

**ANNUAL ACTIVITY REPORT
(APRIL 2023 TO MARCH 2024)**



EMPOWERING LIVES, ENRICHING COMMUNITIES

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Annual Report 2023-24

EARLY INTERVENTION CENTRE:

In Our **centre-based** early intervention services are aimed at helping a child develop as well as utilize all of the natural abilities while participating in his or her full capability within the family and community life. The primary goal of Early Intervention is to provide the added support and nurturing children with developmental delays need to reach milestones, gain confidence, and succeed in school and social settings.

We have on-site, certified therapists -making sure that all your child's needs are met at all times.

- Exploration-driven Learning: We aim at incorporating a structured way of ensuring comprehensive learning into highly natural settings.
- Empirically-proven Techniques: We leverage empirically-validated mechanisms depending on ABA or Applied Behaviour Analysis to help children grow rapidly.
- Individualized programs: We deliver access to individualized program to the young minds. Our programs are based on the overall assessment, program involvement, and behaviours.
- Critical Social Interaction: Our comprehensive programs include day-to-day group activities as well as peer interactions focused on the expansion of social skills.

At present the Early Intervention Centre **covering** 85 numbers of children of age group of 0-6 years and has showing tremendous improvement result.

We the ASHAJYOTI centre rendering following services at present:

- **PHYSIOTHERAPY:** ASHAJYOTI has been providing Physiotherapy since 2014 to till today. Our Physical therapists complete an examination of the individual and work with him or her to determine goals that can be achieved primarily through exercise prescription and functional training to improve movement. Children with impairments and functional limitations can be taught to recover or improve movements impaired by disease and injury and to prevent injury and disability caused by abnormal posture and movement. Infants born with developmental disabilities are helped to learn movements they have never done before, with an emphasis on functional mobility for satisfying participation in family and community activities. Some problems, such as pain, may be addressed with treatments, including mobilization of soft tissues and joints and other physical agents.

Some of the main approaches used by our physiotherapists include:

- **Education and advice** – physiotherapists can give general advice about things that can affect your daily lives, such as posture and correct lifting or carrying techniques to help prevent injuries

- **Movement, tailored exercise and physical activity advice** – exercises may be recommended to improve your general health and mobility, and to strengthen specific parts of your body
- **Manual therapy** – where the physiotherapist uses their hands to help relieve pain and stiffness, and to encourage better movement of the body

It is seen that our physiotherapy sector shows a good result. Hence a good number of parents from nearby Districts also registered the names of their children.



➤ **SPEECH THERAPY:**

ASHAJYOTI has been providing Speech therapy since 2014 to till today. A qualified team provides therapy three days in a week. Our speech therapist will work with children to help improve children's ability to speak, converse, or swallow. This may involve:

- Educating parents and caregivers on how to do certain things like articulating or pronouncing sounds
- Teaching children's language skills
- Giving exercises to help strengthen muscles
- Giving exercises that help you breathe better
- Participation in group therapy sessions

Specific speech disorders include:

- **Articulation disorders:** Difficulty in pronouncing words or sounds such as the "s" sound (for example, saying "thun" rather than "sun"). This can occur during childhood language development or with structural problems like tongue-tie. A tongue tie is when a small band of skin connects the tip of the tongue to the bottom of the mouth. It is congenital, meaning it's present at birth.
- **Dysarthria:** Slow, slurred, or unclear speech. This occurs with oral (mouth) muscle control decline due to neurological conditions (related to the brain or nervous system), such as multiple sclerosis (MS)- a condition that occurs when the immune system attacks myelin, the covering wrapped around nerve cells.
- **Apraxia:** Knowing what you want to say but having difficulty announcing the correct sounds or words. Apraxia can cause slow, error-prone speech or the need to intentionally move your

tongue and lips in order to produce sounds and words. Apraxia can be present at birth, but it can also occur as a result of brain injuries, brain tumors, or a stroke.

- **Fluency disorders:** Speech flow disruptions like stuttering. Stuttering is experiencing interruptions in speech and repeating sounds, syllables, or words. Researchers are still exploring possible causes of dysfluency, but they seem to include genetics, developmental components, neurological factors (how the brain processes), and brain injury. Many children outgrow fluency disorders, but they can persist into adulthood.
- **Voice disorders:** Vocal cord spasming (choppy voice), hoarseness, pitch problems, or voice fatigue are examples of voice disorders. This can result from infection, overusing the vocal cords, or neurological disorders.



➤ **OCCUPATIONAL THERAPY:**

Occupational therapists and occupational therapy assistants focus on the things you want and need to do in your daily life. Occupational therapy intervention uses everyday life activities (occupations) to promote health, well-being, and your ability to participate in the important activities in your life. This includes any meaningful activity that a person wants to accomplish, including taking care of yourself and your family, working, volunteering, going to school, among many others.

Our occupational therapist, perform the following duties:

- Review a patient's medical history and assess their need for support
- Evaluate a patient's home, workplace, and community to make necessary adaptations
- Define the patient's need for assistive devices, such as adaptable seating, ramps, and wheelchairs, and train in their use
- Support patients to find ways to undertake everyday tasks that have become difficult or are no longer possible, such as dressing, driving, and cooking
- Teach patients to use equipment selected for their support
- Demonstrate exercises and techniques to patients to support their movement and independence
- Work closely with health professionals such as nurses, physical therapists, and other professionals, including teachers, caregivers, and social workers to decide on the best care and process
- Develop a treatment plan with defined goals and clear stages

- Offer education for a patient's family and school
- Assess the progress of a patient to determine future interventions and update other health professionals

If you are concerned that your child may have a developmental delay or disability, it is important to talk to your doctor. They can refer you to an early intervention program that can provide your child with the services they need.



➤ **SPECIAL EDUCATION/ SPECIAL SCHOOL:**

Our Special education serves children with emotional, behavioural, or cognitive impairments or with intellectual, hearing, vision, speech, or learning disabilities; gifted children with advanced academic abilities; and children with orthopaedic or neurological impairments. Medical specialists evaluate the needs of children who have sensory, neurological, or orthopaedic disabilities. Children who have learning disabilities are assessed primarily.

The goals of special education are similar to the educational goals for ordinary children; only the techniques for attaining them are different. Children who have learning and mental disabilities require prolonged periods of intensive and more-individualized instruction; for them the learning process might include techniques to maintain interest, more active participation, and much more repetition of similar material in varied form. Special techniques are necessary, however, to help such children adapt to their environment and to adapt the environment to their disability. We provide facilities like Wheelchairs, modified desks, and other apparatuses aid in mobility and the manipulation of classroom materials.

Our educator work with these difficulties that affect various aspects of a child's education, including:

- Schoolwork: Struggling with reading, writing, number work, or understanding information.
- Communication: Challenges in expressing themselves or understanding others.
- Behaviour: Difficulties in behaving properly or interacting with peers and adults.
- Physical and Sensory Needs: Disabilities that impact a child's ability to participate in school activities.

Our Teachers plan individual lessons carefully, considering each child's unique needs. They monitor progress and adjust teaching methods to ensure every child can succeed. This might involve:

- Providing extra help in specific subjects.
- Using different teaching materials and methods.
- Collaborating with specialists to address specific challenges.

Understanding and addressing special educational needs is crucial for ensuring that every child has the opportunity to succeed. At Ashajyoti, we are committed to providing a supportive and inclusive environment for all students. By recognizing the unique needs of each child and involving parents in the educational process, we can create a nurturing and effective learning environment. Through tailored instruction, specialist support, and a focus on inclusive education, we strive to help every child to reach their full potential.



CELEBRATION OF VARIOUS DAY:

- **Pre Rangali Bihu Celebration:** In April, the staff of ASHAJYOTI, along with the children, their guardians, and well-wishers, celebrated Rangali Bihu with great enthusiasm. Everyone, including the parents, guardians, and ASHAJYOTI staff, participated in the festivities, especially the Bihu Dance and Bihu Song. The children joyfully took part in the Bihu Dance and Song, and the guardians enthusiastically performed the Bihu Hussori.



- **Independence Day:** Independence Day was celebrated in August 15th with flag hoisting to students along with a virtual function for 25 participants including family, alumni, and colleagues. Our office staff, along with the guardians and children with disabilities (CwDs), observed the 77th Independence Day at our office premises. The flag was hoisted by ASHAJYOTI's president, Mr. Jogendra Bania, and the national anthem was sung by everyone present. Following the flag hoisting, a drawing competition was held for the children. After the competition, tea and sweets were offered to all attendees. Before the tea break, the children were asked to prepare the tricolored Indian flag from paper, and they happily engaged in making the flags.



- **Children Day:** On 14th Nov. Children's Day, an annual celebration in honour of children was joyfully observed at our organization, ASHAJYOTI. Guided by the belief that spreading happiness brings greater joy, the event was presided over by our Chairman, Mr. Jogendra Bania. The meeting was attended by all children with disabilities (CwDs) and their guardians. A drawing competition was held during the event, and while first, second, and third place winners were selected, prizes were awarded to all participants by our Executive Director, Mr. Jiaur Rahman.



- **International Day of Persons with Disabilities & Foundation Day of ASHAJYOTI:** The International Day of Persons with Disabilities was celebrated on December 3rd, along with Ashajyoti's 12th Foundation Day. The event was organized in collaboration with the Social Welfare and District Legal Services Authority and featured an inclusive sports program. Participants, including children and their guardians, took part in various competitions such as sports, drawing, dance, and singing, bringing joy to all involved. After the competitions, a general meeting was held, presided over by our Executive Director, Mr. Jiaur Rahman, with about 140 attendees, including children, guardians, and office staff.



- **Republic Day Celebration:** In January 26th, ASHAJYOTI celebrated India's 75th Republic Day with great reverence. The celebration began with a flag hoisting ceremony, followed by drawing and singing competitions organized by ASHAJYOTI. Although winners were selected for 1st, 2nd, and 3rd places, yet all participants received prizes from Executive Director, Mr. Jiaur Rahman.
- **Saraswati Puja Celebration:** At our organization, we celebrated with a strong emphasis on education and the pursuit of knowledge. CwDs, parents, and staff gathered together to worship Goddess Saraswati with devotion. The event featured a meal for the children and concluded by serving Prasad to everyone later in the day.



Training Programme

- **Training for care givers on Home Based Therapy:** A training session on Home Based Therapy for caregivers was held at ASHAJYOTI's office premises to address the challenges of home-based therapy. During this training, Mrs. Chitra Dasgupta, Deputy Director of Training at Shishu Sarothi, Guwahati, impart training to the Care Givers. The purpose is to provide parents and caregivers with user-friendly access to evidence-based therapeutic resources and educational materials in a home environment. These resources aim to enhance the self-efficacy of parents and caregivers who are supporting children receiving early intervention services. Early intervention is crucial in helping children with developmental disabilities and delays reach important milestones as they grow and develop.



- **Workshop for teachers and staff for early child development:** In September, ASHAJYOTI hosted a workshop for office staff, teachers, therapists, and all parents. Mr. Mukut Bhuyan from PRATHAM EDUCATION FOUNDATION attended as special guest in the workshop. The workshop focused on exploring Teaching Learning Materials (T.L.M) and various educational approaches aimed at enhancing children's cognitive development.



- **MEDP supported by NABARD:** Ashajyoti organized MEDP supported by NABARD in this year. Total three programmes was organized, two programme in Darrang district and one in Udalguri

district. The primary aim was to enhance the livelihood of village women by teaching them how to improve the quality of their products, one training was held at Dahi on food processing and another was at on mushroom cultivation at Barsatra under Darrang district. One training programme held at Khagra, Khoirabari Development Block on food processing under Udalguri District.



- **Stakeholders Engagement Programme:** ASHAJYOTI organized a training program at Ghorabandha for frontline workers including Anganwadi workers, Asha workers, village heads, and Jeevikasakhi, focusing on Stakeholders Engagement Training. The main objective was to empower the community in dealing effectively with disability issues through this training program.



Awareness Meeting:

- **Street Play:** Street plays were conducted by Mr. Hemanta Saharia and his group in villages such as Borachuba, Dahi, Changaliajhar, and Borichouka to demonstrate that partial disability is not a barrier for children. Mr. Saharia and his group encouraged children with disabilities, showing that disability is not a major obstacle. Through their performances, they illustrated how ASHAJYOTI is working to support and develop these children. A Mobile Theatre group participated in the play to show that physical disability is not a burden to society. We organized these street plays to uplift people with disabilities and prove that partial disability is not a hindrance to them. They can enjoy their rights and equality along with others. These street plays also raise awareness among the guardians of children with disabilities, emphasizing that disability is not a burden to society. This year, we have organized five street plays to convey this message to our community.



- **Entrepreneurship Skill Development Programme:** In this year, Ashajyoti organized an Entrepreneurship Awareness Program (EAP) and an Entrepreneurship Skill Development Program (ESDP), supported by MSME DI, Guwahati. Two programs were held in the Kamrup District to enhance the skill development of youth by teaching them how to improve their skills' quality. One training session took place at Bongshar College Hall, focusing on entrepreneurship awareness, while the other was held at Bongshar, Suwalkuchi, and covered entrepreneurship skill development in cutting and tailoring readymade garments at Sadau Bongshar Natya Sanmilan and Ishane Cutting and Tailoring Centre.



- **Swachhta Hi Seva, NABARD:** In October, ASHAJYOTI organized a "Swachhta Hi Seva" cleanliness campaign. The village of Borsatra was selected as the focus area. The campaign aimed to highlight the importance of individual responsibility towards cleanliness, emphasizing that even dedicating just one hour of our time can collectively make a significant impact.
- **Care Givers Meet:** Care givers meet was held at ASHAJYOTI's office premises. In that meeting all of our office staff including Physiotherapist, Speech Therapist & Special Educator was present. In that meet our therapist asked the feedback from guardian about therapy and education of ASHAJYOTI. As we observe the care givers meet every month so we have already observed the 12 nos of care givers meet in last year.



Health Awareness

- **Health Awareness Programme:** In July, ASHAJYOTI organized an awareness program focused on the treatment and development of children with disabilities. Dr. Monorama Deb, a retired director and professor from Central Health Services at Bardhaman, Mahavir Medical College, and Safdarjang Hospital in Delhi, participated in a discussion with parents, caregivers, and staff. The discussion centered on the treatment and maintenance of the physical and mental well-being of the children.



- **Nutrition wellness Campaign:** In July, a special meeting was held focusing on a Nutrition Wellness Campaign. Along with our office staff, the children's guardians and two resource persons attended. They provided valuable guidance to the guardians on the appropriate amounts of protein and vitamins necessary for the early development of their children's bodies and minds. The guest speakers were Mr. Sakilur Rahman from Jorhat and Mr. Simanta Saharia from Mangaldai.



- **Health check-up camp:** In September, ASHAJYOTI hosted a health check-up camp for children with disabilities, their parents, and the ASHAJYOTI team. A team from the psychiatry department of Mangaldai Civil Hospital attended the camp. The medical team conducted health check-ups for each child and provided guidance on addressing health issues and maintaining overall well-being.

Sports Event

- **Sports competition:** In November, children from ASHAJYOTI participated in a state-level sports competition organized by KARUNADHARA TRUST in Guwahati at the Sports Authority of India venue. Ten children from ASHAJYOTI took part, with four of them winning in five events and securing 1st, 2nd, and 3rd places. The event was successfully conducted, showcasing the talents and achievements of our children.



Nature base Respite

- **Picnic:** In January, our organization ASHAJYOTI organized a picnic at Kuruwa for the children, their guardians, and Ashajyoti's team. The children had a great time and enjoyed a delicious meal. We extend our heartfelt thanks to Executive Director Mr. Jiaur Rahman for arranging this enjoyable outing.



Our Partners

