

Jan Madhyam Newsletter: July, August, September 2023

The academic year begins in July and we started off with a bang

Occupational Therapy was opened up to anyone who needs it in the community. There are adults (post stroke patients, post injury) who need such a service and who have begun to come for it.

Trainees are beginning to see immediate changes with occupational therapy. This time new trainees have joined therapy thanks to the publicity done by parents.

Specialist Name: Dr. Adarsh Kumar Prasad Total number coming for Occupational therapy has gone up.



Success Stories:

David, Debora, Daniel are siblings. All three are autistic. It is a single parent family. It is a big challenge for a single mother to raise autistic triplets. But she did not give up and accepted the situation and today

all her three children come to Jan Madhyam. The occupational therapy and different activities in Jan Madhyam have worked wonders on the three children. Both the grandmother and the mother have become strong advocates of Jan Madhyam' scare for special children.

Mrityunjay, who has cerebral Palsy has been taking occupational therapy for some time. When he began, his muscles were so weak that he was bent over and could not sit or stand unassisted. Today he is a much stronger boy, who sits straight and is improving steadily.



Premji, an older person, suffered from paralysis after a stroke. He could not walk. Despite making the rounds of the best hospital.... Four months of regular therapy in Jan Madhyam and he is able to walk on his own

Challenges:

Ritika had a surgery for both her legs in Udaipur. The recovery did not happen in fact she deteriorated. Even therapy is proving to be very painful and is not really helping yet. **Lakhan** is another such child, post operation in his legs, there are knots and lumps and scars. It is very difficult for him to do the therapy. For him too it's a long road ahead.

Art Therapy:

A small group of children carefully selected go for Developmental Art sessions with Jolly ji.

They learn in silence under their experienced guide to draw and paint. You can see rapid development in each one of them. Opening them slowly to express their hidden emotions.



Angel's Story



Today she lives with her aunt and brother. Angel's father sold her to another man to feed his drinking habit. She was rescued by her aunt who brought Angel and her brother to live with her. Unfortunately, here too the children are mistreated. She is beaten and made to do household work. Even a full meal is not given to her. All this hardship has made Angel very hard hearted and a closed book. She does not want to share her thoughts with anyone.

Work was started with her with the help of art therapy and movement therapy. The movement therapist became friends with Angel and she started expressing her feelings. But Angel was afraid that her aunt may get to know. Since last 2 months her aunt has stopped sending Angel to Jan Madhyam

Devin



Devin is an autistic trainee. Since Corona he has become very hyper conscious of washing his hands, He has to wash his hands every half hour with the result his skin has become thin. He looks at his mobile so much that he starts mumbling and laughing inappropriately. He will always say (hit- hit- hit)) and then he will start laughing. When you ask him what happened, he says that he is remembering the game he was playing. Both his writing and drawing are very good. But he would only make cars. Now he is observing things around him and drawing them too.

He has moved ahead. He enjoys this class very much.

Puppet Therapy

Another small group of children goes for Puppet Therapy Sessions with Ranjana ji.

In the Puppet therapy sessions, a safe space is created for sharing and learning. Starting to know each other better, know themselves (specially their emotions) using paint and paper, games and activities. They have gradually moved to making simple three-dimensional shapes and giving them life.

Once these shapes come alive in their hands, they assume an identity and become holders of their emotions. Tentative steps are being taken using puppets and storytelling to open difficult subjects, acknowledging difficulties anger and even trauma.



Dance and Movement Therapy:

Specialist Neha ji is working on body movements with a large group of trainees. When trainees do body movements with different types of music, they get so lost in themselves that they do not realize that their class time is over.

They do wonderful performance our celebrations.



In both Aya Nagar

Making models of the solar system, the planets and the Earth

Different types of masks were placed in front of Trainees and then Trainees named them and made up her own story and poem. The trainees of the school and the trainees of Aya Nagar Center had a lot of fun in doing this activity.

Inclusion

Jan Madhyam,s contribution to Inclusion in mainstream government was

acknowledged by a written permission to work in 4 Municipal, Government schools to promote better Inclusion practices and work directly with children. We have now placed shadow teachers and conduct weekly Srijan sessions in

Ghitorni,Aya Nagar,Mohammadpur and Sultanpur Government Primary Schools



Srijan Team

The team this time was: Disha, Jennifer and Nimma.

They are supported by a teacher and teach paper craft in Schools.

These months they made Rakhi, Paper Sparrow, a mask and many other items.



Outcome: Children love craft work, and working with their hands. They learn new things in these sessions. They learn shapes colours, left right up down and other concepts as well as learn to observe and appreciate the ability of disabled persons.

Challenge: Sometimes the children are so innocently inclusive that it seems a shame to make them aware of “Disability” They barely understand what disability is. Should we show them differences versus similarities? Challenges or abilities?

Devika Pandey

Nutrition, Devika herself learns by teaching what is more nutritious. She gives a different menu each week and children learn well online from her. She herself has improved in her time management and preparation.

Clay Making diyas, coil work, mould work.

Sahyog Training Programme

Parents training, Medical Camp, training from other organisation, training to Community training

1) Teachers Training Shaurya Foundation How to work more effectively with challenged children. All the teachers got a certificate after this 3 month training.

2) Disability Orientation Shaurya Foundation Parents and Siblings of challenged persons got an orientation to the needs and rights of such persons.

3) Gynae Medical Session Jan Madhyam Specialst Doctor Women and teenage girls got an opportunity to share their confusion, difficulties and problems. It was followed by useful advice.



4) Eye Flu Medical session AIIMS Doctor How to look after your eyes and what is eye flu and its treatment.



5) Parents meeting Jan Madhyam A core group of 5 parents have been elected to take charge of the Monthly Parent Meetings in the centre. The subject for the meeting was Child Rights. Parents were encouraged to send a full and nutritious meal in their tiffins. Some of them feel it has become our responsibility!



6) Katha Peti Lec-Dem at CCRT, Dwarka Jan Madhyam Government School Teachers from all over the country attended this session to understand how to use storytelling with colourful visuals in the class room.



7) Safety during natural Disaster Disaster Mangement Team An expert team came to train all of us including parents. Fire safety, earth quake management, CPR.

8) Child Rights Shashank Shekhar Parents were informed about the rights of their children and those in difficulties. There was an excellent question and answer session and information sharing about guardianship laws. .



9) Staff Training Jolly Rohatagi How to bring quality in your work. How to make Individual Plans and TOC's

Nutrition Training Programme

This cooking class is an opportunity to train, teach and develop these young trainees. Each one has made enormous progress through the medium of cooking. Sullen Victor is now smiling as he shares his cooking with all- "happy" he looks it and says it too.

Shreyansh is on the way to becoming independent in the kitchen. His mother gives him ample opportunity at home. We see that in the videos she shares proudly.

Disha is not only an accomplished cook but also quite a leader and organiser. She could be a future assistant teacher.



Nimma is very skilled but lacks confidence and initiative. Her family has to encourage her a lot more. For us she is a Star.

So is Meenakshi. Except that she moves like a turtle and is very moody. With the result at home her Mother loses her patience, but in Jan Madhyam she is fully functional! Everyone appreciates her perfect cleaning up.

Sheetal also has huge emotional issues and is very moody. She suffers from rejection and it shows in her work and behaviour.

By cooking together, they are all learning about nutrition and better cooking practices.

Nutrition to All Trainees

Food at home (in the homes of our trainees) is lacking in variety and nutrition. No wonder they have less energy and complain often of aches and pains. They are often ill



and absent. All these are reasons enough to supplement their diet with a Nutritious snack daily.

We keep track of their weight and height (measured every 3 months)

Parents complain that children only want fast food like Chowmein and pizzas. This is a common complaint. This is why an understanding of nutritious food and its importance is key to good health.

The menu is jaggery, sprouts, chana and multi grain khichdi.

Parents now report that their children have developed a taste for “ordinary” food.

This training is also given to Mothers in their meetings.

A Nutrition Expert: Ms. Anjali also came to give some guidance on this subject.

Craft and Clay Activities

This is a wonderfully refreshing after dry tiring studies.

They even make scrap books and crafts at home, not just in JM.

Clay is seasonal, as Diwali approaches, clay is readied, pounded, sieved, kneaded and then finally shaped into beads, diyas, Ganesh moorti's and anything which children want to make.

Actually, it is very therapeutic not only for the small muscles in the hands, but also for those who have anger issues....

You can beat the clay without hurting anyone! A great outlet.



Children who come to Jan Madhyam Aya Nagar Centre simply do not have the space in their homes or neighbourhoods to play games.

And we all know how important it is for their development.

JM has added regular games to its daily timetable

Besides this a brain gym activity is also fun and equally important for at least 5 minutes daily. Staff and children enjoy these together. Teachers remain in touch with their childhood and even parents join in sometimes.

Some games: Hoola Hoop, blind man's buff, catch, ball games...



Vipassna and Meditation is a regular feature.



Celebrations

15th Aug, Rakhi, Janmashtami, Teachers Day, Ganesh Chaturthi, Gandhi Jayant, Blue Skies and Clean air day

In these celebrations a new element was added: showcasing other the traditions, agriculture, food, costumes and culture of different states.

The four states showcased this time: Assam, Kerala, Madhya Pradesh, and Kashmir.



Medical Issues:

Many of our children have emerging or ongoing health issues. These issues are often neglected as the families are struggling to find work and food. These children need support. Jan Madhyam is trying to raise funds to support them:

- 1) Sandhya has a deformity in her spine. She will soon need corrective surgery.
- 2) Jennifer is intellectually challenged and also suffers from severe diabetes. Her parents are not able to understand her needs.
- 3) Himanshi has a growth in her chest. The parents have neither time nor resources to get her regular treatment.
- 4) Prachi seems to have a problem with her liver. She rarely eats. It is no surprise that she complains of a constant stomach ache, or head ache.

Garden has been readied for planting winter vegetables
With the help of older trainees.

Vocational Training: a new avenue is being explored. It is a combination of recycling and earning- bricks and flower pots made with cement and waste plastic bags are being developed.

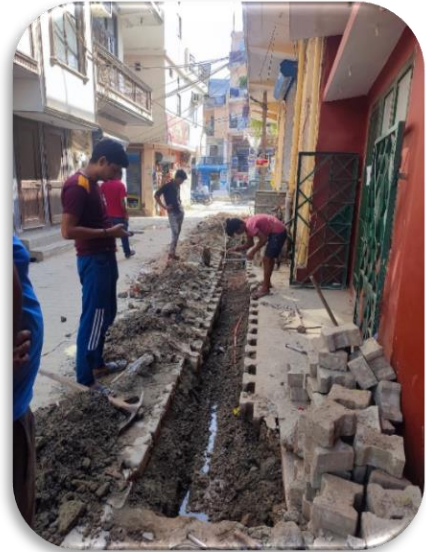


New Scholars were selected from the Aya Nagar Government School:

1. Tushar
2. Deepak
3. Roshan
4. Rohit
5. Keshav
6. Dilshad
7. Sandhya
8. Sushma

These students were also recommended for educational support.

Intensive Maintenance and repair work was done at our Aya Nagar Centre -Including whitewashing.



Gonda and Basti Centres

Now that schools have opened children have less time for Jan Madhyam. To keep them engaged, information about recycling and environment through Craft activities were given regularly.





They made wall hangings, braided mats with waste cloth, dolls, paper pencil boxes, paper flowers, macrame baskets, string baskets. Turning waste into useful or beautiful items. This was besides the Maths, Hindi, Geography etc.
Teachers Day was also celebrated and on

Theatre activities for confidence building. A Five senses game: blindfold and taste, smell and touch.
the village children have gone really far and performed for large audiences in Schools and Administrative offices.
For them it was a huge milestone in confidence and achievement.
JM work in the village is getting them places. Their theme was Sanitation. Children created a performance on this theme and took it to Schools in neighbouring villages.

August 15th an unusual play was performed by the young trainees: Do not overuse your Mobile Phone. The parents were very impressed.



The feedback from parents has been very positive. They can see the improvement in their children. Specially Girija,Anurag,Vipin are now taking interest in their studies.

Donation in Kind was received from: