flying colours; besides, participating in 12 Exhibitions and 11 sport events. Amongst the unique Rotary Youth Leadership Award (RYLA). This could have been possible only because of our committed team members who have mastered in transforming impossible to possible. We constantly strive to improve and be innovative. This year we introduced morning drill and meditation in the assembly. Students have benefitted from the sports, dance and music being used as therapy.

We thank Rotary Club Jaipur Midtown and specially Mr Anil Agarwal, that for the first time in Rajasthan, a special school has 8 smart classes, with interactive boards, for which the teaching learning Material has been developed by our own dedicated staff. The pioneering Rotaract and Interact Clubs with persons with special needs has been formed in Disha.

The untiring hands working at Disha have been constantly training the students to live a life of dignity and be accepted as a significant part of the WHOLE, by learning their activities of daily living, vocational skills, special education, etc. The will to win, the desire to succeed, the urge to reach one's full potential... these are the keys that unlock the door to excellence at Disha.

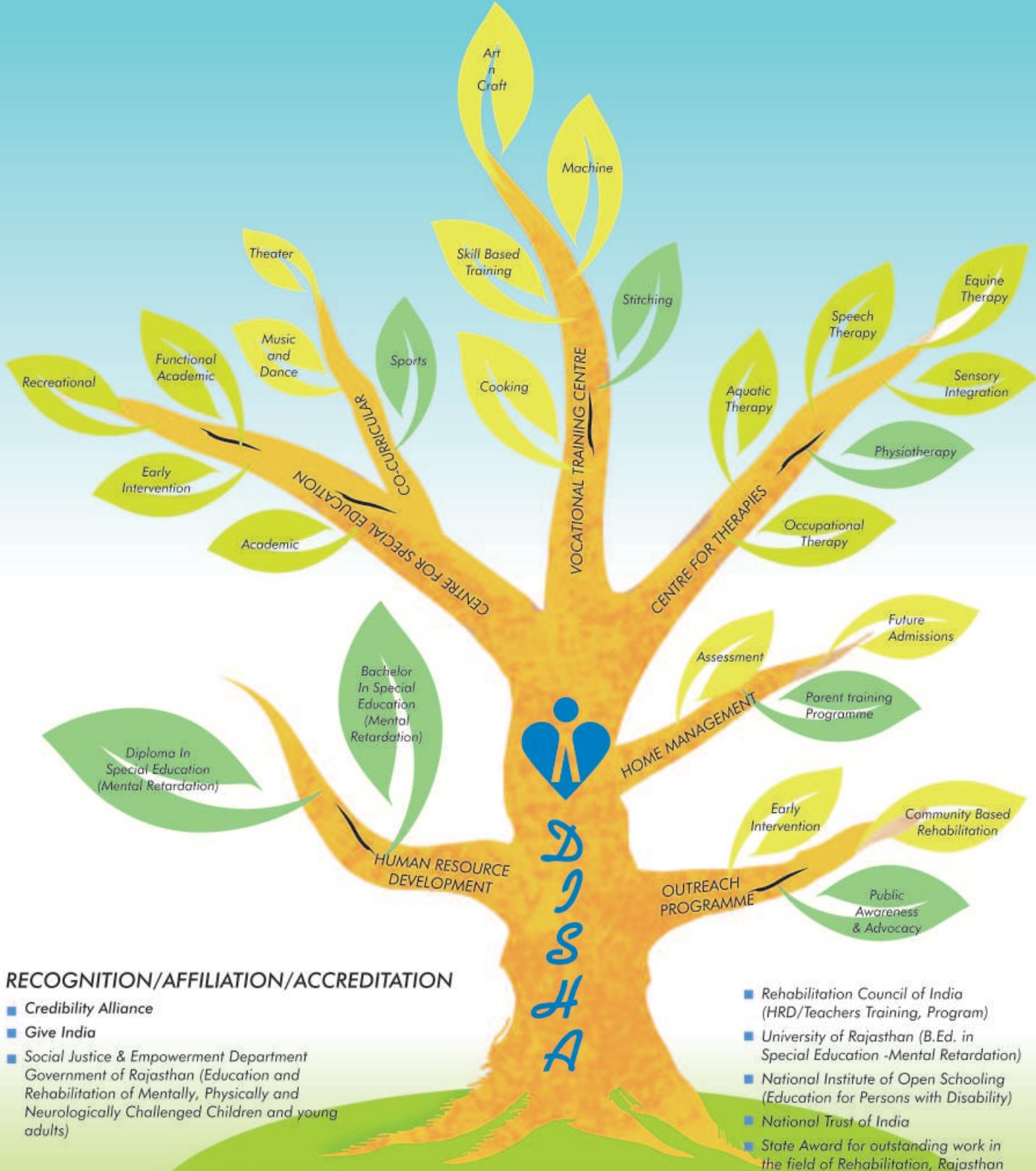
All this couldn't have been possible without the constant and continuous support from our donors, sponsors, volunteers along with the strong support of our trustees, the timely and apt guidance from our Governing Council, effective facilitation by Executive Committee., best wishes and blessings of our friends and supporters. The Early Intervention (EI) Programme is being successfully run with the support from NRHM. I thank them all from the deepest of my heart.

In the year ahead it has been planned to strengthen the research and community based initiatives. We are also optimistic to upgrade our Centre for Therapies.

Life is a set of oscillations, with moments of delight, there are moments of grief. This Annual Report comes with a special prayer for the family of Tilak Singh- one of our students, who left us to watch over us as an angel.

“I don't believe you have to be better than everybody else. I believe you have to be better than you ever thought you could be.”-Ken Venturi

Kavita Apoorva Verma
Director
Disha



Sports ACHIEVEMENT



Anurag Rathi
won **1 silver**
and **1 bronze**
in Bocce in Asia
Pacific Common
Wealth Regional
game, Australia



Sumit Garg
won **1 gold**
and **1 silver**
in Badminton in Asia Pacific
Common Wealth Regional
game, Australia



Ankit Sharma
won **1 gold**
and **1 silver**
in Swimming in Senior National
Championship at Mandy
(Karnataka)



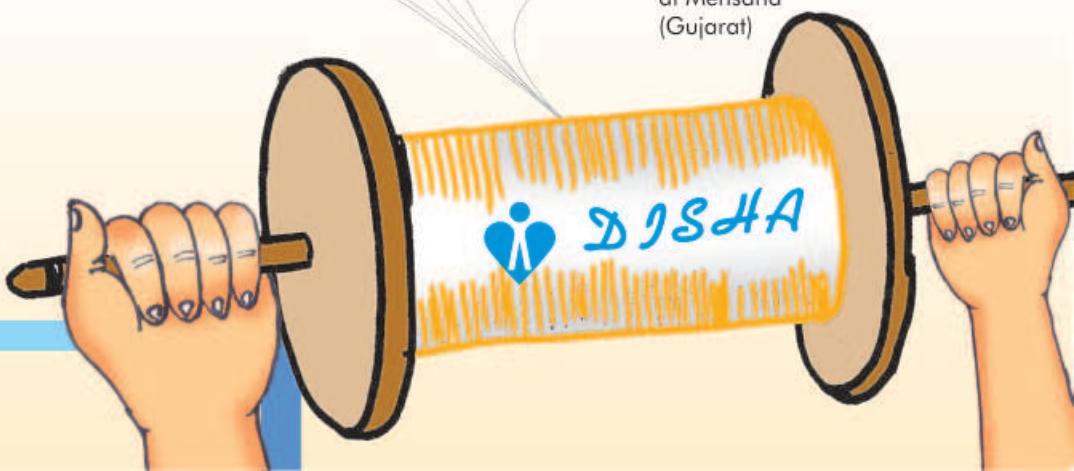
Dhruv Bhardwaj
won **1 bronze**
and **1 gold**
in Roller Skating
in Senior National
Championship at
Bareily.



Ashish Hulliyal
won **1 bronze**
in Roller Skating
in Senior National
Championship at
Bareily.



Charu Taneja
won **1 bronze**
in Volley ball in Senior
National Championship
at Mehsana
(Gujarat)





Centre for SPECIAL EDUCATION

The Centre for Special Education is the face of DISHA. The focus is on rehabilitation of student's right from the age from 2-30 years. Classes are divided according to the age and ability. There are structured individual programmes for individual children and class-level goals that must be met for all.

The centre caters to the following disabilities-Cerebral Palsy, Mental Retardation, Down's syndrome, Autism Spectrum Disorder, and Multiple Disabilities.



The CSE has been divided into four broad groups. Early Intervention, Academics(NIOS), Functional Academics and Recreational Group. Co-curricular activities such as games and sports, art and craft, dance and music are planned for all. The computer and library facilities have also been provided for the students.



- Two students have appeared for class X through NIOS.
- Facility of smart classes for all students.
- Doll House is being used for self help and social skills for early intervention group and life skills and sex education for the upper group.
- Facility of theatre therapy for all students, which helps in improving their skills of expression, speech, physical abilities like walking , singing, dancing, movement, self confidence, focusing and concentration.
- Four cases with new syndromes were assessed and given admission.





Centre for THERAPIES

The therapy centre forms the nucleus and provides services in close coordination with Centre for Special Education and Vocational centre for the holistic development of the students.

PHYSIOTHERAPY

Physiotherapy centre is geared to a therapeutic approach which mainly works for complete rehabilitation of the beneficiaries with the goal to provide the effective services by using various therapeutic inputs for making them functionally independent. The physiotherapy department provides individual sessions to the students twice or thrice a week or as per requirement. Once a week the children of different ages, according to their abilities are taken for group therapy sessions.

SENSORY INTEGRATION

Sensory Integration helps the children to overcome their behavioral and sensory issues i.e. Auditory, Visual, Tactile, Taste, Smell, Vestibular and Proprioception. Various techniques and stimuli to integrate the sense of imbalance are applied. Individual, group and class sessions are conducted.

AQUATIC THERAPY

Aquatic Therapy at Disha provides therapeutic facility in the water environment using the properties of water which enable the beneficiary to achieve many functional milestones and helps in achieving functional independence.



SPEECH THERAPY



Speech therapy provides services including assessment and rehabilitation of children with speech, language, communication, oromotor and swallowing difficulties. Services delivered by a qualified speech therapist addressing variety of disorders ranging from misarticulation, disfluency, voice disorders, oro-motor strengthening, language development to aiding communication.

EQUINE THERAPY



Equine therapy is a physical, occupational therapy treatment strategy that utilizes equine movement as part of an integrated treatment program to achieve functional outcomes. The amazing part of equine therapy is that each step of the horse challenges the rider's balance and sensory system -- and that the horse takes thousands of steps during a 45 minute treatment session. Having the help of a horse or pony is a

powerful motivator, helping the children work harder and stay engaged in activities. Benefits of equine therapy include improvements in balance, muscle strength, gait, posture and symmetry, joint mobility, sensory processing and motor planning. The facility is done in collaboration and support of the 61 Calvary at the Army Campus. The sessions are mainly conducted in the winters as summers of Rajasthan are hot for outdoor activities.

OCCUPATIONAL THERAPY



Occupational therapy focuses on promoting skill development and facilitating independence in all daily living activities. Occupational Therapy also works towards assessing, evaluating and recommending adaptive modifications along with sensory needs of the children focus is also on their hand functions.

- The physiotherapy intervention have resulted in one student using crutch, five students using walker, the posture of 3 students have improved with minimum assistance.
- The aquatic therapy has resulted in settled behavior issues, four have started walking independently, five students are walking with minimum support and three have started floating independently.
- Spastics diplegics to be made either independent walker or to walk with some supportive devices.
- One student underwent corrective surgeries due to the counseling and now is being taken for regular physiotherapy
- About 22 children in two batches went to army campus each week for 2 days for the Equine therapy.
- One student has shown changes in hyperactivity as well as behavior and has started following instructions.



Centre for PRE VOCATIONAL AND VOCATIONAL TRAINING

PRE VOCATIONAL

It has been designed and set up for the students between the age group of 14-18 who have not been able to cope up with the academics and here they are trained for functional academics along with pre requisite skills to be able to join vocational unit when they turn 18.



Pre Vocational Unit is divided into two groups-

- 1.Junior Pre Vocational Unit- 10 students of the age group 14-16
- 2.Senior Pre Vocational Unit-10 students of the age group 16-18

These students are given exposure on using money, value of money, measuring, basic skills of reading and writing, basic skills of art and craft, stitching, kitchen and machine unit. They are also being exposed to basic use of computers and different machines. Focus is given to their interests and abilities and then formalise these into vocational training.

- Four students promoted to vocational training
- Five students have learnt to assist the teachers in classroom activities like feeding, transferring and helping her in other classroom related activities.
- Four students have learnt to convey messages in the school premises from one person to another.
- Most of the students play an important role in the exhibitions.



VOCATIONAL TRAINING

Pre-vocational students graduate into the vocational training, in which they master different skills imparted. On job training is also provided which makes them self dependent, each in their own manner, making it easier for them to mainstream in society productively.

COOKING

Cooking completes the very definition of independence. And so, this works with a motto to provide these young adults with a sense of pride in preparing various delicacies. The students learn to prepare various snacks, sweet dishes, routine food, etc.

STITCHING

This unit enables the students to find suitable jobs as per their abilities in different textile related industries. Disha provides them assistance in learning the basic skills required in stitching related activities like cutting, stitching, quilting, embroidery and other hand work.

ART&CRAFT

This unit enhances their aesthetic skills, with a basic purpose to formulate their creativity which is productive for the society. Art and craft works as a cherry on the cake in their leisure time, keeping them productively engrossed.

SKILL BASED TRAINING

This is a unit which aims to generate self employment. Where even a person using various assistive devices can use their optimum potential and

operate on different machines to earn their living and being a productive asset to the society.

- Students have learnt a wide range of art and craft, cost effective products made by recycled goods such as wind chimes, bamboo stick curtains, paper mashie, toilet paper roles etc.
- Addition of new items like chocolates, namkeen, gunjhia and bareek sev etc. have been done.
- One of the student can independently operate popcorn and coffee vending machine.
- Two of the students can independently grind turmeric and coriander in a flour mill.
- Four students can successfully photostat and spiral bind as per the given order.
- Two students are able to use computerised stitching machines, interlock machines for the conversion of a piece of cloth into eye catching hand bags, laptop covers and cushion covers.





Centre for HOME MANAGEMENT



Home Management program provides guidance and training to the families of children with special needs who are not enrolled in Centre for Special Education at Disha, through counseling, assessment and home visits. A comprehensive plan is made and given to the parents. The home management plan is created in a way which makes the families aware about the methods of teaching, communication aids, other aids, appliances and possible adaptations at home.

- During 2013-14, total of 125 new cases were assessed and given home plan and 155 follow up sessions were conducted by the special educators, therapists, vocational and sports trainers.

गमन या व्यापों के प्रयोग से अपने घर की अवस्था में बदलना आवश्यक है। अपने घर की अवस्था में बदलना आवश्यक है।

कृति विकास काली

- As per the need of the parents, the mother and child programme was modified to a 3 day comprehensive program. 5 mothers of children with different disabilities were placed in different classroom setups and given hands on training followed by one on one theory sessions which helped them to deal with their children at home
- A significant change was observed in the attitude of the parents who were given this training; they not only familiarized themselves with the ability of their children but also took a positive attitude towards the other children with special needs in their neighborhood.
- The acceptability of the limitation of the children was also observed.

यहाँ तक कि दूसरी एक ग्रन्थितारी की एक अधिकारी की जीवनी है। इसमें किसी विशेषज्ञता की विवरण नहीं। इसमें किसी विशेषज्ञता की विवरण नहीं। इसमें किसी विशेषज्ञता की विवरण नहीं। इसमें किसी विशेषज्ञता की विवरण नहीं।

कृति विकास काली





Centre for

HRD



With percentage of disability increasing every year it becomes very necessary to develop qualified human resources to address the educational, training and rehabilitation needs of the persons with disabilities. With this vision the centre for Human Resource Development concentrates on developing experts in the field. Disha runs two courses B.Ed in Special Education(MR) and Diploma in Special Education(MR). The courses are recognized by the Rehabilitation Council of India, New Delhi and B.Ed(MR) is affiliated to the Rajasthan University and is running from 2008.

In the academic year 2013-2014 25 students were enrolled for the course. Apart from that, orientation and training programmes on disability for parents, family members, community level volunteers are also conducted. The plan is to educate as many people with a view to spread professional knowledge in the field of the disability to ensure full participation and equal opportunities to persons with disability.

- The B.ED Special Education(MR) Batch of 2013-14 has passed in flying colors with 100% results.
- Only one student passed in 11nd division with 57% marks, rest of the students have passed in 1st division.

OTHER PROGRAMMES

- Workshops
- Seminars
- In service Training programmes
- Short term training programmes
- Continuining Rehabilitation Education programs – Approved by RCI
- Continuining Education Programme for Capacity Building of Staff





Primary
2nd Group



Secondary Group



NIOS Gr



Vocational Tr



Early
Intervention
Group



Morn



Recreational Group



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Pre Voc Group



ning Drill



Primary
1st
Group





Community OUTREACH PROGRAMMES

COMMUNITY BASED REHABILITATION

Community based rehabilitation is the process in which physical, mental, socio-emotional and occupational abilities are re-established in the person with disabilities which are useful for their lifelong functioning. The community faces major problems such as malnutrition, illiteracy, ignorance, unemployment, unhygienic lifestyles, nonawareness about diseases and its prevention which could lead to disability leaving them nonfunctional in their daily life. CBR reduces the impact of these issues.

Disha has thus taken up such CBR projects in four blocks of the Jaipur district namely Jaisinghpura, Mahapura, Newta and Bhakrota. In this project the team from Disha did a door to door survey where about 3744 people were screened from which 347 person with disability were identified. Later all these PWDs were called in the camp organized at the location and proper guidelines and counseling was given to them.

The CBR programme includes

- Screening (Door to door Survey)
- Identification, Assessment and Intervention
- Programme Planning & Counseling of the PWD
- Awareness through various means
- Information about Schemes & Benefits for PWD
- Training the grass root workers for identifying the risks in new born babies and refer to the experts

Findings and Impact

- About 10.53% of the surveyed population has been found to be affected with some or the other disability
- Awareness among the community increased
- Social integration
- Equalization of opportunities
- Rehabilitation programs for persons with disability
- Reaching the marginalized, underprivileged and backward groups in the community
- Advocacy for the cause



NRHM SUPPORTED EARLY INTERVENTION TRAINING PROGRAMME (2013-2014)

Early Intervention programs are the programs designed for children below school age as a remedial or preventive initiative. They are basically aimed at children thought to be "at risk" for having a developmental delay or children having special needs which may lead to developmental delays. The Early Intervention caters to the special needs of the children from early infancy to 6 years, thus reducing the impact of the disability in the child by identifying and addressing the complications at very early stage. With this aim in view Disha initiated the Early Intervention Program in collaboration with NRHM Rajasthan . Under this project Disha planned to train approximately 600 grassroot level health workers namely Anganwadi workers, ASHA Sahyogini and ANM's from different locations in Jaipur District organizing a 2 days training program every fortnight, in which about 30 trainees are trained in each session; who once trained perform screening and identification of the 0-6 years children in their respective centers and provide proper referral services and guidelines. Also a team of 4 resource persons from Disha organize camps at different locations in Jaipur district on weekly basis and each child between 0-6 years age of that location is screened on the spot and proper intervention is given along with parents counseling and proper referrals if required.

The first training session of the project was planned on 17th April 2013, for the Medical Officers of Jaipur district to sensitize them for the cause . Till now 14 Early Intervention Training Program have been conducted and total 330 grassroots health workers trained in the year 2013-2014 . In the coming months, 6 more training sessions will be



conducted. Also 26 Early Intervention camps have been organized at places namely Bassi, Tunga, Rojwadi, Chaksu, Padampura, Shividashpura and Chandlai. within a radius of 60 kms in and around Jaipur, where screening and intervention were performed for the children from 0-6 years.

The children who are screened and identified are sent to SMS hospital, PHCs of the area. They are called to Disha as required for further intervention. On the spot environmental modifications, therapeutic approach and orthotic devices are also advised to these children. With the aim to guide the family to manage and support their child and to promote the child's optimal development. Therapeutic and other interventions are provided as soon as possible. This promotes the child's inclusion in the family and the community. The Early Intervention Program of Disha is looking forward to reduce the impact of the disability on the high risk children and link the child and its family with the community.





Public Awareness AND ADVOCACY



Rotary Youth Leadership Award (RYLA) camp for children with Special needs

- A RYLA camp for capacity building of person with special needs was held at Disha from 22nd to 24th Dec 2013. It was organized by the Rotary club and Disha
- In the three day camp the topics covered were :
- Communication skills and team building
- Motivation and leadership
- Environment and time management

The uniqueness of the event was that it was participated by all major categories of persons with disabilities and activities were planned to ensure that the Hearing Impaired could listen, Visually impaired could see and Intellectually impaired could understand The learning.

The capacity building sessions were based on theatre, dance, games, sports, community work and various activities were designed. The grand closing ceremony was in the presence of Rotary International President elect 2014-15 Gary C K Huang and Lady Coronn. All sessions were facilitated by experts of their fields.

Several dignitaries from the Rotary club and the field of Social work participated.



DISHA

DISABILITY WEEK CELEBRATION

The International Day of persons with Disabilities is celebrated every year all over the world on 3rd December. This year the international theme for the day was "Break barriers, open doors: for an inclusive society for all." Disha celebrates this day every year in its unique way. This time the events were organized in the form of week-long programme, with variety of events orchestrated to bring together all the stakeholders to mainstreaming the persons with disabilities. All the events of the week long programme were sponsored by Club 21 project, a unit of Anukampa group.

THIS YEAR THE ONE WEEK EVENTS WERE

- Media workshop on need to highlight issues related to Disability.
- Inauguration of Signature Campaign Drive - Approximately 8000 students from mainstream schools pledged to support Disability related issues.
- Workshop on perception for mainstream teachers - 26 mainstream teachers attended.
- Inter school competition – comprising of Debate, Storytelling, Acronyms making and painting competition. All the competitions were well attended and the mainstream students really excelled themselves.
- Fun Day for students of Disha. It included a magic show, kathputli dance and music followed by a sumptuous lunch.
- Medical Camp - Three doctors i.e. a Pediatrician, a Genetic counselor and a Dental surgeon spent one morning with Disha and a free medical camp was held for Disha students and their parents.
- Painting workshop – "Indradhanush" speaks a thousand words" was held under the guidance of eminent artists from Jaipur. Disha students were guided by volunteers from The Govt. Polytechnic Women's College, and the Art department of SMS Vidyalaya.
- Grand Finale – All the winners were given certificates, Disha students performed a dance and a play.
- Shri Suresh Poddar, an eminent industrialist was our Chief Guest and he generously donated Rs. 2 lacs. With this event the weeklong celebration came to an end.





Guests/Visitors

- Students from Sri Lanka through SMS School
- B.Ed Special Education students from Nirmal Vivek School, Jaipur
- Rotary Club Members
- ONGC Team: Mr Tarun Panwar and Mr . T Vasnik
- Amity University Jaipur: Students
- Sri Sai Prasad College of Social Work (MSW), Gulbarga-Karnataka : 40 students
- Socially Concerned citizens: 7 Ladies
- Ayojan Architect College:20 Architect students
- K.S.K.V, Kachchh University : MSW students
- Mody School, Laxmangarh :120 Students

Events at Disha



Trainings/ workshops

- Rotary International (2014-15) President Elect Mr Gary C K Huang & Lady Corona with Rotary Club Jaipur midtown members: Rotary Club
- SMS Medical College : 43 nursing students
- Poddar School of management:15 MBA students
- Mr.Arvind, TV Actor:
- Mr. Raja Saboo-Past President, Rotary International and Mr. Anil Agarwal, D.G, Rotary District 3052- India
- Workshop on Autism at SDMH, Jaipur
- Motivational speech on "Positivism and health" by Dr. Sajjan Singh Specialist in
- PSYCHIATRY from Chinmaya Mission, Rewa(M.P)
- Participation Talk Show "Jeevan Ki Muskaan" - Doordarshan Rajasthan
- CEP (Continuous Education Programme)
- Continuous Educational Programme(CEP) Workshop on "Research Methodology"
- Continuous Rehabilitation Education (CRE) workshop on "Vocational Assessment"





Events & Celebrations

- Basant Panchami phoolon ki bahar
- Holi ke Rang
- At APPIRIO-Displaying Talent
- The World Autism Awareness Day (WAAD)
- Race for Survival at DPS
- Advocacy on Accessibility at Jawahar Kala Kendra Through -15 students participation in Exhibition of Photographs of "Race for Survival "
- Valentine Day celebration
- Rajasthan Day celebration :17 Disha students
- Jal Mahotsav: 10 Students
- Flight of Fantasy – Sequel II undertaken by La Passage Travel Foundation C/o LPTI, through Indian routes: 14 students and 4 Special Educators visited Tajmahal at Agra
- Celebrating Dusshera:Victory of Good over Evil



- Celebrating Diwali Festival of: Light
- Participation at IPPTA seminar
- Children's Day celebration
- Republic Day celebration
- Jashn-e-Jaipur –Youth Jumbish
- Participation in Aahlad" Competition - A Celebration of Children's Inner Joy: 12 students at Bal Bhawan
- "Run for Inclusion"
- Christmas celebration
- Representation in CSR-CSO Bridge 2013 Organised by CII
- 20 students Participated in JUNOON, BITS Pilani
- 7 students participated in "Prerna" Social Event at Vododara, Gujarat
- Independence day celebration
- Rakhi Celebration

Success

Stories



Pranisha

Pranisha Joshi, after assessment was admitted to Disha in April 2013 under the Early Intervention group. She came with a diagnosis of Cerebral Palsy, Hemiplegic.

She was a very pampered child with frequent mood swings not keen to co-operate with the teacher or with the class. She showed her resentment by weeping continuously.

To make school more acceptable to her sand play, water play and doll play therapies were used.

She reacted positively, started cooperating and learnt to enjoy all school activities. She continued to improve her interactions with her classmates and teachers and became very positive. She started participating actively in various activities at her class and at the school level.

All this while physiotherapy and occupational therapy sessions were regularly given to her. It was discovered that she was at her best while doing theatre. She was sent for the theater class regularly.

Her progress over the past one year has been very remarkable. Now our immediate goal for her is inclusion in mainstream, towards which we are focusing and regularly working.





Sonu

With her dreams so big and her hopes so high; "special" does not even begin to define her.

11 years have passed since her birth, small indeed she is, but the power of her will is far stronger than her face suggests.

She was not acquainted with the exposure to school and physiotherapy for 11 long years, as her condition-diplegic C.P. with spasticity in the lower extremities-would not allow. There was no regularity with her visits to the local physiotherapist, and so, when she was brought to Disha her condition did not even allow her to stand or walk without the support of her parents.

When Disha agreed to help her, her zeal took over. She underwent thorough physiotherapy assessment under the skilled therapist supervision with findings of tight and spastic calf and hip muscles but indeed good upper extremities. Looking at her strength and taking its advantage the therapy team decided to make her independent walker with or without the supportive device. Therapy sessions were planned which commenced modified orthotic support and upper limb strengthening exercises. She was given stretchings of all tight muscles to correct the deformities and activation of the weak muscles for the movement. She displayed remarkable functional achievements like standing on both the limbs without support, better posture and good trunkal control which was required for her to be a potential walker.

Today, she is in a position to walk few meters with crutches without anybody else's support; she can stand on her own for 30 whole minutes in the classroom and perform her academic activities. She has finally got the confidence to do her daily chores on her own.



Sumit

Change is the basis for survival in this world; some people can extract out the benefit of this change and some are not able to cope with it, which to some extent becomes a hurdle to their being. But a winner is the one who puts his best effort to cross the hurdle that has been laid out as a hindrance. Disha is a home to such winners and a recent example to come up with a victory is our champ Sumit.

After 21 years of aimlessness Sumit was finally admitted to Disha. A silent person he was indeed but the core of his heart was like that of a bird which aims to fly and Disha made a promise to itself to unleash that heart.

He was first enrolled into the work training unit, he started expressing himself through paintings slowly he gave his and steadily opened himself for interaction such as conveying the messages and successfully following the instructions given to him.

Within a year his skills had enhanced to a level which made him do jobs such as Photostat, lamination, spiral binding. He also tested his liking in the field of sport, and his most favourite was badminton. To further polish his skills he was given rigorous and regular training. This paved the way for his successful win at national selection camp for badminton and this win led to his international fame as a gold and silver medallist in the south Asia Pacific Regional Commonwealth Games.

This wasn't a mere win for a boy who had craved a path of independence for so long. Self sufficiency, positive attitude, self esteem all paved the way to bring changes in his life. Looking at his marvelous zeal he has been transferred on job training, he is now working as a trainee in the library so as to assist the librarian in near future; he also has the goal to reach the Special Olympics soon to be held in Los Angeles.

It is rightly said what we aim at, is what we get.

Our Partners in Development



MAJOR DONORS

- Airtel (Bharti Hexamcom Ltd.)
- Anukampa builders - Club 21
- Kiran Poddar
- Mayur Uniquoters Ltd
- Neurology Care and Research Society
- Shakuntala Dhoot
- Singhal Foundation
- State Bank Of Bikaner and Jaipur
- Steel Authority of India
- Suman Ajmera
- Suman Devi Bakliwal

SPECIAL CHILD SPONSORS

- Abhay Chordia
- Ajit Singh Lamba
- Dhiresh Saxena
- JLC Electromet Pvt Ltd
- Kiran Devi Nanagram Jain Charitable Trust
- Saroj Jain
- Seth Madanlal Palriwala Foundation

NETWORKING

- Action For Autism, New Delhi
- Active Internationals
- Aid-et-Action
- AIESEC
- All registered Institute of National Trust in Rajasthan
- American Occupational Therapy Association (AOTA)
- Amity University
- Amrapali Jewels, Jaipur
- APPIRIO
- Approach Autism
- Benzo Chem Ltd, Bombay
- BITS, Pilani
- Boston University, USA
- Cheer Sagar
- Chrisalis - Ms. Shipra Goyal
- Credibility Alliance
- DD Rajasthan
- Department of Medical & Health-NRHM
- Disability Commissioner's Office, Rajasthan
- ETV Rajasthan

- FORHEX, Jaipur
- Global Institute of Technology, Jaipur
- Gokul Departmental Store
- Goyal Fashions Pvt Ltd
- Hotel Clarks Amer, Jaipur
- IDEX, Jaipur
- IGNOU
- Indian Institute of Health Management Research
- Jaipur Hospital College of Physiotherapy, Jaipur
- Jaipur Physiotherapy & Occupational Therapy College
- Jaipur Virasat Foundation, Jaipur
- Jatin Gems
- JSL, Lifestyle Ltd
- Khetri Trust
- Kids Planet Society
- Le Passage To India Tours and Travels Pvt Ltd, New Delhi
- LIC of India
- Mainstream Schools in Jaipur
- Ministry of Social Justice and Empowerment
- MNIT, Jaipur
- Narsee Monjee Institute of Management Studies, Mumbai
- National Institute of Medical Sciences, Jaipur
- National Institute of Mentally Handicapped, Hyderabad
- National Trust, New Delhi
- Rajasthan Patrika
- Rambagh Palace Hotel
- Rehabilitation Council of India, New Delhi
- Rotary Club Jaipur Midtown
- S. Nanawati
- Santokha Durlabhji Memorial Hospital, Jaipur
- Save the Children
- Shubham Club
- Sight Savers
- Social Welfare Department, Jaipur
- Sparsh
- Special Olympics Bharat, Delhi
- Special Olympics Bharat, Rajasthan
- State Bank of Bikaner and Jaipur, Kota
- Studio Big Boss
- Sunil Kundu
- The IIS University
- University of Rajasthan
- Vodafone
- World wide Adventures


**D
I
S
H
A**

Visitors'

Book



Rajendra K. Saboo
President, Rotary
Internationals (1991-92)
04 July 2013

A visit to this institution DISHA can be truly a learning experience. To say that I am impressed by what I have seen will only denigrate my own self since what I have observed and felt is way above the bliss I could find seeing the dedication and commitment towards the children of God who are not normal like us but challenge us to find meaning in life.
I am full of admiration for what the Disha is doing to show us the direction we must take in service of humanity.
Rotary should and must do all it can to support such endeavors.



B. Shriram
MD, SBBJ
5 Aug 2013

Wonderful and indeed a humbling experience for me. The children were so full of life, brought back my childhood memories. All credit to the Management and Associates at Disha who have been able to build an atmosphere of love, care, affection leading to a sense of belonging for every member. On behalf of SBBJ, I am indeed privileged to be part of the school and wish all of you the very best in the years to come.
God be with all of you



An institution with a deep sense of commitment & vision. I wish them all success in their endeavour.
God Bless

Col. Balbir Singh
Retd. Director Security
Knowledge & Skill
Development Council
28 Nov 2013



Suresh Poddar
03 Dec. 2013

Dear Basant,
It was great privilege to me to be a Chief Guest. I feel honored, this was one of my best moments of life seeing disabled children so carried no where they were less than normal child. You, yours staff every one deserve many many congratulation for doing such a great work for society and humanity. I pray Lord Krishna to give you and Mala Bhabhi lot of courage, politeness and helping for poor's which you already have. To go to God the first step is to love human being and do whatever you can do for them. I am inspired with your work try to do much as possible social work to have needs and welfare of the society. Thanks!



दिशा एक संस्था नहीं है जिसे हम लोग आगे ले जा सकते हैं पर दिशा यो संस्था है जो हमारे परिवार में कोई बच्चा या बच्ची किसी कारण कोई कमी रह जाती है तो दिशा उसे अपने प्यार से और सहयोग से नया जीवन देती है।
Always with You

Arvind Kumar
(Nach boliye 5)
Star Plus



J.K. Dubey
G.M. Network, SBBJ

An amazing place to visit and be with the children 'DISHA', doubtless is doing yeoman service to the society by giving direction to these children and developing them. Some extra ordinary performance by the children. May the Almighty Bless them.



To staffs; This is a one of the best project.

To children; Please do your best as much as you can

Dong Kurn ("D.K.") Lee
Rotary international president (2008-09).
The Rotary foundation chairperson (2013-14)



Congratulations for the excellent work your organization does for special needs/ differently abled groups. More power to you and your skilled and dedicated staff.

Gilda Martinez
USA
10 Dec. 2013

GOVERNANCE



Trustee Name	Position	Meeting attended
Mr. Basant Khaitan	Trustee Chairperson	4/4
Mr. Kishan Khaitan	Trustee	3/4
Mr. Mahendra Khaitan	Trustee	4/4
Dr. Ashok Agarwal	Trustee	1/4
Mrs. P N Kavoori	Trustee	4/4
Mr. Purushottam Agarwal	Trustee	4/4
Mr. Kailash Kanoria	Trustee	3/4
Dr. Sudhir Bhandari	Trustee	1/2
B.K Poddar	Trustee	2/3
Anand Singhal	Trustee	2/2

- Except two, none of the Trustees are related by blood or marriage.
- During the period four trustee meetings were held. In annual meeting dated 08/07/13, 8 trustees participated. The annual accounts for FY. 12-13 and budget for FY 13-14 and appointment of auditors were approved.
- No remuneration was paid and no reimbursements were made to any of the trustees

Transparency Disclosures

- Disha Foundation is a Registered Trust.
- For Disha, 1 Governing Council and 5 Executive Committee meetings were held in FY 13-14
- Banker are State Bank of Bikaner & Jaipur, Shyam Nagar Branch, Jaipur 302019
- Auditors are Jain Shrimal & Company, 62, Gangwal Park, M. D. Road, Jaipur 302004. Disha follows the audit related process whereby the statutory auditors are appointed in annual meeting and their remuneration is also fixed. The Auditor report & financial statements are passed in the annual meeting.
- Disha Foundation complies regularly with statutory requirements of Income Tax Act and Foreign Contributor (Regulation) Act.
- Income Tax Registration, under section 12A: Income Tax Officer Jaipur
(I) अ.आ./वसूली/धारा 12 अ (अ) /116/95-96/789 dt. 31-07-1996. PAN : AAATD2135P. TAN : JPRD02565D. All contribution to Disha Foundation is exempt under section 80G of the Income Tax Act vide certificate Nr. : अ.आ.1/अ. (तक.व.न्या.)/80जी /जय/ 2008-09/ 675 dt. 25-07-2008.
- FCRA Registration Nr:125560101 Credibility Alliance Registration Nr:3A/48/2011
- No remuneration, sitting fees or any compensation was paid to any trustees except to the Advisor – Disha @ Rs. 37,000/- per month. No travel reimbursement has been made to any trustees for attending meetings. Total cost of international travel by all personnel and Board members during the year is nil. Total cost of national travel by all personnel during the year is Rs. 80,970/-. Remuneration of the 3 highest paid personnel members are Rs. 56,000/-, 36,000/- and 20,500/- per month. Highest paid person is Operational Head-Ms Kavita Apoorva Verma Remuneration of the lowest paid personnel member is Rs. 4,700/- per month.

Personnel Remuneration Distribution as on 31-03-2014.

Slab of gross salary plus benefits (Rs per month)	Male (Nos)	Female (Nos)	Total (Nos)
<5000	2	3	5
5,000 - 10,000	13	20	33
10,000 - 25,000	4	11	15
25,000 - 50,000	0	1	1
50,000 - 1,00,000	0	1	1
Total	19	36	55

Financials

2013-2014



Balance Sheet

As on 31 March 2014

Rupees in Lacs

PARTICULARS	31.03.2013	31.03.2014
Assets		
Fixed Assets	187.86	179.69
Investment	175.00	163.00
Cash and Bank Balances	2.32	21.07
other Current Assets	48.06	61.55
Income & Expenditure A/c Balance	7.67	-
Total	420.91	425.31
Liabilities		
Corpus Fund	103.06	106.06
General Fund	291.94	293.14
Current Liabilities & Provisions	25.91	16.29
Income & Expenditure A/c Balance	-	9.82
Total	420.91	425.31

INCOME & EXPENDITURE

For the year Ended on 31 March 2014

PARTICULARS	31.03.2013	31.03.2014
Income		
Internal Sources	41.11	42.25
Donations from Indian Sources	27.79	28.45
Grants from Indian Sources	7.07	19.84
Donations from International Sources	1.35	0.69
Other Income	22.65	26.34
Income & Expenditure A/c Balance C/F	7.67	-
Total	107.64	117.57
Expenditure		
Programme	64.76	67.37
Management and Administration	16.15	21.42
Other Expenses	10.93	11.29
Income & Expenditure A/c Balance B/F	15.80	7.67
Income & Expenditure A/c Balance C/F		9.82
Total	107.64	117.57



RECEIPTS & PAYMENTS ACCOUNT

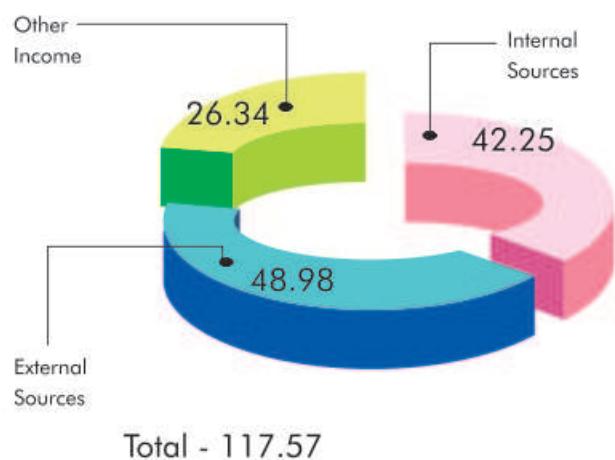
For the Year Ended on 31 March 2014

Rupees in Lacs

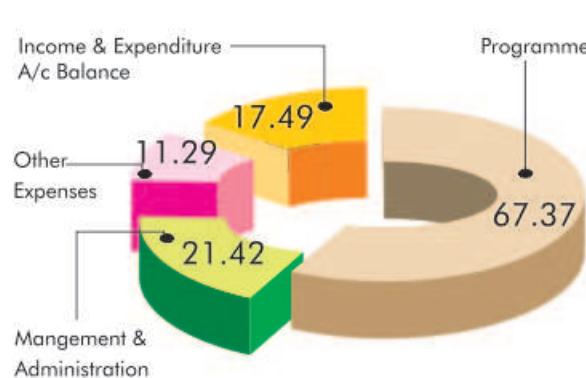
Receipts	31.03.13	31.03.14
Opening Balance	7.02	2.32
Internal Sources	38.67	40.28
Donations from Indian Sources	42.03	25.69
Grants from Indian Sources	7.07	19.84
Donation from International Sources	1.35	0.69
Sale of Investments/Assets	3.89	12.00
Loans	13.49	6.19
Other Receipts	5.77	9.47
Total	119.29	116.48

Payments	31.03.13	31.03.14
Capital Items/Assets Purchased	8.30	3.12
Purchase of Investments	26.00	0.00
Loan and Advances	3.83	9.94
Other Payments	78.84	82.34
Closing Balance	2.32	21.08
Total	119.29	116.48

Income



Expenditure



Disha Products

Edibles

Items are made from maida (All purpose flour)

Code:DP/E/001



Kaju

Price:140/- kg

Code:DP/E/002



Saankhein

Price:140/- kg

Code:DP/E/003



Karele

Price:140/- kg

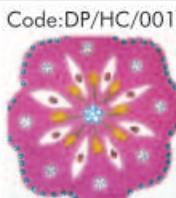
Code:DP/E/004



Mathri

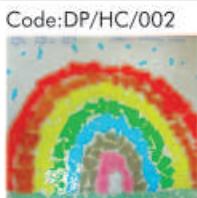
Price:140/- kg

Handmade Cards



Shining Flower

Size:7"x11" Price:70/-



Rainbow Chips

Size:7"x11" Price:70/-



Blooms

Size:8"x11.5" Price:100/-



Butterfly

Size:8"x11.5" Price:100/-

Greeting Cards



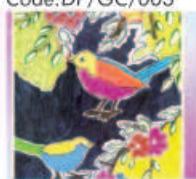
Blossoms

Size:5"x7" Price:15/-



Vinayaka

Size:5"x7" Price:15/-



Spring

Size:5"x7" Price:15/-



Kites

Size:5"x7" Price:15/-

Home Decor and Furnishing



Cushion Cover

Size: 12"x12"/16"x16"

Price:45/- 75/-



Wind Chime

Size: 4.5"x15"

Price: 350/-



Gel Candles

Size:6"x3"/6"x2"

Price:150/- 100/-



Diyas

Size:7"x7"/3"x3"

Price:70/- 10/- Per Piece

Jewellery



Necklace Set

Chest Length Price:400/-



Necklace Set

Neck Bone Length Price:350/-



Bracelet

Price:35/-



Necklace Set

Neck Bone Length Price:350/-

Utility Items



Mr Nose

Size:6"x2.5" Price:100/-



Bread Basket

Size:9"x9" Price:150/-



Tiffin Bag

Size:12"x10" Price:200/-



Jhola Bag

Price:280/-

Customised Items for corporate gifts can also be made available

HOW CAN YOU HELP US

There are various ways by which you can help us touch the lives of more children with special needs:

GIVEINDIA

You can directly donate online through GIVEINDIA by clicking the link below.
<http://www.giveindia.org/m-1083-Disha-Foundation.aspx>

EMPLOYMENT

You can provide jobs (without making any commitments) that a person with special needs can do at your workplace. Some of our students would be willing to receive training while you observe them.

DONATIONS

You can give donation in cash or kind for building, equipment and or recurring costs. Donations are exempt under section 80G of the Income Tax Act. We also have permission to receive donations from abroad. Please ask for a wish list.

DISHA PRODUCTS

Every year some of the painting by our students are printed into greeting cards. These cards are available on order or at Disha. Other products made during pre-vocational training are also on sale at Disha. You could buy these.

SUPPORT A CHILD

You can support a child by sponsoring his/her charges from Rs. 25000/- onwards.

SPONSOR A CHILD

You can sponsor a child by sponsoring his/her expenses from Rs. 55,000/- onwards.

SPONSOR A TEACHER

Staff costs form major part of our expenditure, leaving very little for development. You could sponsor the annual salary of a teacher from Rs. 78,000 per year onwards,

VOLUNTEER

If you have time or talent you could come regularly and help out a child or share your special talent.

SHARED CARE

You could keep a moderately/severely disabled person with you for a short duration while their parents take a short break, which may be for few hours to few days.



Nirman Nagar-C, Jaipur-302019, Rajasthan, India.
Ph.: +91 141 2393319, Fax: +91 141 2391690
disha@dishafoundation.org, www.dishafoundation.org
<https://vimeo.com/37661270>



ORDER FORM

The products are made as a result of learning of students. Enhance their learning and enrich their life by buying Disha products.

ITEM CODE	QTY	SIZE	AMOUNT
TOTAL			
Name			
Company			
Designation			
Address			
Contact No.			
Enclosed DD/Cheque Number			
For Rs.			
Drawn On			
Payable At			

NOTE

1. Cheques/Drafts must be drawn in favour of "Disha"
2. For money transfers our bank details are:-
State Bank of Bikaner & Jaipur
Gautam Marg, Shyam Nagar Branch, Jaipur.
Account Number : 51010155590
Account Name : Disha
IFSC : SBBJ0010768
3. Packaging & Postage will be extra at actual for outstation deliveries and local delivery below 10 cards.





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Why?



I

often wonder
Why do people
look at me with
sympathy in their
eyes?

Why do they
subtly make me feel
mangled?

Why do my needs, my
helplessness
reach to them
instantly?

But my laughter makes them cry?
Why my achievements are stared
at or glorified?

Why my wheelchair
arouses more interest than
the small trophy in my hand?

Why my accomplishments fall
far behind

My physical inability
my imperfection?

Why am I not accepted as just one
mere human being?

Why am I either glorified or
agonized?

-Shruti Mahapatra



Painting of
Deepak
Kumawat,
student of
Disha selected
for the cover
page of
BEYOND
BARRIERS -
Art catalogue
of Artists with
Intellectual
Disabilities



Event of
Disha
Featured in
Rotary
magazine -
Pratidhvani



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