



# PODIUM

A Quarterly Newsletter by Prakhyata Abhinand Charitable Trust



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## FROM THE FOUNDER'S DESK

Meryl Hilda, Co-founder

New year greetings from PACT INDIA! We are blessed to enter the new year 2022, as the COVID crisis continues with its global impact, new variants, and the associated ups and downs.

The crisis tested us, pushing us from strength to strength as we found ways to align our work plan and implementation with the needs of the most vulnerable. Children forced to study from a tiny mobile gadget; parents struggling with online safety, behavioural change, and digital addiction; and child care homes scrambling to address basic needs – the challenges have been immense.

We could not solve all the problems but we made a concerted effort to prioritise what was most elemental. We grew from a team of two to five. We partnered with more care homes and stakeholders to support more orphaned, abandoned, and surrendered children with special needs (OAS CWSN).

We recognised caregivers within care homes as a sustainable resource to rehabilitate the OAS CWSN. We are in the process of finalising our core strategy for the next 3 years - rehabilitate the OAS children with sustainable approaches that are replicable, scalable and cost-effective.

We hope 2022 will give us an opportunity to build a resilient and inclusive ecosystem for OAS CWSN. Thank you, dear well-wishers, friends, and donors for your continued support. Encourage, pray and join our journey to walk an extra mile. We look forward to serving.

# FEATURE ARTICLE

## Caregivers, the unsung heroes

Every human is a social being with an innate desire to belong. A special child, especially one orphaned or abandoned, feels the same, even more strongly.

I accompanied the PACT team to a caregivers training at Shishu Mandir. The noble service I witnessed there has added value and meaning to my life, making me realize my calling. The rich experience of meeting, interacting, empathizing, counselling, and sharing psychological insights with the caregivers has been phenomenal.

The caregivers serve, not work. They attend to the needs of the OAS CwSN, care for them, and nurture them as would a mother. They do this without thought or effort, bringing to my mind the story of a student asking his guru how to attain “puniya.” The caregivers taught me that we don’t need to do big things, difficult tasks, or virtuous deeds. We do it by simply living a life of service, offering small deeds.

PACT’s well-structured training session was simple and practical. The caregivers learned the early identification of disability, benefits of early intervention, safe handling skills, and signs to observe in the CwSN – activities that the caregivers could implement immediately.

The objective of the training was also to understand and resolve everyday challenges. The caregivers were made to create two lists - their own challenges and the challenges of the special children. This activity gave the caregivers the unique opportunity to voice their issues.

Common challenges included extensive aggressiveness, difficulty in food discipline, dressing discipline, possessiveness over a broken toy or item, understanding difficulty, toilet training, girls’ hygiene during the menstrual cycle, fights, lack of interest in attending classes, poor attendance, etc.

One caregiver asked what to answer to a child who repeatedly asked him why his leg is twisted at the ankle, unlike the other children. This is a small peek into the work of the caregivers.

My prior experience in counselling and psychology

helped me provide some guidance on the reasons behind the behaviour of a special child. This understanding helps caregivers look past the behaviour and connect, empathize, relate, identify, and handle the situation better.

One of the biggest challenges for a special child is sensory disorder. A basic understanding of a child’s sensory system functions (how delicate, sensitive and overloaded it may get), behaviour identification, emotional dysregulation (experiencing extreme), hypertensive and hypersensitive, mood swings, etc., is needed for the caregivers.

The common intention to give the best to the special child united our efforts with the caregivers. PACT emphasized the self-care of caregivers too. Their work may add stress, so prioritizing their physical, mental, and emotional health is crucial.

The interaction led to valuable takeaways for all of us. The caregivers felt enriched and educated. We refuelled our energy to assist them with enthusiasm and innovation.

Caregivers are unsung heroes whose work and dedication must be acknowledged. They have taken up work that most neglect. Being with them was a delight. Try it once yourself, and you will want to engage them more often.

So, let’s inhale gratitude, feel blessed for all that we have. I believe each of us has the capability to contribute something. Let the goodness flow without being withheld. By doing so together, we can make things a little better. As the quote goes, “It’s in giving, that we receive.”



**Hanu Cynthia,  
Volunteer,  
Counselling Program**



# PROGRESS UPDATES



Organised screening camps in 5 Specialized Adoption Agencies (SAA) in Bangalore, Bellary, Dharwad, Gulbarga, and Davangere of the Government of Karnataka.



Conducted 3 capacity building training for caregivers of OAS children in Bangalore, Davangere, and Gulbarga in 2 phases.



Distributed assistive devices.



Ran 3 accessibility audits for Child Care Institutes (CCIs) in Bangalore, Kalburagi, and Hubli.



Successfully met all financial compliances.



Published the first Annual Report.

## OUR IMPACT

60+

60+ stakeholders sensitised

18

caregivers capacity built

125+

rehab sessions

250+

CwsN reached

90+

children under interventional support

100+

children and adults received support in the form of clothes and meals

## KNOW OUR PARTNER



**Vani Vidhyashraya** is a child care home in Devanahalli, Bangalore, run by Ms Vani. It shelters 36 orphaned, semi-orphaned, surrendered or abandoned children.

PACT conducted a screening camp here on 8th November'21 as part of PACT's We Intend to Nurture and Give (WINGS) Program for OAS children with special needs (CwsN). At present, 10 CwsN have been identified. PACT will conduct a detailed need analysis for both short- and long-term rehabilitation services as well as other strategies to promote inclusion within the institute.

## STRATEGIC PARTNERS



Integrated Child Protection Scheme (ICPS), Government of Karnataka



## WELL WISHER ORG



SELCO Foundation offered 6 therapy kits for our partner CCIs' user training.





# PACT ACTIVITIES

## PHYSICAL AND SOCIAL REHABILITATION

Forty-four rehab sessions were organized for orphaned, abandoned, and surrendered (OAS) children at Liza's Home, Infant Jesus Children's Home (IJCH), Amulya Shishu Griha and rural areas.

Care Home / Program	Tele-rehab sessions	Offline sessions	Online review	Service recipients
Liza's Home	13	13	12	8
ICJH	0	3	2	16
Amulya Shishu Griha	7	2	3	7
ROOTS & WINGS		18		18 caregivers

Table 1: Rehab sessions conducted in the Oct-Dec 2021 period

The rehab sessions included assessments, electrotherapeutic modalities, strengthening exercises, sensory re-education, mobility training, developmental training, retraining on activities of daily living and a problem-oriented approach.

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. Better quality of life is gained in long term rehab sessions.



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

The immediate benefits include a reliable connection between 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.

**Seven rehab sessions were organised for 3 caregivers. Caregivers are core to PACT's rehab services and their health is given equal significance.**

Caregivers with different signs of musculoskeletal pain were treated with electrotherapy modalities and persuaded strengthening exercises. They are also guided on the right ergonomic postures while lifting or shifting children with special needs as a part of PACT's ergonomic training.

The caregivers found instant relief from pain. Postural correction strengthened the body and made them more efficient. In the long term, this inclusive approach makes the caregivers more dynamic and participative.

# PACT ACTIVITIES

**Nine hybrid rehab sessions were conducted for children with special needs in underprivileged rural areas.**

Two children were supported through tele rehabilitation, with an initial assessment and physical review at the centre, once a month. This 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.



## TRAINING AND CAPACITY BUILDING OF CAREGIVERS

In phase 1, 19 caregivers from Shishu Mandir and 10 caregivers from Amulya Shishu Griha were trained on the basics of caregiving and were introduced to common physical, behavioural and psychological diseases seen among children.

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.

*The second phase of caregiver training will be conducted in the upcoming months.*

## REHABILITATION OF ORPHANED, ABANDONED, SURRENDERED CHILDREN'S TRAUMA AND SPECIAL NEEDS (ROOTS) PROGRAM

PACT conducted the following sessions at 5 care homes (in Bangalore, Davangere, Bellary, Gulbarga, and Dharwad) as part of the ROOTS program, after the ICPS approval.

- An online sensitization session for the administration staff of 2 government SAA to initiate the ROOTS program for 2021-22 where further implementation and planning were discussed.
- Two on-premise sensitization sessions at the government SAA Amulya Shishu Griha, Hubli on 6th November and Infant Jesus Children's Home, Bangalore on 21st November.
- Three online capacity building training.

The sensitization provides awareness about OAS CsCN in the community, their challenges, and the capacity of the ROOTS program to address them. The long term goal is to build an inclusive ecosystem for CWSN in CCIs.

## FIRST REMOTE REHAB SERVICE BEGINS

After completing 6 months of rehab sessions at Liza's Home, PACT exited from the care home on 28th December'21. The caregivers are assured that they can connect with PACT for any challenges or new needs they encounter for CWSN.

## THERAPY KIT DISTRIBUTION

On 9th December, a 2-hour online training session was conducted for stakeholders and caregivers on the usage of the therapy kit.



# JAN-MAR 2022 PLANS

- Train internal staff.
- Develop a future mission, vision and strategy for 2022-23 to 2024-25 (3 years) of PACT.
- Send Annual Reports to donors.
- Organise screening camps in 5 SAA of Government of Karnataka, in Bangalore, Bellary, Dharwad, Gulbarga and Davangere.
- Conduct 5 capacity building training for caregivers of OAS children in Bangalore, Davangere and Gulbarga.
- Distribute assistive devices to children with special needs.
- Run accessibility audits for Child Care Institutes in Bangalore.
- Identify 10 CCIs for ROOTS.
- Partner with 15 CCIs for WINGS.

## THANK YOU, DONORS

The following donations were made under the We Intend Nurture Giving and Support (WINGS) Program.

**Mr Prasad and Mrs Lalitha** donated pre-loved clothes, books and household articles for New Hope and New Life Care Home in Chennai, following up with a second donation of clothes for Hope House in Vellore, all within 3 weeks.



**Mr Nagaraja Prakasam** continued to support PACT by connecting the Sneha Jyothi care home to the store Fresh World for vegetables on a weekly/monthly as-needed basis.

## WELCOME



**Kavya Gavalkar** joins PACT as a Junior Physiotherapist. The youngest member of the team, Kavya has quickly proven her skills and capabilities by grabbing opportunities to learn and support PACT's activities. She also guides people on a healthy lifestyle as a nutritionist and trained yoga teacher.



**Suruthi Mohan** is a strong allied health teacher. She switched her role to an allied health clinician when she found she could touch lives through PACT. She holds a Masters degree in Paediatrics.

## VOLUNTEER AT PACT





# 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

## CONTACT US

### VOLUNTEER, DONATE, INVEST, ADOPT & NURTURE

Please email your inquiry to  
[info@pactindia.org](mailto:info@pactindia.org).

Call us at +91-9379741933.

Visit [www.pactindia.org](http://www.pactindia.org).



**Donations to PACT are eligible for 50% tax exemption under Section 80G of the Income Tax Act, India.**

