

Early Intervention Program – Rehabilitating Children with Special Needs

(Progress Report- December 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.

With Sarothak’s proper Early Intervention tools the total enrollments for December ’21- 4 new special children.



- It has three stages **Early Prevention** wherein we aware through anganwadi workers to the pregnant women and their families of the vaccine like rubella vaccination and polio drops and the nutrition intake to have to control disability to newborn.
- Second stage is **Early diagnosis** wherein we diagnosis or identify any symptoms which may lead to disability assessing the developmental delay and growth.
- Third stage is **Early intervention** wherein we intervene through various therapy like speech, behavior, occupational, psychologist and special educator. We have 2 early intervention center in Ghaziabad and West Delhi and **rehabilitated 2670 + children.**

Aditya Rawat – Sarthak Early Intervention West Delhi Center



Aditya Rawat is a 10 year old diagnosed with Mental Retardation. He is a full-term baby, caesarian delivery, immediate birth cry and his developmental milestones were delayed. His mother was very tensed and stressed when the first time she discovered about the problem, she didn't know how to manage this issue.

She came to know about Sarthak through social media. At Sarthak, our therapist took a detailed case history on call and suggested Occupational Therapy and special education to improve his activities & growth.

After association with Sarthak and regular follow-ups done, at present child has improved understanding, follow commands, improved speech clarity, improved sorting and able to identify and speak Vegetables and fruits name. Looking at her child, his mother is delighted that therapies are helping, he is improving and gain maximum independence.

Adhvik – Sarthak Early Intervention West Delhi Center



Adhvik is a 13 months old baby diagnosed with bilateral CTEV and developmental delay he is a full-term baby, suffered from respiratory distress and had first episode of seizure on 3rd day of birth. Due to history of seizures and respiratory distress he was incubated for the period of 12 days his growth was very slow and his doctor said his activity level is sluggish and lethargic thus advised for therapies to help child and stimulate development.

His mother was very tensed and stressed when the first time our team met her at HRC in DDU hospital she choked with emotions and cried why it happened to them and afraid of what lies ahead in future. Our specialists suggested Occupational Therapy program to overcome child's motor issues and taught his mother with range of exercises to carry out at home; so initially child had issues like poor neck control, tightness in limbs, squint in eyes and poor identification of mother and relatives.

The mother used to visit HRC and weekly follow-ups were done with her, with constant efforts with child, muscle tightness reduced and partial neck control was achieved. Due to COVID-19 impact online sessions are being conducted and regular follow-ups are done to train mother for exercise and at present child has achieved full neck control, supported sitting, improved reach & grasp, improved balanced and strength. Our team is glad that the child is doing good now and improving day by day.

Ayesha – Sarthak Early Intervention Delhi Center



Ayesha is a 3year old diagnosed with developmental delay, her birth h/o reveals she is a pre term baby with C-section delivery, delayed birth cry, low birth weight (2kg) with respiratory distress syndrome and neonatal seizure due to she was admitted in hospital for 5 days. Her global developmental milestones were delayed.

Her parents were much worried about child condition how to manage him. Her parents know about the sarthak through mobilization. Before association with sarthak she has poor muscle strength, does not walk and poor balance and coordination, does not speak.

she got associated with Sarthak for multiple therapy Due to covid-19 impact she is taking online sessions, after taking regular online session now muscle strength gets increased, put weight on both limbs, hold things in hand, vocalize with vowel sound. Looking at his sudden changes her parents have regained the faith that therapies are almost important aspect of child routine.

Early Intervention at Sarthak

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. Sarthak aims to approach the families with disability history and aims to eliminate or minimize is in the first place.

Home Based Activities for Parents of Children with Special Needs

To Improve motor skills of the child – Gross motor, balance & Co-ordination

https://www.youtube.com/watch?v=U6iSdLXnD_8

To Improve the sensory development – Gym Ball Pressure

<https://www.youtube.com/watch?v=nzt2i4KBrPc>

To improve speech or communication skills – Sound Introduction & Vocalization

<https://www.youtube.com/watch?v=0lu9cUNHZsg>

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 is a glimpse of the early intervention 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.

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