



PODIUM

A Quarterly Newsletter by Prakhyata Abhinand Charitable Trust



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FROM THE FOUNDER'S DESK

Reuban Daniel Chandrasekaran

Greetings from PACT India. The last 3 months have been progressive, with the fear of COVID slowly abating, allowing our work with Child Care Homes and adoptive agencies to grow.

At all times, we remind ourselves that every endeavour begins with the little special needs children who are orphaned, abandoned, or surrendered and their caregivers. Our approach is highly focused on listening closely to our stakeholders and using our experience and resources to address revealed challenges to our best capacity. Over the last few months, the needs of Child Care Institutes (CCI) have changed frequently, and we have tried our best to respond in accord.

The last quarter opened new avenues for PACT. We signed 4 MOUs - 2 with the Government of Karnataka to cater to 350+ CCI; 1 with a strategic partner fit program "USIRU" where PACT caters to children who have lost their parents to COVID, suffered trauma, and need care and protection; and 1 with a care home to deliver inclusive rehab care. Training the caregivers virtually and at our center gave us new insights that will help us keep our curriculum relevant.

Our association with incubation programs saw us get pre-incubated, preparing us for new challenges. Thanks to IIMB's NSRCEL program. In terms of compliance, we received the 12A certification, making PACT a tax-exempt organisation, acknowledging our non-profitable developmental work by the IT commissioner. Our collaborations have strengthened our network and helped us develop new strategies. We have visited Dharwad, Hubli, and Davangere to identify new CCIs housing OAS children with special needs.

My sincere thanks to PACT's budding team & care home partners, who have strived hard to walk an extra mile with me, enabling PACT's growth. Above all, I thank God for giving us another quarter to provide inclusive care and protection to the children who long for it.

I look forward to more opportunities of service in the next quarter.

FEATURE ARTICLE

From the Lens of a Volunteer

I would like to express my heartfelt thanks to PACT India for the opportunity to meet, greet and indulge with the cute little warriors who are our real-life motivators. Yes, it's true. These charming little ones are not only brave but also blessed. Though neglected by society for a mere abnormality they are born with, it does not stop their smiles.

I was distressed on our first meeting. How could these children be abandoned by their near ones? I was told it is done for reasons such as beauty, societal pressure, and poverty as these infants need extra care, hospitalization, and treatment.

But a dislocated nose or mouth cannot be cause for inhumane treatment. Breaking all these odds and nurturing them; giving them a life and livelihood is indeed a heavenly act.

My concern was, such kids deserve a decent standard of living. Though they are in care homes, they need good care with respect to hospitalization, therapy, physio, love, and affection. Attention or the lack of it thereof can make such a child a wonderful human being or feel like a weed in society.

I see these kids actively and attentively respond to the therapist and caretakers' nurturing. They are treated as loved ones, which is so heartwarming to see. I wish to see them being adopted and loved. They are special and extraordinary!

I also had a chance to interact with girls of age 10 and some teens. They are very bold and mature. Their attitude and behavior can improve with awareness sessions on adolescence issues as they go through mood swings, aggression, depression, low confidence, lack of purpose, etc.

This is understandable as these children are undergoing struggles right from birth up to teenage and then adulthood. They need, like all of us, guidance, support, care, and love. More than sympathy, they yearn for empathy.



Ms Jyothilakshmi, Volunteer

KNOW OUR PARTNER

Shishu Mandir

Shishu Mandir is a Specialized Adoption Agency (SAA) run by the Government of Karnataka. An SAA is an institution established by the State Government or by a voluntary or non-governmental organisation and recognised under section 65 of the JJ Act (2015), to house orphans, abandoned and surrendered children, placed there by order of the Committee, for the purpose of adoption.

The Home is located near Kidwai Oncology Centre near Dairy Circle, Bangalore. It houses around 35 children from children of 2 weeks to school going age. Shishu Mandir plays a major role in the restoration and protection of the children, temporarily or permanently deprived of a family environment.

PACT India was introduced to Shishu Mandir through the ICPS approved ROOTS program. At present there are nearly 12 children with special needs identified through a screening camp conducted on 28 Sep. PACT is planning a detailed need analysis for rehabilitation services well as other activities to promote accessibility and inclusivity within the institute.

Thank you to our strategic partners for their collaboration.

HopeWorks Foundation - Project USIRU

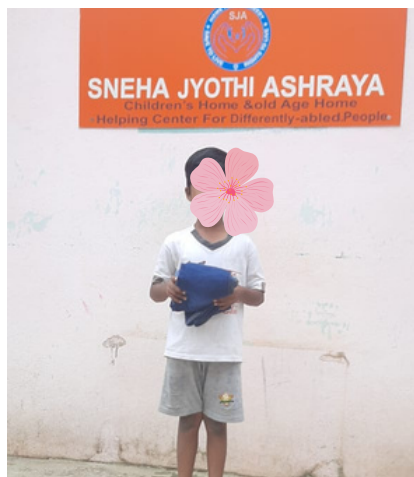


The Good Sam Foundation - End Mile Connect program



PROGRESS UPDATES

- Signed 4 MOU's - 2 with the Government of Karnataka to cater to 350+ CCIs, one each with a strategic partner fit program and with a CCI for inclusive rehab care.
- Joined hands with HopeWorks Foundation on "USIRU" - a response to COVID wherein PACT serves children who have lost their parents and suffered trauma.
- Implementation of Rehabilitation of Orphaned, Abandoned, Surrendered children's Trauma and Special needs (ROOTS) program steadily progresses to Specialized Adoption Agencies (SAA) in 5 districts of Karnataka.
- Continued two-phased capacity building programs for caregivers to improve the knowledge base of CCIs on special needs and build an inclusive ecosystem for OAS children within the care homes.
- WINGS continues to reach more care homes with support and donations of time, essentials, and services from various like-minded people.
- OAS rehabilitation adapted to COVID by introducing various modes of services including tele-sessions and hybrid sessions as per need.



IMPACT

70+

stakeholders sensitized

13

caregivers trained (capacity built)

61

rehab sessions conducted through center based, tele and hybrid modes of rehabilitation

248

total reach (78 under ROOTS, 170 under WINGS)

95

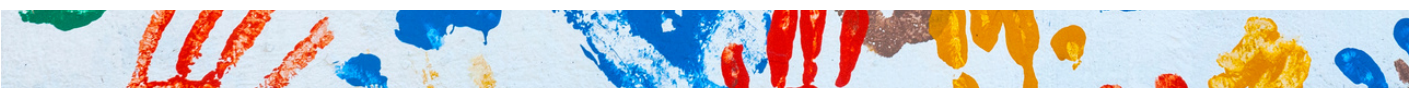
children under intervention support (23 under ROOTS, 72 under WINGS)

350+

care homes signed for support (5 under ROOTS, 3 under WINGS, 2 remote)

60+

children and adults from different care homes received support in the form of clothes and meals



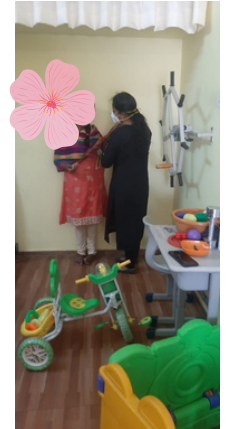
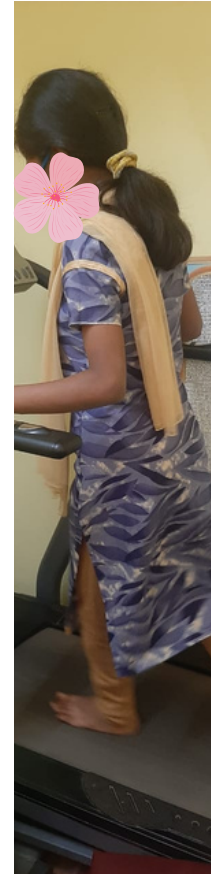
PACT ACTIVITIES

PHYSICAL AND SOCIAL REHABILITATION

Sixteen rehab sessions were organized for orphaned, abandoned, and surrendered (OAS) children at Infant Jesus Children's Home (ICJH) and Liza's Home.

The sessions included assessments, electrotherapy, strengthening exercises, mobility trainings and training on activities of daily living. The children also underwent weighted exercises for upper and lower limbs using PRE techniques, treadmill, cycling, MAT activities, balance board activities and various other advanced training at the centre.

The immediate benefits included pain management and better functional independence (not depending on others for their day-to-day activities). The long-term outcome is a better quality of life, with continued sessions.



Thirteen telerehabilitation sessions were conducted for Liza's Home.

Review sessions were conducted online which is a follow up with caregivers on the exercises through an activity tracker. It is also a platform to observe how caregivers replicate the exercises and correct their technique.

The immediate benefits include a consistent connect between the PACT's team and the care homes, with weekly monitoring of exercises by caregivers. In the long-term, this support empowers caregivers to successfully deliver rehab services.

Eight rehab sessions were organized for 4 caregivers. Caregivers are central to PACT's rehab services and their health is given equal importance.

Caregivers with different forms of musculoskeletal pain were treated with electrotherapy using IFT, ultrasound, etc., and strengthening exercises. They are also guided on the right postures while lifting or shifting children with special needs as part of the ergonomic training.

The caregivers found immediate relief from pain. Posture corrections strengthened the body and made them more efficient. In the long term, this inclusive approach makes the caregivers more active and participative.

Twenty-four hybrid rehab sessions were conducted for special needs children in underprivileged rural areas.

Three children were supported through tele-rehabilitation, with an initial assessment and physical review at the centre, once a month. This new model is especially useful when children cannot commute daily for rehabilitation.

The immediate benefits include the children's improvement in strength, mobility, balance, and management of activities of daily living. In the long term, this model ensures constant access to rehab services.



PACT ACTIVITIES

TRAINING AND CAPACITY BUILDING OF CAREGIVERS

This training was conducted in two phases.

In Phase 1, 13 caregivers from Infant Jesus Children's Home (IJCH) and Liza's Home were trained on the basics of caregiving, first aid, and were introduced to common physical, behavioural, and psychological diseases seen among children.

Thank you, Ms Amala from The Association of People with Disability (APD), Ms Yuvashree (Intern at PACT India, Uppsala University), and Ms Heavenna (Sr. Consultant, PACT India).

The first phase served as a foundation for further identification, screening, and management of different conditions and illnesses seen among children in Child Care Institutes.

In Phase 2, 9 caregivers selected from Phase 1 training were given advanced training. The caregivers were from IJCH, Liza's Home, and Sneha Jyothi Ashraya visited PACT's center.

They were trained on types of special needs, screening, and management along with safe handling techniques and ergonomics. These sessions were more interactive and practical oriented and majorly covered physiotherapy and occupational therapy management.

Thank you, Mr Reuban Daniel (Physiotherapist), Mrs Merlyn J (Physiotherapist), Ms Heavenna Babu (Public Health professional), and Ms Sophia P (Occupational Therapist).

Through this training, the caregivers gained confidence in identifying special needs among children to raise to the concerned authorities. They also learned the basics of management of special needs. The training also promoted building an inclusive ecosystem for children with special needs who are orphaned, abandoned, or surrendered.



PACT ACTIVITIES

WE INTEND NURTURE GIVING AND SUPPORT (WINGS) PROGRAM

A therapy kit was distributed to Liza's Home on 17 Sep. The kit consisted of electrotherapy pain relief equipment, screening tools and basic first aid and corona prevention equipment.

A donor extended a helping hand to Sneha Jyothi Ashraya by donating clothes for the residents on 8 Aug. Children were thrilled to receive their gift and expressed their gratitude with a wide smile.

Essential medicines were distributed to Liza's Home on 12 Sep, in collaboration with India Cares. Prescription was available for the medicines. This ensures a continuous supply of medicines for the residents, even during the pandemic phase,

A donor, Mr. Rohan Sahu, donated meals for the residents of Liza Home on 8 Aug. The donation was in memory of his late grandmother Mrs Indira Padhy. Nearly 30 members were served meals. A special prayer session was held for late Mrs Indira Padhy as a token of gratitude.



END MILE CONNECT PROGRAM

Mobility Aids measurement (August and September 2021)

Two children's mobility aids measurement was done in collaboration with APD (one child's prosthetic limb and one child's B/l AFO). The measurement was taken by APD to supply mobility aids prescribed by PACT. The support will make the children independent in mobility.

Mobility Aid distribution: (29 September 2021)

One child received a prosthetic leg, along with training given by APD and PACT. Follow ups will be conducted by PACT in the tele-rehab model.



OCTOBER-DECEMBER PLANS

- Organise screening camps in 5 Specialized Adoption Agencies in Bangalore, Bellary, Dharwad, Gulbarga, and Davangere of Government of Karnataka.
- Conduct 3 capacity building training for caregivers of OAS children in Bangalore, Davangere and Gulbarga.
- Distribute assistive devices to 11 children in Shishu Mandir, Bangalore.
- Run accessibility audits for Child Care Institutes in Bangalore.

SUPPORT PACT

HOW TO DONATE

For online donations:

[Click here.](#)

For NEFT donations:

Account Name: Prakhyata Abhinand Charitable Trust

A/C No.: 0486073000000945

Bank: South Indian Bank

Branch: Kothanur

IFSC Code: SIBL0000486

Account type: Current

Note: Donations to PACT are currently NOT eligible for tax exemption under Section 80G of the Income Tax Act, India. Govt policy mandates an NGO's existence for at least 3 years for eligibility (we launched in 2019). However, our audited reports will be shared for transparency We have recently received 12A certification and the Darpan ID, making us compliant for tax-exemption and government partnerships.

CONTACT US

VOLUNTEER, DONATE, INVEST, ADOPT & NURTURE

Please email your inquiry to info@pactindia.org.

Call us at +91-9379741933.

Visit www.pactindia.org.

FEATURED DONOR



Thank you, Mr Rohan Sahu!

Mr Rohan Sahu, currently working as a Principal Product Manager at Qure.ai is a well-wisher of PACT India. His support to PACT India and its programs is remarkable.

An empathetic person, Mr Rohan takes time and effort to visit our care homes to understand the programs in detail. He recently visited Liza's Home with his parents to understand the therapy models.

As a gesture of his support towards the cause, he donated meals for the residents of Liza's Home, in loving memory of his late grandmother Mrs Indira Padhy. A special prayer session was conducted as a token of gratitude.

