



2021-2022 ANNUAL REPORT

FROM THE C.S.O'S DESK



Being part of an organisation that is over 54 years old, has continued the arduous crusade to ensure rights for every person with different abilities (PDAs) fills me with deep humility and pride. We have reinvented ourselves, stayed relevant and charted new terrains to remain the leading PDAs rights organization even today. This remarkable journey has been possible only with the support and belief of many supporters and partners like you, who have always been there for us.

The year 2020-21 has been another action-packed year for Cerebral Palsy Association of India (CPAI). We implemented our efforts on relatively new initiatives such as a fully equipped therapy center for PDAs, Project Shikshan (an educational support programme for children who lost their earning parent during COVID-19) and opened a new branch in Lucknow city.

None of us have ever witnessed nor seen anything like the COVID-19 crisis in our lives, and it is unlikely that we will have a greater opportunity than this, to fulfill the mission of our organisation. In short, the team morale is very high and we are confident that we will not only survive these difficult times but thrive by ensuring the continuity of support to our PDA's their families and beneficiaries.

Most of the beneficiaries belong to the lower income group of the society, so we started a monthly ration distribution of the enforcement during lockdown to the families of our students, cancer patients and the self-employed persons who were without income due to the pandemic. Through this effort, we have helped many needy and jobless people. The relief seen on the faces of each beneficiary was overwhelming.

We battled every challenge that came at us thus you can be rest assured that, on our part we will do whatever it takes to ensure that every PDA's has a fair chance to claim their rights and realize their full potential.

I want to thank our donors, supporters and partners - who are equal contributors to this journey - a journey that will bring lasting and sustainable change to PDAs. We remain committed to adapt to the rapid changes that the world demands through innovations in our practices, our operating models, our partnerships and our focus. We believe in remaining agile, dynamic with an unaltered focus on accelerated and suitable changes for PDAs - especially those who are the most marginalized and at a disadvantage.

Mrs. Manjusha Singh

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ABOUT US

Cerebral Palsy Association of India, is a 50+ year old NGO which dedicates its efforts towards providing optimal care and seeking rehabilitation of individuals afflicted with Cerebral Palsy mentally handicap or persons with similar neurological disabilities. Padma Bhushan recipient Late Dr. N.H. Wadia founded the organization and played a pivotal role in garnering support for the cause.

Around the world, people with disabilities face physical social economic and attitudinal barriers that exclude them from participating fully and effectively as equal members of society. They are disproportionately represented among the world's poorest, and lack equal access to basic resources, such as education, employment, healthcare and social and legal support systems, In spite of this situation, disability has remained largely invisible and precious little has been done to elevate this particular section of society and even more so in India. We have pledged to provide an engaged and secure life for adults afflicted with multiple disabilities. Our motto is to nurture inclusivity by three pronged ACT approach - Appeal Communicate & Take Action.

OBJECTIVES

1

TO IMPROVE THE CARE OF BENEFICIARIES & SEEK THEIR REHABILITATION

2

TO EASE THE DIFFICULTIES FACED BY PDAS THROUGH VARIOUS THERAPIES & MEDICAL SUPPORT

3

TO SPREAD AWARENESS OF THE CONCEPT OF MULTIPLE DISABILITIES IN THE SOCIETY THROUGH INCLUSIVE ACTIVITIES

4

TO REACH & SERVE MAXIMUM NUMBER OF PDAS, OPEN NEW BRANCHES IN DIFFERENT CITIES OF INDIA

5

TO GUIDE PARENTS/GUARDIANS INVOLVED IN ALL ASPECTS OF REHABILITATION & DOMICILIARY CARE OF PDAS

6

TO CREATE JOB OPPORTUNITIES FOR THE PDAS & UNDERPRIVILEGED WOMEN THROUGH DIFFERENT CERTIFIED & JOB-ORIENTED PROGRAMMES

7

TO TRAIN OUR BENEFICIARIES TO BECOME SELF-SUFFICIENT IN LIFE SKILLS

8

TO PROVIDE PRIMARY AND ESSENTIAL EDUCATIONAL FACILITIES TOGETHER WITH PRE-VOCATIONAL & VOCATIONAL TRAINING BY WHICH THEY CAN SUPPORT THEMSELVES & BE A USEFUL MEMBER OF THE SOCIETY

OUR PRESENCE



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MUMBAI BRANCH

WINDSOR BMC LIBRARY BUILDING, WINDSOR LANE,
CST ROAD, KALINA, SANTACRUZ EAST,
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E-MAIL: HHW.MULTIPLEHANDICAPPED@GMAIL.COM

BHOPAL BRANCH

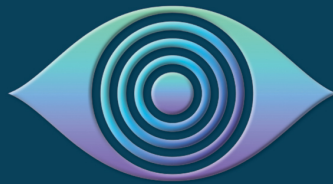
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VISION



Serve community, Enrich life!

MISSION



*Hope, equal opportunity and upliftment for PDAs.
To live in harmony, dignity, security with inclusion in our world*

THERAPIES

PSYCHOLOGICAL THERAPY

These therapies help kids with mental disorders and intellectual disabilities. We conduct different therapies such as behavioural therapy, expressive arts therapy etc. Assessment is done to screen the underlying cause of the issue and the treatment is provided thereafter.



DIET AND NUTRITION



We have dietitians responsible for the nutritional management of PDAs. It is well recognised that people with disabilities are at risk of nutritional problems, and therefore, provision of dietetics services for this group is vital. A few selected ones are provided with specific diet charts time to time guidance as per customization

OCCUPATIONAL THERAPY

Occupational therapies can help kids with certain learning and attention issues in doing daily activities that they struggle with.



THERAPIES

PHYSIOTHERAPY



At our centre, we provide detailed and researched therapy.

After the assessment is taken by our Physiotherapist, appropriate therapy techniques are used, that include neurodevelopmental technique, balance training, fine motor training and gross motor training. Along with rehabilitation, the parents are guided while treating their children. During the lockdown, therapists used dummy dolls to explain the exercises to parents in online therapy sessions to practice better mobility of beneficiaries.

At CPAI, we have a well-trained professional dance teacher who trains the PDAs with her two assistants twice a week. She teaches different forms of dance such as classic, folk and contemporary to connect the mind and body through movements. During lockdown, we provided online sessions and held an online dance competition on the occasion of Independence Day. Now we have a group of special PDAs who can perform dance professionally.

DANCE THERAPY



SPEECH THERAPY



People with different abilities (PDAs) may have major problems with both speech and nonverbal communication which makes it very hard to interact socially. Speech therapy helps PDAs overcome a wide range of these communication problems.

COMPUTER TRAINING

Our experienced computer teacher trains the beneficiaries with the basics of computers. This helps them concentrate on the screen as well as the keyboard which increases eye-hand coordination. They also gain some computer efficiency. During the pandemic, we realised the importance of computer knowledge which was a necessity to connect with everyone online. We kept PDAs busy through online sessions during the lockdown.



HANDCRAFT TRAINING

In this programme, PDAs are trained to create handcraft products of various kinds to exhibit and sell through exhibitions and corporate gifting. Due to COVID-19, our two special educators along with two craft teachers are running the program online. PDAs have enjoyed the training and learned useful skills.



FUNCTIONAL AND EDUCATIONAL PROGRAMME



Cerebral Palsy Association of India (CPAI) syllabus is based on thematic units like safety, food, cleanliness, hygiene etc. These units cover both academics (e.g Science and Maths) & non-academics (self-grooming and personality development). Our students are also trained in banking, money transactions & time management with hands-on experience. A reading programme has also been introduced into this syllabus.

MID-DAY MEALS AND SNACKS

At CPAI, we ensure to provide nutritious food to our PDAs. We have a clean and hygienic kitchen where two cooks prepare healthy and nutritious meals with two helpers. During lockdown, we provided 35 kg ration kits and hygiene essentials to each of our PDAs families every month



OUR INSTITUTION REOPENED ON 16TH AUGUST AFTER THE SECOND WAVE OF LOCKDOWN



INDEPENDENCE DAY CELEBRATION

The day began with the celebration of our country "India's 75th Independence Day." The students gathered together to decorate the institution with tri color balloons and dressed in white as a mark of respect. Disha dressed as Bharat Mata. Shakir narrated the story of how our India gained its independence by depicting the life history of Mahatma Gandhi and Pandit Jawaharlal Nehru.

The National Anthem was played and all students stood in silence.



RAKSHA BANDHAN CELEBRATION

The occasion of Raksha Bandhan was celebrated on 23rd August 2021. The ceremony began with all the girl students applying tika, tying rakhis for the boys and performing aarti. Sweets were distributed. Alisha, Namrata and Mumtaz sang songs on Raksha Bandhan. The teacher explained to the students the reason behind celebrating Raksha Bandhan (caring for one and other) all the brothers have to look after and care for their sisters at all time. The students enjoyed a pleasant day.



DAHI HANDI CELEBRATION

The festival of Dahi Handi is celebrated after the birth of Lord Krishna which is known as Janmashtami.

Dahi Handi Celebration began at our institution with all the students getting together to decorate the rope and matki (pot) in a traditional manner. The students dressed in Indian attire. The little one who dressed as Lord Krishna broke the matki. Sweets were distributed to all and PDA's enjoyed the festival.

TEACHER'S DAY CELEBRATION



Teacher's day was celebrated on 6th September 2021. A small function was organized in our center on this occasion for our teachers. The function started with a speech given by Mrs. Manjusha Ma'am, where she explained the importance of teachers in nurturing our special students. The students gave flowers to all the teachers.

A cake cutting ceremony was held where all the teachers got together to cut the Teachers Day Cake

Lunch was sponsored by the Trustee Mr. Rajendra Purohit and family for the students, teachers and staff. Students and teachers enjoyed the day.

DIWALI PARTY CELEBRATION

Diwali was celebrated on 2nd Nov. 2021 at our institution. This occasion was sponsored by HP Sampark. Mrs. Vinati Kesar our Chief Guest along with her colleagues were present together with our Trustee Mr. Sandeep Aggarwal to grace the festival of lights.



The CPAI PDA's along with the assistance of the staff and teachers decorated the Institution with Diya's and Lanterns. A prayer was said and the Diyas were lit to seek the Lord Blessings. The Diwali Cake was cut by Mrs. Vinati Kesar surrounded by all the student's guests staff and teachers. Special Diwali Lunch was served to all. Diwali gifts were handed to each student by Mrs. Manjusha Singh. Various cultural activities were organised including music and dance. Snacks were served to all. The students had an enjoyable festive day.

CHILDREN'S DAY

Children's Day was celebrated along with Swaraj Youth Forum on 15th Nov. 2021 (Mr.Chetan Korgaonkar and colleagues) at our center. The students gave a bouquet of flowers to the guest.

The day began with cutting of the cake. The students got together to play musical chairs, singing and dancing. Snacks were distributed to all. The students had a wonderful day.



WORLD DISABLED DAY

World Disabled Day was celebrated on 3rd Dec. 2021 in a very special way along with Bhojan Rath. The lighting of the lamp was done by Anil Galgali, (RTI activist), Girishbhai Shah, (Trustee of Mahajan NGO.) and Mrs. Manjusha Singh.

Free meals were arranged by Mahajan NGO (Bhojan Rath) Mrs. Manjusha Singh expressed her gratitude to the Mr. Girishbhai Shah and his team members for supporting this cause. The Bhojan rath truck was taken to bharat nagar slum area. The disabled students of CPAI traveled in the school bus and took the initiative of distributing food plates in the slums areas. All Social distancing protocols were maintained.

FREE UDID CAMP REGISTRATION FOR 327 DISABLED

Cerebral Palsy Association of India organized a free UDID (Unique Disability ID) camp for the Disabled at our institution from 5th Jan. to 8th Jan. 2022.

There are many disabled who do not have UDID. We enrolled 327 online applications.

BMC special school and other NGO's children enrolled in this UDID camp. During the camp, strict covid protocol was followed.



WOMEN'S DAY CELEBRATION



Women's Day was celebrated at our workshop on 8 March 2022.

The day began with a prayer. All the special young adult women who completed their beautician course at the institute put their talent to use by doing hair styling and make-up for all the ladies. Special lunch was served. Mrs. Cynthia Ma'am

was especially present for this occasion. Cutting of the cake was held in the open area followed by games and musical chairs.

Prizes were distributed to all the winners.

Music was playing and everyone participated in dancing. Snacks were distributed to all.

The day ended on a wonderful note.

RATION DISTRIBUTION DRIVE

We provided "Ration Kits" and other hygiene essentials to the underprivileged families of our students, cancer patients, transgender and to the self-employed persons (like auto rickshaw drivers, plumbers, electricians, maids etc.) who had lost jobs due to COVID-19. Every month, we distributed 35kg ration kits which was enough for a single family for a month. We would like to appreciate our supporters who contributed to this noble cause.

LUCKNOW



MUMBAI



BHOPAL



PROVIDING JOBS THROUGH PROJECT SWANAMA

Through the Swanama project, we created stitching jobs for mothers of PDAs and underprivileged women. They stitched over 4 lakh masks which were distributed in slums and to the frontline workers. We paid Rs 8-10 for the stitching of each mask. They were able to earn Rs 4,000-5,000 and sustain themselves with their families.





VACCINATION DATE 12TH JULY 2021

CPAI took the initiative of being in constant touch with the seniors at BMC kalina to set up the vaccination camp for our students, parents, staff and others who had not received their first dose of vaccination and the date was finally setup for 12th July 2021. The camp began at 2.00 pm. The first to be vaccinated were our trustees Mr. Sandeep Aggarwal & Mrs. Aruna Aggarwal. A total of 50 people including students, staff, parents, bus driver, gardener, electrician and sweeper were administered the first dose of covishield vaccine by BMC doctors and their staff.

Tea and biscuits were served.

Each person was monitored for the period of 45 minutes before they were sent home. We are happy to say that no one faced any difficulty after being vaccinated.

The second dose of covishield was held on 7th October, 2021.

NEWS FROM THE GROUND

APRIL 2020 -AWARD WINNING PAINTINGS

CPAL together with other special schools carried out an Inter School Online Art/Painting Competition for Special Students in the month of April 2020 on the topic 'Safety and Hope'. The results were declared on 30th May. Many students participated with the help and encouragement from their families. Awards for the best Art/Painting had been distributed once schools reopened.

26TH AUGUST 2020 -RATION KIT DISTRIBUTION

We have provided 400 "Ration Kits" and other hygiene essentials to the underprivileged families of our students and to other needy persons. At Bhopal and Lucknow centers, we provided job opportunities for underprivileged women and PDA young girls by providing them masks and Potli stitching work.

21ST NOVEMBER 2020-ORTHOPEDIC SPLINTS DISTRIBUTION

We organized a free Splints Distribution camp for our PDA students, which would make performing their daily tasks more convenient.

7TH JANUARY 2021 -COVID-19 TESTING CAMP FOR PDAS

CPAI organised a COVID-19 Testing Camp (RTP-CR) at the Mumbai centre in association with Municipal Corporation of Greater Mumbai (BMC) for all our PDAs and staff members. It was a precautionary step during the worldwide pandemic and all the results came negative.

9TH JANUARY 2021 -INAUGURATION OF FULLY EQUIPPED THERAPY ROOM

Extending our services for multiple handicappers we set-up a fully equipped therapy room for our beneficiaries at the Mumbai centre with the support of Oswal Mitra Mandal. Mr. Prasad Khairnar (Assistant Commissioner, Social Welfare) inaugurated the therapy room. The trustees of CPAI and Oswal Mitra Mandal were also present at the function.

14TH JANUARY 2021 -MAKAR SANKRANTI

On the occasion of Makar Sankranti, the adults honoured their teachers and staff with flowers. Along with a special lunch, til-gud was distributed to all. The adults decorated kites and enjoyed flying them in the open area.

14TH FEBRUARY 2021 -VALENTINE'S DAY CELEBRATION

PDA's celebrated Valentine's Day at the centre with handcrafted greeting cards, balloons and music. Through this program, we infused a new energy in our beneficiaries and tried to reduce the mental pressure they had to endure during the lockdown.

19TH FEBRUARY 2021 -CHHATRAPATI SHIVAJI MAHARAJ JAYANTI

On the birth anniversary of Shivaji Maharaj, the first Chhatrapati and founder of the Maratha Empire, all the PDA's presented a play based on the life of Shivaji Maharaj with costume.

27TH FEBRUARY 2021 -BHEL MAKING SESSION

We organised a bhel making session for the PDA's, after which the bhel was enjoyed by all of them and the staff.

8TH MARCH 2021 -WOMEN'S DAY CELEBRATION

CPAI's Women's Day celebration was graced by the honourable trustees- Mrs. Sunita Gupta, Dr. Aruna Aggarwal and Mrs Manjusha Singh. They also spent time interacting with the PDA's.

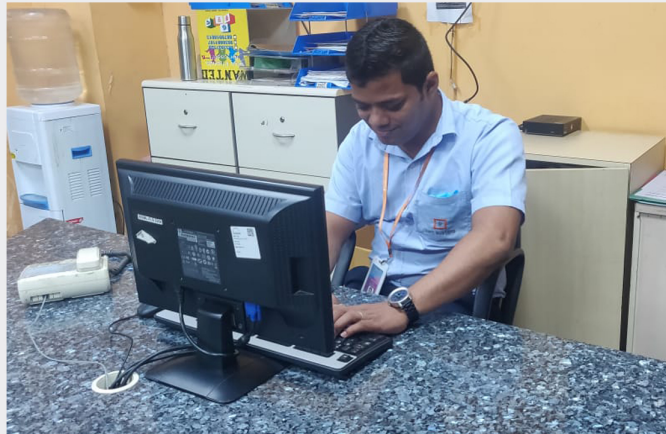
17TH MARCH 2021 -PANCAKE MAKING SESSION

One of our volunteers, Rakshanda (an MBA student), conducted a pancake making session for our PDA's. She taught them how to make home style pancakes in a very easy way.

15TH AUGUST 2021 - ONLINE FANCY DRESS COMPETITION DURING LOCKDOWN

On Independence Day, CPAI conducted an online fancy dress competition. We appreciate all the parents for encouraging the special talent within each one of their kids and for helping them in participating.

SUCCESS STORIES



Sailesh Bhumik, A intellectually challenged 33 year old man is a professional dancer and singer. He has successfully completed the Basic computer training course from CPAI and is currently working at Teleperformance. He performs dance at various concerts and inspires others to maximize their strengths. He feels contented to be able to support his family financially.



Parvez Shaikh, A physically challenged 31 years old passionate man who has successfully completed the Basic computer training course from CPAI and is currently working at a call center Eureka Forbes. He is independent and financially equipped to assist his family. He feels happy to be a contributing member of the society.

2023 GOALS

MISSIONS TO ACHIEVE

- Launch PROJECT SHIKSHAN for educational support
- Increase the number of beneficiaries in all our programmes
- Conduct more inclusive livelihood programmes for underprivileged
- Restart the Blooming Flower programme to showcase the talent of PDAs after COVID-19
- Encourage more people to donate so that we can reach out to more beneficiaries
- To increase our presence and relevance on social media platform to gain supporters and donors and to educate people about PDA's
- Create job opportunities for the underprivileged adults/women and other needy persons who lost their earnings due to COVID-19

MEET OUR TEAM

BOARD OF DIRECTORS

- **Mrs. Sunita Gupta**
Chairman
- **Mrs. Manjusha Singh**
Secretary / CSO
- **Mr. Sandeep Aggarwal**
Treasurer
- **Dr. Aruna Aggarwal**
Trustee
- **Mr. Anil Sanjivan**
Secretary
- **Mrs. Salima Kazani**
Trustee
- **Mr. Rajendra Purohit**
Trustee

MANAGING COMMITTEE

- Mrs. Cynthia Mathews
- Mr. Sanjay Mutha

ADVISORY BOARD

- Dr. Satish Mutha
- Mrs. Namarta Mehta
- Mr. Mitesh Shah
- Mr. Vinod Sadvilkar
- Mr. Anil Galgali
- Mr. Yashwant More
- Mr. Rohit Pugalia
- Mrs. Purvi Pugalia
- Mrs. Preeti Chaudhry
- Jayashree Iyer
- Dr. Madan Dubey

OUR SUPPORTERS

We thank our well-wishers who are continuously supporting us in our objective and mission towards the betterment of PDAs



United Way Mumbai



Ishardas & Sons






CEREBRAL PALSY ASSOCIATION OF INDIA




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