

Early Intervention Program – Rehabilitating Children with Special Needs

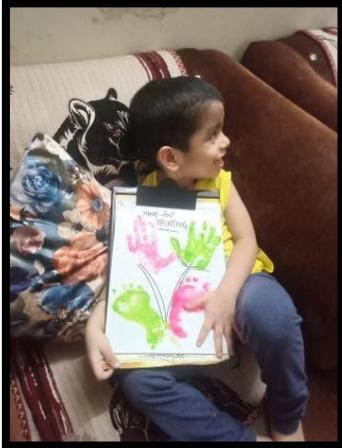
(Progress report – May 2021)

While “**Early**” refers to the nascent and most critical period of a child’s growth (**0-3yrs**), “**Intervention**” means giving impetus to a child to experience, explore and interact with its atmosphere. Early Intervention (EI) services are **special services** for infants and toddlers with developmental disabilities or at risk of developmental disabilities. Sarthak encourages their overall development, enhances their abilities to the fullest and empowers them to circumvent their disability. It builds on the strengths of the child and trains parents using early intervention strategies to equip them to serve their child’s special needs. With the pestilence, some immediate measures included shifting teaching process online on an unprecedented scale, conducting online therapies using technology. Sarthak’s team transformed its **online teaching methods** and is super pumped to provide services. The online therapy sessions are engaging and fruitful, it includes **networking with parents** and **mapping of their child’s disability**.

With Sarthak’s proper Early Intervention tools the total center wise enrollments for May’21;
West Delhi Center: 74 Ghaziabad Center: 56



Arthav - Sarthak Early Intervention Ghaziabad Center



Arthav is 4 years old child with autism. His speech milestones were delayed. Sarthak's therapist did detail assessment and found many issues like child did not give eye contact, does not sit at one place, does not speak, continuous drooling, does not follow command, and is unable to hold things etc. Occupational therapist helped Arthav in reducing hyperactivity, improving sitting and eye contact. Speech therapist helped child- controlled drooling and in improving vocabulary. Special education helped the child to build concept understanding and pencil holding. After therapy he is now able to sit at one place 20-25 minute, reduce hyperactivity, slightly improved eye contact child is able to see objects 5 -7 second. Multiple therapy helped Arthav to learn desirable behavior and improved his learning capacity. Early intervention therapies have tremendously helped Arthav.

Shivraj – Sarthak Early Intervention Ghaziabad Center



Shivraj Rana is a 12 years old child diagnosed with autism. Autism is a developmental disorder characterized by difficulties with social interaction and communication and by restricted and repetitive behavior. Autism is associated with a combination of genetic and environmental factors. Shivraj started growing with love and care in his family as he is the only son of his parents. When he was brought to sarthak his mother addressed that, Shivraj does not sit at one place for a long time, does not follow command, has poor attention span, does not make eye contact, has poor dynamic balance, child has self-injurious behaviour, does not speak, poor fine. After taking continuous therapies his attention span has improved, instruction following has improved, problem solving skills is also improving as he can do simple puzzles, make eye contact for some time, academic skills has also improved, gross motor skills has improved. His family is very happy to see such improvement and achievement and give thanks to sarthak. His mother is overwhelmed by the child's progress and shared his experience that it is wonderful to associate with sarthak the constant team guidance and support help parents overcome child related challenges and make them understand the child's condition.

Aarohi – Sarothak Early Intervention West Delhi Center



Aarohi is a 3.5 year old child. She had an episode of seizures that she was kept incubated for 10 days again after one month she got another seizure and was admitted to hospital for medical observation. Post examination it was found that she was dull and lethargic and unable to move her body and the doctor diagnosed her with Rett's syndrome in AIIMS hospital and advised for regular medicines and therapies to stimulate growth and development. Initially due to low muscle tone and floppiness it was difficult to deal with children as muscles was too loose and poor neck control. Parents initial chief complaints were- poor neck control, does not have rolling, poor hand function. After occupational therapy intervention her muscle tone increased, she is able to hold neck partially, started to respond on name, she started to enjoy music, responding on name calls, love to see rhymes. And give smiles when we look at her, she started to hold her neck, and also started to sit with support, and start crawling, independent standing. After association with Sarothak Parent's stress decreased. Parents are happy to see improvement in aarohi and will continue her therapy in sarothak early intervention centre.

Early Intervention at Sarothak

During the first three formative years of an individual's life most of the cognitive, communicative, social and emotional developments take place. Thus, in the case of any developmental delays, this period is the best for introducing interventions so that the child can be facilitated and supported to achieve normal growth. Sarothak aims to approach the families with disability history and aims to eliminate or minimize risk in the first place.

Sarothak family is extremely grateful to **Crocs and Info edge** for being prominent funding partners and marching ahead in unison.

Home Based Activities for Parents of Children with Special Needs

To Improve motor skills of the child – Trampoline Exercise

[youtube.com/watch?v=drWGCOFxqts](https://www.youtube.com/watch?v=drWGCOFxqts)

To Improve the responding actions of the child – Modeling Exercise

[youtube.com/watch?v=f4sxTdimAlk](https://www.youtube.com/watch?v=f4sxTdimAlk)

To improve speech – Tongue Movement Exercise

<https://www.youtube.com/watch?v=vIkIOE5Farc>

Early Intervention Strategies

Appropriate intervention strategies in India are a big challenge for people with disability, which is why Sarthak is aimed towards carrying an equal stature for persons with disability by providing them a platform from the initial years, wherein they have equal access to opportunities and resources. It also gives support through different allied activities namely guest lectures, alumni meet, exposure Visits and parent interaction sessions that aims at a holistic development of the child. Here are a few glimpses of the allied activities at Sarthak.

CALL FOR ACTION

Sarthak is running this program to prevent, identify and then eliminate the disabilities that are the biggest barrier to inclusion. Let's work towards ensuring that all the children enter school, equipped with the skills they need, to succeed. Let's work towards empowering persons with disability.

For more information, reach out to Sarthak Early Intervention Center:

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Link for Donation - sarthakindia.org/donation.php

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