



Tamahar
Remover of Darkness

Center for children with special needs

Auxiliary Therapy

FY 2022-2023



Program category Childhood Disability | Rehabilitation
Focus Area Auxiliary Therapy – for children with special needs
Location Malleshwaram, Bengaluru
Program Duration On-going – Full time program

Name of organization Tamahar Trust
Registered Office 301, 23 Venkat Vihar, 12th Main, 15th Cross,
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For Tamahar Trust

Tripti B.G.
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C.O.O

OUR SOLUTIONS

Every child who walks into Tamahar is assessed using the internationally standardized assessment framework Carolina Curriculum, which measures the development of child's skills across multiple domains like communication, motor skills, social skills etc. This assessment determines the "developmental age" of the child (For example - a child may be 5 years old as per date of birth, but have the skills of a 6 months old baby). If the developmental age of child comes out to be less than 5 years, he/she is put in our Early Intervention program where he/she goes through intensive one-or-one and group therapy sessions with the ultimate goal of reaching the developmental age of 5 years.

Children with developmental age of 5 years or higher move to/are put into functional academics, from where they can go on to pursue NIOS (National Institute of Open Schooling) or train for vocational opportunities in our Pre-vocational program eventually.

Children who are not capable of acquiring any functional skills and have an IQ less than 35 are moved to Sheltered Workshop, which is a protected environment program working towards providing some form of employment, usually by engaging in production work. The products they make are sold on a non-profit shopping portal or given away as mementos.

We partner with consultants/other organizations to provide Auxiliary therapies like Yoga, Music, Physiotherapy, Occupational Therapy and Speech Therapy to all children at our centre and have tied up with a Clinical Psychologist to provide mental health services to the parents at the centre.

Tamahar also works towards creating awareness in the community, and advocacy for the cause of pediatric disability. Bringing together the various stakeholders of the community, we plan lecture programs, fun activities and get-togethers 4-5 times per year. WHO has set aside certain days of the year that focus on particular conditions/diagnosis. We conduct programs of some of these days to spread awareness in the community and also advocate change. Some of these days are: April 2nd - World Autism Awareness Day, Dec 3rd - International Day of People with Disability etc. This proposal document focuses on our Therapy and Mental health services.

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COMPLIANCE



Ministry of Corporate Affairs

Government of India

Under the CSR act, Tamahar trust comes under "Education" section of – "Cause 2 of Scheduled 7". Tamahar's work aligns activity (ii) of schedule VII as per Section 135 of the Companies Act, 2013

"Promoting education, including special education & employment enhancing vocation skills especially among children, women, elderly & the differently unable & livelihood enhancement project"



WHO's Global Disability Action Plan 2014-2021 speaks about the Convention on the Rights of Persons with Disabilities. We follow the concepts in the 11 programs that are conducted regularly at our center.



Our work also aligns with 3 of the Sustainable Development Goals (SDGs) outlined by UN.

SDG	Relevant Program
Goal 4 : Quality Education	Early Intervention, Functional Academics, Nursery, Pre-Vocational
Goal 8 : Decent Work and Economic Growth	Pre-vocational, Sheltered Workshop
Goal 10 : Reduced Inequalities	All programs
Goal 3 : Good Health & Well being	All Programs

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Overview of the programs

Auxiliary Therapy : Description

Tamahar is a strong believer in the power of auxiliary therapies as an aid to the core therapies. Auxiliary therapies like Yoga, Music, Physiotherapy etc. are proven to have a strong positive effect on the complete wellbeing of children with special needs and together, they hasten the child's recovery. At Tamahar, auxiliary services are open to all children and are conducted once or twice each week. Sessions are conducted in batches since there is no single large space to accommodate all children. The following auxiliary therapies are provided to the children, first three on need basis and Music and Yoga to all -

1. **Physiotherapy** - Helps children who have mobility issues and reduces spasticity.
2. **Speech Therapy** - An integral part of rehabilitation when working with children who have difficulty in swallowing, talking, and understanding language due to medical or surgical conditions.
3. **Occupational Therapy** - While physiotherapy takes care of the physiological aspect of rehabilitation, occupational therapy aims at enabling the child to be independent by teaching Activities of Daily Living (ADLs) and other everyday functions. (Safety, Selfcare, Feeding)
4. **Music therapy** - Is known to improve vocalization, attention, and sitting tolerance in children. It has teaches them music appreciation! The idea is not to teach music, but use it as the means to induce development.
5. **Yoga** - Proven to improve balance and physical strength. Coordination improves; children who were hyperactive become relaxed. Remarkable improvement can be seen in listening skills, attention and self-regulation

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The Rationale

- Tamahar doesn't believe in rote learning. We believe they have to understand the use of the academics for future life. We work with our children following the local government school curriculum but prepare children to give the NIOS exams in areas of their interest. Children who are not able to continue academics are trained in Pre-Vocational skills to pursue vocational training programmes.
- Developmental age and growth is important: Most schools admit children according to their chronological age and also start their training according to those ages. This creates a difference in their understanding and ability and what they are being taught. We start working with children according to their inherent skills and develop them to their chronological skills using all possible methods that include the core therapy as well as additional therapies as required by the child.
- Most schools focus on the necessity of the children to function. However, we believe that our children need to enjoy life, be independent and live a life of dignity, hence we provide basic therapies like Occupational Therapy, Physiotherapy, Speech Therapy etc, but also give them recreational activities, hobby classes, sports training etc.
- Training parents, extending emotional support, family counselling, is important for Tamahar because we believe these are essential components for the wellbeing of the child.
- There is a direct link between the parent's self-worth and self-esteem and level of stress in a family with child with special needs. One way to improve the family life is to help the parent become his/her own person by gaining their individual milestones like education, suitable/preferred vocations, hobbies, financial independence etc.

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Budget

Expenditure Head	Cost -FY 2022 - 2023 INR
Cost of providing auxiliary therapy programs to 10 children - Yoga, Music, PT, OT. INR 5000 PER MONTH PER CHILD (80%)	6,00,000
20% Admin Cost	1,50,000
FUNDING REQUEST FROM GIVING CIRCLE FOUNDATION (SEVEN LAKHS FIFTY THOUSAND)	7,50,000

- Per child per month cost is INR Rs 5,000/- for Auxiliary Therapy Interventions are chargeable for the family of the child and the family can pay any amount depending on their financial capabilities. This amount can be INR 50, INR 500 or INR 5000. The balance amount has to be raised by the Trust to ensure smooth running of the programs through the year.
- Huge need for services especially for the BPL cardholders, increasing expenses for the services provided. About 50% of our children come from either lower or below poverty level economic backgrounds and are unable to bear the basic cost of the interventions .In addition to the normal living costs, our parents have to bear the financial burden of hospitalization, frequent medical interventions, special equipment, regulated diet, specialized transportation, and so on. At the organization level, we cannot depend of them to pay fee and have to ensure continued services irrespective of the ability to pay.

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