



ASHRAYA – MISSION

Ashraya is a Residential Rehabilitation Centre For Physically & Mentally Challenged Children, hailing from Economically, Educationally & Socially backward communities. Ashraya's mission is to mould each challenged child into a self reliant and dignified individual with a will to successfully face the problems and challenges caused by their disabilities.

Ashraya is a Registered Charitable Trust commenced its activities in the year 2000 as a Residential Rehabilitation Home for the Children with Neuro Developmental Disorders hailing from Economically , Socially and Educationally backward communities.

Ashraya provides full of opportunities to its differently abled daughters affected with Neuro Developmental Disorders such as Mental Retardation, Cerebral Palsy , Autism and Multiple Disabilities, that helps them to overcome the limitations, train them to be independent and enable them to become a productive member of the society as any normal children of their age.

- ❖ It provides Residential Rehabilitation to challenged girl children stricken with Neuro Developmental Disorders,



hailing from socially & economically backward

families, broken families or single parent family, addicted families and families with indifferent parents, to develop them to a level of independence by which they could lead a life comparable to that of a normal child.



- ❖ By taking over the responsibilities of a challenged girl child by Ashraya, the unfortunate mother gets freedom and opportunity to go out and earn a living for the family.

- ❖ Provides employment to physically challenged female graduates by providing them special education training and qualifies them as good/ efficient Special educators.

ASHRAYA- ACTIVITIES

Residential Rehabilitation Programme

A day at Ashraya begins early in the morning i.e. 5.30 am with the house mothers and resident teachers helping the challenged daughters to wake up and get ready



for the day. After the routine daily activities such as brushing, toileting, bathing etc. the day starts with mantra chanting session which has been successfully used as a technique to improve their memory retention capabilities and communication skill.



Ashraya extends the following comprehensive rehabilitation services to its Challenged children.

- i) a) Special Education for the Mentally challenged children.
b) Formal Schooling for the Physically challenged/ spastic children.
- ii) Physio-Occupational Therapy and Yoga for physically challenged/ spastic children.
- iii) Speech and Sound Therapy which includes Mantra Chanting & Classical Music for developing Language and Communication skills.



iv) Pre-Vocational training for developing eye- hand coordination, fine motor control etc. Eg : Craft work, tailoring, Embroidery & needle work etc.

v) Early Intervention Programme.

vi) Co-curricular & Recreational facilities.

vii) Awareness programmes for parents, Higher secondary & College students, NSS volunteers, NCC cadets, Medical & Nursing students, teachers etc. on causes & prevention of disabilities, rehabilitation & management of disabled persons etc.

viii) Impart Teacher Training programmes under Rehabilitation Council of India.

ix) Implementing and Coordinating Health Insurance Schemes and Programmes brought out by the Ministry of Social Justice & Empowerment, Govt. of India in 14 Districts of Kerala State.

x) Functioning as NGO Member/ Convener to the Quasi-Legal body (Local Level Committee, National Trust) for Kollam Dist. under the Ministry of Social Justice & Empowerment, Govt. of India from 2003 till 2017.

Functioning as Kerala State Nodal Agency Center of National Trust, Ministry of Social Justice & Empowerment, Govt. of India from 2014 to 2017.



Ashraya – Schooling

Ashraya caters to the Educational needs of challenged children and runs a special school which has a mix of Mentally Retarded and Physically challenged girl children. The mentally retarded are tutored in house and the physically challenged/spastic children are enrolled in the Government normal school as part of the Inclusive Education Programme.

Special Education: Ashraya provides special care and training to all children with special needs. Individualized Education Programmes are implemented based on individualized assessment and special training is given to children according to their age, capability and nature & severity of disability. Suitable special teaching aids and learning materials etc. are being used based on each child's level of functioning.



Ashraya teachers are specially trained so that they can effectively handle the children with special needs. Individual attention is given to each child with a view to improve their activities of daily living skills, functional academic skills, vocational skills etc.



Regular Schooling:

With the special training and education provided at Ashraya, 9 children have risen to a level of attending the regular normal education. This would enable them not only to learn normal school curriculum but also get an opportunity to interact with other normal children and develop their socialization skill which is essential for leading an independent life later.



Higher Education:

As a result of the Residential Individualized training program, 3 daughters of Ashraya could complete their Graduation from SN Women's College & Jyothy Niketan College, Kollam.



6 daughters are enrolled in VIIIth std. at Govt. High School, Koickal.



No. of Children enrolled in Ashraya.(Break-ups)

Pre-Primary -	4	Primary -	10	Secondary -	6
Higher Secondary -	2	Pre- Vocational -	5		

Pre-vocational training

Pre- vocational skill oriented training is provided to children who are above the age of 12 years, which aims at developing their physical & mental abilities , creative skills, vocational aptitude and interest etc. which are essential for leading an independent life in future.



Vocational training / various skill development activities are given to children which would help them to develop a sense of personal satisfaction and self- esteem also to gain social acceptance.



Computer Education, Tailoring & Embroidery, Cooking & Domestic chores, Craft Work & Painting etc. are provided at Ashraya.

Physio- occupational therapy & Yoga

Regular Physio- Occupational therapy is provided to the physically challenged/ spastic inmates by a qualified therapist for improving their gross & fine motor activities and mobility.



Physical exercise and yoga are regularly practiced to improve the general well being. Various equipments for physical exercise are provided for this purpose.



Dance and aerobics are taught, which not only helps the children to learn dancing skill but also improves their mobility and physical fitness.

Speech & Sound therapy

The need for developing proper language and communication skills is important for mentally retarded children, which is necessary for expressing their needs and emotions. Ashraya has introduced chanting of Mantras as one of the techniques for developing language & communication skills.



Regular Mantra chanting and Classical Music sessions help children to improve their memory retention capability. This exercise also enable them to enhance their attention, concentration etc. which is essential for learning academic skills.



Early Intervention Programme

In order to mitigate the degree/severity of disability and improve their residual abilities, children below the age of 6 years with developmental delay are provided special training and care at Ashraya. . It aims at reducing the deficits by training children in all activities to promote development and learning new skills which might not occur naturally in children with Neuro Developmental Disorders as compared to normal children.



Parents of such children are guided properly on early intervention. Ashraya's early intervention programme mainly focuses on sensory motor training , sensory stimulation programme, language & communication skill development, pre- academic 'skill training etc.

Co-curricular & Recreational Activities

Providing proper recreational activities for children with special needs is as important as for any normal children. Play is an important learning activity for children with special needs. It provides an opportunity to develop new skills in a joyful way.



Ashraya gives a lot of importance to Co-curricular & Recreational activities which contribute substantially to children's physical, mental and emotional development. Co-curricular activities such

as singing, dancing, drawing, craft work, indoor & outdoor games etc. helps in bringing out the hidden talents and creative skills in children.



bright infrastructure required for the free movement of children.

Recreational outings are regularly conducted to provide children an opportunity to develop their socialization skills and enjoy their free time meaningfully.

All sorts of indoor & outdoor recreational equipments are available at Ashraya. Over and above Ashraya has a good barrier free &



Sensitization Programme

For achieving all round development and total rehabilitation of disabled children, acceptance by the society is necessary. Social acceptance of persons with Mental Retardation and Neuro-Developmental disorders depends on how they are perceived by the community. Hence making the community aware of various aspects of disabilities is the need of the day.



Ashraya conducts regular Awareness programmes which encompass Higher Secondary & College students, NSS volunteers, NCC cadets, Medical & Nursing Students, Engineering Professionals, School Teachers, Anganwadi workers, Govt. officials, Parents & Siblings of the Disabled persons etc., on various aspects of disabilities, its Causes, Prevention & Management, various Govt. Schemes & Benefits available for the welfare of Disabled persons etc.

Rehabilitation Counselling

In order to assist the parents and siblings in dealing with their disabled children more effectively counseling is essential. Ashraya provides counseling facilities which aim at helping the parents and siblings to understand and accept their disabled child's needs and also helping them in making management plans appropriate to the capabilities of their disabled child.



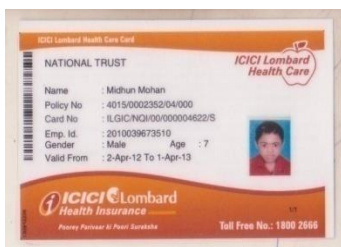
Ashraya also provides necessary information and guidance to parents and teachers on availing various Govt. Schemes & Provisions under RCI Act-1992, PwD Act-1995, National Trust Act- 1999 etc. for the welfare of Disabled persons.

Niramaya Health Insurance Scheme

Ashraya, as an NGO member of the Local Level Committee, Kollam, took up the Niramaya Insurance Scheme of National Trust under Ministry of Social Justice & Empowerment, Govt. of India and sensitized all NGO's working in the field of disabilities and parents/ guardians of the disabled persons to collect applications from deserving challenged persons.



News coverage has been periodically given in all the leading news papers in order to make the public aware of the scheme & the Policy renewal.



Nearly 9000 challenged beneficiaries are availing benefits under Niramaya Health Insurance Scheme through Ashraya in Kerala State .

Activities as an NGO member of the Local Level Committee, Kollam- National Trust

Ashraya is registered under the National Trust, Ministry of Social Justice & Empowerment, Govt. of India since 2001 and functioning as the NGO member of the Local Level Committee, Kollam(a Quasi-Legal Body) from 2002

(Reg.No. 1106/RL1A/2001, Dtd: 20th March 2001) under the chairmanship of the District Collector till 2017.



As an NGO member of Kollam Local Level Committee, Ashraya took up issues on Legal Guardianship and related matters of persons with Neuro-Developmental Disorders.

After carrying out home visits and proper assessment, the family members of the disabled person are called for a hearing at the Dist. Collector's Chamber and based on this the Legal Guardianship Certificates are issued.

Ashraya took the initiative in sensitizing all the Village officers and Sub-Registrars at Kollam District on National Trust Act-1999 and the importance of obtaining Legal Guardianship for persons with Autism, Cerebral Palsy, Mental Retardation & Multiple Disabilities, in order to avoid the misuse of assets / property owned by disabled persons.



Activities as Kerala State Nodal Agency Center of National Trust , the Ministry of Social Justice & Empowerment, Govt. of India.



Ashraya had taken up the responsibilities as the State Nodal Agency Center of National Trust from 2014 to 2017.

District Level Mass Sensitization Programme was organized by Ashraya covering the 14 Districts of Kerala. Officials of various Govt. Departments, NGO members & parents attended the Sensitization Programme in which the Chairman & Executive Trustee of Ashraya was the key resource person. Around 4000 persons participated in the Sensitization Programme, awareness brochures/booklets prepared by Ashraya on National Trust Act 1999 & issues related to persons with Neuro Development Disorders were distributed to the participants.

In terms to kick start activities of Local Level Committees in all other 13 Districts of Kerala, Ashraya officials had travelled from Trivandrum to Kasargode and oriented / trained the concerned officials & NGO members to systematically conduct Home Visits, Hearing Cases for Legal Guardianship & related issues, Submitting application in the National Trust MIS and generating LG Certificates etc.

Ashraya is developing into an Information hub for NGOs, Govt. officials & parents in the State and many enquires / clarifications does come from other States too especially related to Legal Guardianship & related issues.



Conclusion

Ashraya believe that each child has an inherent right to develop & participate in life's opportunities and also contribute to the society. The future of the hapless challenged children depends on each one of us. If their limitations are unattended can deter children from obtaining independent living skills, proper education etc., it also in turn keeps them away from all other normal activities in the community/ society.

By keeping the above facts in mind Ashraya provides the much needed care & support to its children and their families to actively participate in all aspect of social life. As a change agent, Ashraya conducts regular sensitization Programmes inorder to change the attitudes of society, remove their misconceptions related to disabilities and make the society aware of various disabilities, its causes & preventive measures, behavior modification & management of the challenged etc.

Ashraya also coordinate & cooperate with other NGOs and Government departments working for the welfare of persons with Neuro- Developmental Disorders, extent all possible support to them for the upliftment of the weaker sections of the society.



