



Roshni

Reaching Out to Serve Humanity with
New Initiatives



July 2022 | Issue No. 32 | A monthly newsletter

About Prabhat

The Prabhat Education Foundation reflects a journey that began in 2003 through the identification and nurturing of children with learning difficulties struggling in mainstream schools. In time, realizing the need for education and learning of this group and particularly of children, Prabhat conceptualized an institutional facility to provide systematic learning and rehabilitation services that could be accessible for those challenged by poverty and mobility. Working with and through local communities is Prabhat's hallmark.

What started as a modest beginning, with one child in 2007, has now reached to more than 3000 persons with disabilities in Ahmedabad as well as to their families, neighbours and communities.



*It's always a joy to have your
teacher visit you at home!*

Moving from hesitation to enjoyment!



When you visit the primary section at Prabhat's Vatva Centre, you will instantly want to go meet a small little fellow with glasses, who will seem a little distracted, but the moment you go sit next to him he will hold on to your hand and not let go till you forcibly take it out!

That is little Hassan for you, a ten year old having Hemiparesis cerebral palsy. This form of cerebral palsy causes: muscle weakness or partial paralysis on one side of the body that can affect the arms, legs and facial muscles.

At the time of admission, Hassan was not able to lift his left shoulder above 90 degrees. His forearm pronated and wrist movements were weak along with this, his fine motor movements were weak and he was able to only hold big objects for a few seconds.

Grasping small objects like match sticks, needle was not possible. His walking was also imbalanced along with slurred speech and running was difficult for him.

He joined Prabhat at the age of 8 and at the time, he was very hesitant to do anything or mingle with anyone, but we could see the twinkle in his eyes on seeing all the colourful toys and games at the Centre. Gradually he started exploring the space, but also kept a keen eye on his mother, scared she would leave him and go away. Slowly the team cajoled him into doing simple activities and I helped him with some steady exercises.

Hassan started coming regularly to the Centre for rehabilitation (academic learning and therapy) and in a short span of eight months with regular exercises like strengthening, mild stretching, balance and co-ordination exercises, active exercises, posture correction, he started making considerable progress.

Today Hassan has full range movement of his shoulder. He can run without falling! His overall balance has improved considerably and he can also balance himself on a balance board! His gripping function has also improved and he can hold objects of different sizes for a long time.

I feel very happy to treat him because whenever I enter the physiotherapy room, he immediately comes and hugs me and welcomes me with a smile and so much excitement and raises both hands upward and says "*Teacher Kasrath*" (teacher exercise)!

K. Kavitha
Physiotherapist



https://www.instagram.com/prabhat_education_foundation/



<https://www.facebook.com/Prabhateducationfoundation/>



<https://www.youtube.com/channel/UCe1oxuBWMdVycRk2EPzzjIA>



Eye check-ups and distribution of

specs: An initiative that Prabhat is able to do regularly because of the support from Dr. Brinda Shah. 12 children underwent a thorough testing and 20 children received the prescription spectacles.

Speech therapy plays an important role towards the holistic development in a child with disabilities. It improves overall communication, enhances social skills, enables to cope up better with the society and function in day to day life. It is recommended to start speech therapy as early as possible. This month the focus for children from Early Intervention has been on speech stimulation, through various simple exercises.

Parent meetings: This month's parent meeting focused on sharing progress reports of each child and discussing the vocational unit and its scope with parents of elder students.

Buddy interaction: As a part of their citizenship program and the buddy interaction initiative, the students from grade 6 of The Riverside School had a wonderful visit to Prabhat and built a deeper understanding of the communities by visiting the homes of these children. Some of the parents also joined in.

Ek din Prabhat ke naam (a day

dedicated to Prabhat): With the growing popularity of this initiative, Prabhat is overwhelmed with all the love from friends and well-wishers who celebrate their birthdays with Prabhat's children. This month Prabhat had 4 such events. Events like these give children the acceptance and the much needed confidence, which further bolsters their overall development.

Volunteers: This month Prabhat received volunteer support from NMIMS, PDPU, Gujarat Law School, LJ School of Law, Ahmedabad University, Gujarat Vidyapeeth and NID. These opportunities are a wonderful ground to advocate for the cause with these youngsters, who further become ambassadors for Prabhat. You can see their work at:

<https://prabhateducationfoundation.org/ways-you-can-help-prabhat/>

Aids and appliance

distribution this

month: This month Prabhat distributed crutches and wheel chair to 10 beneficiary.

Assistive services

provided by Prabhat:

Civil certificate - 15
Railway pass - 10
ST pass - 20
Bank account - 10

Saba says '*Bhai aajkal bilkul time par tayaar ho jaate hain, Sunday ko bhi!*' Saba is Adil's younger sister. Adil started working at a textile factory 2 months back, after completing his training at Prabhat's vocational unit. Adil is 27 years old, loves singing! Prabhat wanted him to go out and work in a mainstream workspace and today he is a regular at the factory, mingles very well with his colleagues and works diligently. He loves the sense of financial independence he gets now. From his first salary he bought little gifts for everyone in the family. Saba is also being trained at Prabhat now. The vocational unit focusses on building vocational capacities of young adults with intellectual disabilities.



Photo gallery



Home visits during buddy interaction



Regular eye check-ups by Dr. Brinda Shah



Games a fun way to learn



Coffee with Riverside



Painting is but another word for feeling.

- John Constable



A beautiful moment being shared!



Learning life skills!



A parent meeting in progress



Seeing the world in a new light

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