



Tamahar

Remover of Darkness

Center for Children with Special Needs

Tamahar Trust



Proposal

About Us - Tamahar was founded in 2009, by Mrs. Vaishali Pai, an Occupational Therapist by profession. The intervention methodology of Tamahar was developed over the course of 30 odd years of continued education by Mrs. Pai and evolved with the changing landscape of disability intervention in our country.

Need - WHO estimates that there are less than ten skilled rehabilitation practitioners per 1 million population in low and middle income countries like India. This is to highlight the fact that the majority of people with disabilities in the country are not getting access to the services that they so desperately need. Hence there is an urgent need to massively improve capacity and strengthen existing infrastructure in service of the disability sector.

Functional Academics

Children who are developmentally above 5 years of age start with academic training, based on the Montessori method of teaching, where self-experiential learning is given importance. There is equal attention to self-expression through a number of extra-curricular activities. The Tamahar FA program incorporates principles of the Art-based Therapy along with free expression using Horticulture, Culinary Arts, Theatre, Dance and Fine Arts.

TAMAHAR Solution

Under functional academics, stress is on learning only the essential subjects needed for life navigation and focus weighs more on teaching life skills – social skills and individual personality development. Self-care skills group focuses on the child's ability to be independent, social skills focus on training the child on human interactions and appropriate behaviors and lastly basic academic skills that the child must have to operate in day to day

life. These include Math, Language (English and Oral Kannada), Science and lot of extra-curricular sessions, where there are a number of hands-on activities that are aimed at recreational and personal skill development. The academic curriculum of the program is set in accordance by Karnataka state syllabus and the program is split into grades depending upon the child's proficiency in the syllabus. (LKG, UKG, 1st Grade etc)

For each child, there are three kinds of interventions -

1. Core intervention for developmental skills : Need based and based on the following principles:

- Maria Montessori approach
- Basic principles of Early Intervention
- Behaviour Modification
- Natural Environment Training
- Relationship Development Intervention

2. Academics

- English
- Local Language – Kannada(Oral only)
- Math
- EVS
- Sexuality Education

3. Auxiliary Therapies - Yoga and Music Therapy, OT/PT and Speech Therapy. Extracurricular Activities such as Art Class, Horticulture, Indoor

Budget (Materials to be used for therapy)

Toy	Brand	Used for	Cost per toy
MULTI ACTIVITY SPORTS BASKETBALL	CATBEAR	Gross motor strengthening – hand eye coordination	1971
AGILITY KIT COMBO	HAMIS	Gross motor sport activities	849
PLASTIC AGILITY RING LADDER	SAPPHIRE	Gross Motor	305
FOOSBALL	CHOCOZONE	Hand & Eye coordination ; grip strengthening	1490
MINIATURE BOWLING GAME	TRINKETS	Coordination	399
BOXING KIT	AADHYAN	Upper limb strengthening	1350
POPPET		Fine Motor	99
SIT AND BOUNCE HOP BALL	STORIO	Whole body gross - strengthening	276
SQUEEZING SOFT RUBBER GRAPE WALL	SHIVSOFT	Fine Motor	166
ANTISKID MAT	ATNINE	Floor exercise	1400
HOPSCOTCH	TULAY	Gross motor	425
TWISTER	YORTEN	Knowing color concept , director , gross motor	649
POSTURAL MIRROR	IKEA	Postural correction	6990
HIT ME	NAVKAR	Shoulder strengthening & coordination	499

Toy	Brand	Used for	Cost per toy
PEDAL EXERCISER BIKE	WEGAN	Hip Strengthening	1999
RESISTANCE BANDS	WEARSLIM	FOREARM STRENGTH TRAINER, GRIP	375
wobbleboard	HOLYCROSS	Balance	799
Urban Doer Wooden Wobble Balance Board Wiggle Board Waldorf Board- 3+ years Kids Toddler Open Ended Learning Toy, Great Kids Learning Toy for Body Training, Wooden Rocker Board		Balancing	2799
		TOTAL (A)	22840 * 2 set of each item = 45680

Budget(Children that are below 5 yrs of Development)

Particulars	Cost per toy/set	requirement
Little Fingers Preschool Beads for Kids - Toddler Crafts with Travel Tote - Montessori Toys for Toddlers Occupational Therapy Fine Motor Skills Toys, Multicolor	369	3
CHRONEX™ Pencil Grip (Pack of 2) Writing Claw for Pencils and Utensils - (Pack of 2)	199	3
BOHS 6 Pegs Mini Knobbed Cylinder Blocks Montessori - 6.7 Inches - Colorful Wooden Early Home School Toy - 4pcs Set	1899	3
Little Fingers Preschool Beads for Kids - Toddler Crafts with Travel Tote - Montessori Toys for Toddlers Occupational Therapy Fine Motor Skills Toys (Nuts & Bolts), Multicolor	299	3
Tycoon Physio Solutions Exercise Therapy Occupational Therapy Wooden Balance Board Foot Rocker Leg Exerciser (Blue)	1510	3
Fusine™ Wooden Hammer Ball Knock Ball Pounding Bench with Box Case Fine Motor and Dexterity Skills Early Educational Toy Set for Kids 2+ Years	269	3
Mayatra's Wildlife:cartoons 3d Puzzle for 24 To 48 Months, Set of 12, Multicolour	699	3
Goappugo Writing Patterns Practice Writing Boards For Kids - Wooden Educational Toys For Kids 3 Years Or 2-4 Years old, Patterns Tracing Boards, Learning Wooden Toys-Brown	995	3
Jiada Swirl Ball Ramp Educational Toy Puzzle Rolling Ball ABS Material Non Toxic	839	3
VALGRO 6-in-1 Wooden Block Puzzle for Kids Colorful Wooden Block Toy for Kids Picture Puzzle	259	3
Fisher-Price Little People Sit 'n Stand Skyway	9376	3
Brilliant Basics - Baby's First Blocks	388	3

Particulars	Cost per toy /set	Requirement
Fidget Pop Tube Toys for Kids Pop it Fidget Pack of 12 Pcs Music Pipe Stress Anxiety Relief Sensory Bendable Stimming Toy Adjustable Toy Multicolored Fidget	549	3
PATPAT® Hedgehog Toy for Kids Spike The Fine Motor Hedgehog, Fine Motor and Sensory Toy for Baby Ages 18 Months+ , Educational Toys for Kids Best Gifts	999	3
PATPAT® Baby Sensory Toys Balls for Babies 6 Months Plus 9 12 Months , Soft Building Blocks for Toddlers,Teething Toys Montessori Early Development Activity Stacking Toys for Boys and Girls 1 Year Old	999	3
RUDRAMS 2 in1 Beads Play / Buttons Thread Combo Puzzle Sets Beads for Kids Early Learning Montessori Educational Stringing Toy for Preschool Children Building Blocks for Kids (42 Pieces)	399	3
Strawberry Stop Wooden Hammer Peg Natural Wood for Kids	309	3
Fisher-Price Brilliant Basics Baby's First Blocks	798	3
Fisher-Price Laugh & Learn Around The Town Learning Multi Activity Table with Sounds and Music.	4474	3
Fisher Price Play & Crawl Hedgehog Mirror, Crawl and Chase Toy	3199	3
Fisher-Price Musical Walker Lion	3551	3
Fisher-Price Take Along Toy Tote	919	3
Fisher Price Stride to Ride Learning Tiger	6299	3
Fisher-Price Laugh and Learn Puppy's Busy Activity Home	942	3
Fisher Price Stack & Roll Cups	1841	3
Fisher-Price Little People The Helpful Neighbor's Garage	4367	3
Fisher-Price Little People World of Animals See 'n Say	2498	3
Fisher-Price Roller Blocks Play Wall	5499	3
Fisher-Price Julius Jr. Sortin Sagebrush Farm	3550	3
Fisher Price Discover 'n Grow - Musical Activity Play Wall	1439	3
<u>TOTAL (B)</u>	59363 * 3 set of each = 1,78,089	
<u>GRAND TOTAL – (10% Project</u>	A + B = 2,23,769 + 10% is 22376 i.e 2,23.769+ 22376 =	