

## ssa-nutritionprogram

Greetings from Shristi!

We are very pleased to introduce to you, our organisation, Shristi Special Academy. Shristi is a 11-year-old Registered Society that partners with the Mentally Challenged and Autistic to foster independence in them and acceptance in the community towards enabling a better quality and dignity of life.

The training provided at Shristi for the Mentally Challenged and Autistic, encompasses every aspect of human development, particularly daily life skills so that they can become as near-normal as possible and function independently in normal society.

Shristi reaches out to all age groups from infancy to adulthood through its programmes, functions from two locations: one in Basaveswarnagar and the other, a rural location just outside the city, on Magadi Road. Currently, Shristi partners with 110 Mentally Challenged and Autistic individuals at its two facilities and to another 36 normal children through its Balwadi (preschool) for rural children.

Shristi has unique and scientifically designed programmes for different age groups, which are also child focused and family-needs based encompassing all areas of development. The multi therapeutic programme includes special education, physiotherapy, occupational therapy, speech therapy, family therapy and psychotherapy. We are very pleased to say that the programmes have resulted in substantial improvement in every one of the children and older individuals coming to it.

Shristi is among the few institutions in India, which offers a full time Centre Based Early Intervention Programme for infants and young children (0 to 12 years) with delayed development, which, by starting early, aims at enabling adaptation of children in normal setups - at school and in society. The programme has resulted in 26 children joining mainstream schools in the past 6 years.

### SAATHI

The Early Intervention Programme for infants and preschoolers in the age group of 0-6 years with delayed development is aimed at minimizing deficits, acquiring new skills, increasing independent functioning and preventing secondary handicaps through therapeutic intervention. Also supports families to cope with these challenges.

### PRAKRUTI

Autistic individuals are offered an intensive, functional and meaningful programme which includes sensory integration and behavior modification. It facilitates 16 autistic individuals to adapt and integrate to behave in socially acceptable ways.

The intensive programme for Autistic individuals, who have acute socio communication and sensory integration problems includes life skill training, behaviour Modification along with alternate and augmentative communication, which has resulted in a very high level of social adaptation among these children as also independence. Their improved communication has resulted in reduced behaviour challenges and the training for desensitization to different sensory inputs has led to a better quality of life at home and otherwise. This has also

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resulted in talents flowering such as singing, stained glass painting, and several have joined mainstream schools, where they are performing well.

#### DHRUTI

Vocational Training aimed at enabling employability and economic independence among the challenged is provided for those above 12 years of age. Using a comprehensive curriculum, the training includes Pre-Vocational and Vocational Training followed by internship and then employment either at the Sheltered workshop for production, self-employment or open market employment.

At the Vocational Habilitation Centre, 55 Mentally Challenged individuals are taught skills such as tailoring; screen printing; manufacture of various articles including paper products; candles and cleaning and disinfectant agents aimed at enabling economic empowerment. The products which include a range of Jute and cloth products; paper bags, envelopes, spiral note books etc ; assorted aromatic candles, decorated diyas with wax etc., are sold at Sales at various Corporate and social service Organizations and the income generated is used to support the stipend paid to those in the Vocational Production Unit .Thus being a major step in enabling economic independence and dignity.

#### PRAYATHNA

The Respite Care Unit provides exclusive rehabilitation therapy to children who have severe mental retardation and multiple disabilities and offers respite to their parents.

Again, Shristi is one of the very few organizations which has a programme for the profoundly retarded (IQ<20) who are considered untrainable and often chained in institutions due to their aggressive and self injurious behaviour. The programme focuses on self-care, communication, behaviour management and adaptive skills such as appropriate time use, domestic skills etc. We have 18 children in this programme, mostly from the rural areas around our campus, and have enabled every single individual to become productive and active contributors in their homes.

Our recently started Balwadi is an initiative that aims to enable early identification of developmentally delayed children and begin early pre-school inclusive intervention services for them besides bringing rural children on par with their urban counterparts when starting school. It also aims to create awareness to prevent Mental Retardation. There are 36 little ones from the ages of 2 to 5 years.

Shristi aims to increase the children's "Happy Moments" and so along with the therapy, works to broaden their horizons through exposure to cultural activities, sports, outings and picnics and a whole range of experiences, which are fun.

As most (over 60%) of Shristi's children are from very poor homes and from the rural areas, children also get food and medical support, in addition to the Therapeutic Intervention.

This, coupled with loving care, unconditional acceptance and a never-give-up philosophy, has resulted in enabling all the children to become more independent and skilled and thus, has given them more dignity and acceptance in their families and society.

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The impact has been felt not only by the children, but also their families, having resulted in families who are more functional and empowered. The benefits to Society are, of course, not measurable.

### VISION

Shristi will embrace every mentally challenged and autistic individual and its family who enters, with unconditional acceptance, caring, love warmth and sensitivity by partnering with them to realize the potentials of every individual for independent living and better quality of life to integrate them into the community.

### MISSION

To empower Intellectually Challenged and Autistic individuals to realize their potential through training leading to self reliance, independent living and a better quality of life in the community .

### PHILOSOPHY

To reach out with warmth, sensitivity, unconditional acceptance and care.

### OBJECTIVES

To provide comprehensive habilitation services to facilitate holistic development of the Mentally Challenged and Autistic individuals irrespective of age, sex, caste, creed, religion, degree of disability and economic strata.

To provide state of art disabled friendly infrastructure and facilities to encompass every need.

To empower families through parent education programmes, offering counseling and information.

To organize training programs for all technical and non technical personnel to enhance their professional skills.

To link with National and International Rehabilitation Institutions to acquire knowledge of the recent technology and developments.

To organize Awareness programs and promote advocacy.

To set up a training center to create manpower.

To network with Medical, Mental Health and other professionals.

### NUTRITION PROGRAMME:

The Nutrition Programme at Shristi was started several years ago with the objective of providing nutritious meals to the children, most of who come from economically deprived backgrounds as also to teach vital self care skills of eating, social behavior, hygiene etc.,

In screening done 2 years ago, it was found that the Hemoglobin levels of children had gone up substantially. Shristi has also observed reduced infections, better immunity and thereby fewer absences. This has translated into better response to the intervention provided as there is more receptiveness and continuity.

On another plane, it has reduced the care-giving burden on the parents

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and supported families with lower incomes as nutritious Breakfast,  
Lunch and milk with snacks are provided at Shristi.

We were very pleased to hear that as part of ASHA s Social  
Initiatives, you plan to support the Nutrition program of Shristi  
which will cost \$600 per month x 11 months = \$6600/- (one month  
vacation per year).

We earnestly request and urge you to kindly support Shristi s  
endeavours, as your partnership will make a huge difference in the  
quality of life of these very special individuals.

We invite you to visit Shristi to assess the activities and meet the  
children.

Looking forward to a long association in the Cause of the Mentally  
Challenged and Autistic individuals.

Thanking You

Yours Sincerely

Sharon watts

Founder/Technical Director