

# **CHILD GUIDANCE CENTRE**

DR. ZAKIR HUSAIN MEMORIAL WELFARE SOCIETY  
JAMIA NAGAR, NEW DELHI-110025.

## **ANNUAL REPORT AND ACTIVITIES 2020-21**

Child Guidance Centre, a functionary of Dr. Zakir Hussain Memorial Welfare Society has been working predominantly for the lower socio-economic neighbourhood of Jamia Nagar. Following both the clinical and community-based approach it offers diagnostic – cum- therapeutic services to children with special needs apart from academics it also caters to various mental, physical and motor requirements by providing a host of services like speech therapy, vocational training and counselling.

Following are the activities and reports of year 2020-21:

This pandemic has wreaked havoc on most of our lives. Yet, there are certain sections of the society that are more impacted than the others. Children with special needs are one such category. Due to complete lockdown from 23rd March 2021 all the school activities were hampered. We have started online classes from 20th April 2021 which are still going on. Apart from teaching, different activities and festivals were celebrated and observed online.

### **1-Eid Celebration (25th May 2020)**

Eid party was held on 28<sup>th</sup> May. Students were well dressed and had favourite dishes in front of the mobile. They played, danced, sang and spread happiness through their lovely smiles and wishes.

### **2-INDEPENDENCE DAY CELEBRATION (15th AUGUST 2020)**

Independence Day was celebrated on 16th August. Children presented cultural programmes, patriotic songs and dance virtually. They were dressed in saffron, white and green coloured depicting their love for tricolour and nation. They show different activities prepared by them like colouring the surrounding in tricolour with balloons, flags, scarfs and others.

### **3-TEACHERS DAY CELEBRATION (5th SEPTEMBER-2020)**

Teacher's Day was celebrated on 5th September to mark the birthday of the country's former president, scholar and philosopher Dr. Sarvepalli Radhakrishnan. Some students played the role of teachers in their respective classes. Students showed their Affection to their favourite teacher in the form of cards and speeches. During the tough time of lockdown teachers have been their lockdown mentors. They supported and helped them through online classes and tests. This year respect for teachers world-wide has grown immensely.

#### **4-Hindi Diwas (14th SEPTEMBER-2020)**

Child Guidance Centre celebrated HINDI DIWAS on 14th September with great enthusiasm. Children wholeheartedly participated in the activities and showcased them via posters. The program was hosted to celebrate the richness of this beautiful language. A video presentation highlighting the importance of the day was forwarded to the children of all the classes.

#### **5-Ozone Day (16TH SEPTEMBER-2020)**

Ozone Day was on 16th September every year. It is observed to celebrate and spread awareness among the people about the depletion of the ozone layer and search for possible solutions to prevent it. Students emphasized the importance of ozone in protecting the earth from harmful ultraviolet rays of the sun. They spread awareness through posters, cards and pictures in front of the camera.

#### **6-COVID-19 Awareness Programme.**

Child Guidance Centre created an awareness programme to help the parents and children in preventing and controlling the spread of Covid-19. The programme was based on the guidelines shared by organizations such as UNICEF & WHO. To make parents and children more aware about this condition, the Child Guidance Centre created virtual awareness about wearing a proper mask, following hand hygiene and social distancing. This is the alert to be safe with proper precaution.

#### **7-Gandhi Jayanti (2nd October-2020)**

Gandhi Jayanti was celebrated in the Child Guidance Centre by children dressing up as Gandhiji as well as performing the patriotic songs. They recite poems based on the truth and non- violence message of Bapu. They shared posters of Gandhiji, Charkha, Flags to spread the messages of Mahatma Gandhi.

#### **8-World Cerebral Palsy Day (6th October-2020)**

World Cerebral Palsy day was celebrated on 6th October 2020. Staff of Child Guidance Centre parents of special children attended a webinar conducted by National Institute for the Empowerment of persons with Intellectual Disabilities. Speech pathologist and audiologist Mr. Sanjay Kumar from C.G.C. took a very informative session with other renowned speakers.

#### **9-World Mental Health Day (10th October-2020)**

World Mental Health Day is observed on 10th October every year. This year WMHD comes at a time when times have changed due to Covid-19 pandemic. Mental illness of brain that causes disturbances in thinking, behaviour, energy and emotion that makes it difficult to cope up with

the ordinary demand of life. The overall objective was World Mental Health issues around the world. A mental health culture online speech was given by teachers to help students feel safe both physically and emotionally. Students shared their feelings through posters and activities. Teachers encouraged students to talk about their feelings.

### **10-Global Handwashing Day (15th October-2020)**

Global Handwashing Day is observed every year on 5<sup>th</sup> October. The theme of GHWD 2020 is "Hand Hygiene for All". It is a platform of awareness on the importance of hand washing with soap. Handwashing with soap is an easy, effective and affordable way to prevent diseases and some illnesses. Students of the Child Guidance Centre participated online with innovative activities and videos of preventive measures. There was an online positive response from students.

### **11-World Students Day (15th October-2020)**

Child Guidance Centre celebrated World Students Day on October 15 to commemorate the birth anniversary of former president Dr. A.P.J. Abdul Kalam. The theme of the World students Day 2020 was " Learning for people, planet, prosperity and peace." Students shared their views, pictures and posters of "Missile Man".

If you fail, never give up because FAIL means "FIRST ATTEMPT IN LEARNING". END means "EFFORT NEVER DIES." NO means "NEXT OPPORTUNITY ". Let's be positive- Dr. A.P.J. Abdul Kalam.

### **12-World Disability Day (3rd December-2020)**

World Disability Day is observed internationally on 3rd December. It aims to increase public awareness, understanding and acceptance of people with disabilities and celebrate their achievement and contribution. The theme for 2020 is " NOT ALL DISABILITIES ARE VISIBLE". There are so many people living with traumatic injuries as well as Autism Spectrum Disorder. Covid 19 has disrupted many from society.

There is much more focus in character development and education in school. For general public it is a time to put themselves into their shoes.

### **13- Half-Yearly Exam (14th December to 19th December -2020)**

Learning shouldn't stop at any cost, not even because of lockdowns. Here is a brief evaluation of several developmental domains of learning in special children. After going through online classes, we must use a variety of assessments and strategies together with relevant functional, developmental and academic information about the child. It's important to examine all areas of a child's functioning to determine his educational and functional needs. This full evaluation includes evaluating the child's health, vision and hearing, social and emotional status, general

intelligences academic performance, communication skill and motor skills. The evaluation is sufficiently done by special Educators and Therapists in presence of Psychologists.

#### **14-PARENTS-TEACHER MEETING (22nd December 2020)**

Parents –teacher Meeting was held on 22nd December 2020 at 10.00 am to discuss the problems and progress of the children. By sitting down and having one-to- one conversations with students and their parents, teachers can more directly communicate student’s progress, assess strength, their needs and offer advice and solutions to continue students' advancement. Parents also communicate their thoughts and feelings about their child’s education. PTM is a platform for both parents and teachers.

#### **15-Christmas Celebration (25th December 2020)**

Christmas was virtually celebrated on 24th Dec with great zeal and enthusiasm. Spreading the message of love and joy children danced to joyful tunes. They were holding Christmas Trees and Santa in their hands. There was a carol presented by some children. The boundless joy of celebrating the festival was visible on the faces of all the children.

#### **16-National Girl Child Day (24th January 2021)**

National Girl Child Day is observed annually on January 24th to raise awareness about the rights of the girl child and importance of their education, health and nutrition. It is an initiative of the ministry of women and child development. Girl students from the Child Guidance Centre celebrated virtually by taking posters and slogans like “ Beti Bachao Beti Padhao.” Teachers give the messages to find the way to promote equality between boys and girls, educate and sensitize boys to respect girls as equal members of society.

#### **17- Republic Day (26th January 2021)**

Child Guidance Centre virtually celebrated 72nd Republic Day. Patriotic songs, speeches are organised online by special children. This year's Republic Day celebration was short and simple due to the pandemic situation. Teachers displayed activities, crafts, drawing and in the same manner students displayed their works, activates on Republic Day.

#### **18-World Water Day (22nd March 2021)**

World Water Day is observed on 22nd March every year to focus on the importance of freshwater. The theme of World Water Day 2021 is “Valuing Water”. World Water Day is celebrated to take action to tackle the global water crisis. Students of Child Guidance Centre virtually

celebrated though watering the plants, drinking clean and safe water, washing hands and clothes etc.

### **19-Principal-Teacher Meeting (13th March 2021)**

Department of Teacher Training and Non-formal Education (I A S E), Faculty of Education , J.M.I has organised the yearly Teachers Principals meet-2021 on 13th March through online on Google Meet Platform. The Principal, CGC, was invited to attend the webinar. The objective of the webinar was to make the Internship effective. As we are the important partners in executing their internship program our participation was more important for them. It benefits their students professionally. They were highly obliged to our centre for cooperating

## Speech and Language Development

Speech therapy is an integral part of special school. The therapist identifies the specific deficits in the child and suggests activities and therapies that help the child to perform and communicate in more useful and functional way.

In Child Guidance Centre speech and language pathologist holds screening, diagnosing and treatment as a professional therapist.

Following are the activities, exercises and therapies which the therapist takes during the sessions for special children.

**Table 1**

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
<b>Oral Motor Development</b> <ul style="list-style-type: none"> <li>• Lips exercise</li> <li>• Tongue exercise</li> <li>• Hard Palate exercise</li> <li>• Soft exercise</li> </ul>	<b>Phonological Configuration</b> <ul style="list-style-type: none"> <li>• Vowels</li> <li>• Consonants</li> <li>• Cluster</li> </ul>	<b>Articulation Examination</b> <ul style="list-style-type: none"> <li>• Coordination movements of lips</li> <li>• Respiratory exercise.</li> </ul>	<b>Fluency</b> <ul style="list-style-type: none"> <li>• Very fluent</li> <li>• Fluent</li> <li>• Disfluent</li> <li>• Very disfluent</li> </ul>	<b>Rate of Speech Test</b> <ul style="list-style-type: none"> <li>• Fast</li> <li>• No</li> <li>• Normal Slow</li> </ul>	<b>Voice</b> <ul style="list-style-type: none"> <li>• Normal</li> <li>• High</li> <li>• Low</li> <li>• Loudness</li> </ul>	<b>Phonation Duration</b> Production of vocal sounds & speech

**Table 2**

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
<b>Language Development</b>	<b>Writing Skill</b> <ul style="list-style-type: none"> <li>• Words</li> <li>• Sentences</li> </ul>	<b>Receptive Expressive Examination &amp; Vocabulary Development</b>	<b>Hopscotch Word Fun</b> <ul style="list-style-type: none"> <li>• Write target</li> </ul>	<b>Hide &amp; Seek with Words</b> <ul style="list-style-type: none"> <li>• Word cards</li> <li>• Pronunciation</li> </ul>	<b>Vegetative Function Development Exercise</b> <ul style="list-style-type: none"> <li>• Chewing</li> </ul>	<b>Lungs Air Hold Capacity Exercise</b> Breathing exercise

		<ul style="list-style-type: none"> <li>• Imitation</li> <li>• Speak sound</li> </ul>	<ul style="list-style-type: none"> <li>• Sidewalk</li> </ul>		<ul style="list-style-type: none"> <li>• Sucking</li> <li>• Spitting</li> <li>• Biting</li> <li>• Drooling</li> <li>• Decreasing exercise</li> </ul>	
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## COUNSELLING

Counselling and Assessment is an integral part of the Child Guidance Centre (CGC). Assessment of the students both at the time of admission and every year on a regular basis, to keep an update of the child is done.

Counselling is done on a regular basis. Individual and group counselling of students and parents is done. Counselling and assessment play a vital role in disability rehabilitation. Parents need professional help to resolve issues and concerns pertaining to their child's condition. Parents are given guidance to understand the nature of developmental delay/ intellectual Disability and the needs of the children at different stages of life so as to promote harmonious development of the child in the family setting.

Counselling sessions are conducted for parents keeping in mind **ethical issues** and quality time is spent to unearth the repressed feeling of pain and loss. This session helps parents to accept the reality and learn to live with challenges.

Assessment at the initial level that is at the time of admission, includes different tests, depending upon the requirement of the child, school and parents. Overall assessment is done.

Child Guidance Centre's special school has categorized students into different groups based on the latest categories given under persons with Disability Act, by Rehabilitation Council of India (RCI).

The training and educational programme focuses on the overall development of the students.

The academics related issues of the students are dealt with by the Special Educators of the centre and behavioural issues and Activity of Daily Living (ADL) programmes are taken care of by the Psychologist. Treatment consists of therapy and self-care. Self-Care included Physical Exercise and Special Education, Activity of Daily Living (ADL). Therapies include Physical Therapy, Speech Therapy, Support Group etc.

During the Pandemic 2020-2021, online counselling was done. Online sessions were done for each individual child. Parents were an active participant in these sessions:

Parents were guided about the different methods adapted by the school for teaching

Parents were also instructed how to maintain the child's schedule during the day so that child remains active during the sessions and online class

Different days like Autism Awareness Day 2nd April, Teacher's day (5th September), World Environment Day (5th June), Independence Day (15th Aug.), National Sports day (29th August), Global Handwash Day (15th October), World Disability Day (3rd December) etc.

Students were instructed to make cards, posters, plant trees etc

Significant improvement in children have been reported by parents in follow up sessions.

**EACH CHILD IN EACH CATEGORY IS SUBJECTED TO INDIVIDUAL DIFFERENCES.**

Each individual child’s intervention and counselling is based on the level of his/her disability – mild, moderate, severe.

**Different Categories of Students**

DOWN SYNDROME	INTELLECTUAL DISABILITY	SPEECH AND LANGUAGE PROBLEM	DEVELOPMENTAL DELAYS	MULTIPLE DISABILITY	AUTISM SPECTRUM DISORDER (ASD)	CEREBRAL PALSY (CP)
<p><b>Intervention:</b></p> <ul style="list-style-type: none"> <li>● Early intervention programme includes</li> <li>● Speech Therapy – the Centre provides speech therapy on a regular basis to each child.</li> <li>● Physical Exercises Therapy (Under Supervision when appropriate)               <ul style="list-style-type: none"> <li>● Motor Skill –</li> <li>● Fine Motor</li> <li>● Gross Motor Recreational Activities</li> <li>● Activity of Daily Living (ADL)-</li> <li>● Emotional and Behavioural Therapy.</li> <li>● Social Skill Training</li> <li>● Parental Counselling</li> </ul> </li> </ul>	<p><b>Intervention:</b></p> <ul style="list-style-type: none"> <li>● Early intervention programme</li> <li>● Special Education Programme</li> <li>● Teaching with using different mediums of learning</li> <li>● Speech Therapy</li> <li>● Parental Counselling</li> </ul>	<p><b>Intervention:</b></p> <ul style="list-style-type: none"> <li>● The Psychologist in this teaches the children using flash cards, visual stimulus etc</li> <li>● Speech Therapy</li> <li>● Parental Counselling</li> </ul>	<p><b>Intervention</b></p> <ul style="list-style-type: none"> <li>● Early Intervention Programme               <ul style="list-style-type: none"> <li>● Motor Skills</li> <li>● Fine Motor</li> <li>● Gross Motor</li> </ul> </li> <li>● Activity of Daily Living</li> <li>● Speech Therapy</li> <li>● Special Education programme</li> <li>● Activity of Daily Level (ADL )</li> <li>● Parental Counselling</li> </ul>	<p><b>Intervention</b></p> <ul style="list-style-type: none"> <li>● Early Intervention programme</li> <li>● Parents are counselled regarding the multiple issues, on a regular basis.</li> <li>● Group activities are conducted with children who fall in this category</li> <li>● Activity of Daily Level (ADL )               <ul style="list-style-type: none"> <li>● Teaching Using different medium                   <ul style="list-style-type: none"> <li>● Visual</li> <li>● Auditorial</li> <li>● Tactual</li> </ul> </li> </ul> </li> <li>● Speech Therapy</li> <li>● Parental Counselling</li> </ul>	<p><b>Intervention</b></p> <ul style="list-style-type: none"> <li>● Early Intervention programme</li> <li>● Social Skill Training</li> <li>● Parents Management Training</li> <li>● Treatment of Co-occurring conditions</li> <li>● Speech Therapy</li> <li>● Parental Counselling</li> <li>● Group Counselling</li> <li>● Individual Counselling</li> <li>● Parental counselling</li> </ul>	<p><b>Intervention</b></p> <ul style="list-style-type: none"> <li>● Treatment is based on motor skill training</li> <li>● Fine Motor</li> <li>● Gross Motor</li> <li>● Special Education Programme</li> <li>● Speech Therapy</li> <li>● Parental Counselling</li> </ul>

**Annual Sports Day**  
**Society for the Welfare of Special Children**

<b>Sl.No</b>	<b>Name of the Competition</b>	<b>Year</b>	<b>Name of the Event</b>	<b>Name of the Participant</b>	<b>Position</b>	<b>Medal/Certificate</b>
1.	Annual Sports Day Delhi Society for the Welfare of Special Children	15 <sup>th</sup> Nov 2019	Ball in the bucket	Bashar Mujeeb		Consolation Certificate
2.	Annual Sports Day Delhi Society for the Welfare of Special Children	15 <sup>th</sup> Nov 2019	Joining the rings	Danish		Consolation Certificate
3.	Annual Sports Day Delhi Society for the Welfare of Special Children	15 <sup>th</sup> Nov 2019	50 mtr race	Arman Khan		Consolation Certificate
4.	Annual Sports Day Delhi Society for the Welfare of Special Children	15 <sup>th</sup> Nov 2019	Musical Chair	Faiza		Consolation Certificate
5.	Annual Sports Day Delhi Society for the Welfare of Special Children	15 <sup>th</sup> Nov 2019	Ball in the Bucket	Mohd. Kaif		Consolation Certificate
6.	Annual Sports Day Delhi Society for the Welfare of Special Children	15 <sup>th</sup> Nov 2019	Bottle Balancing race	Saquib		Consolation Certificate
7.	Annual Sports Day Delhi Society for the Welfare of Special Children	15 <sup>th</sup> Nov 2019	Obstacle race (50 mtr)	Noor Ali		Consolation Certificate
8.	Annual Sports Day Delhi Society for the Welfare of Special Children	15 <sup>th</sup> Nov 2019	Relay race (100 mtr)	Mohd. Kaif +Noor Ali & Saquib		Consolation Certificate

**Annual Creative Contest**  
**Very special Arts India**

<b>Sl.No</b>	<b>Name of the Competition</b>	<b>Year</b>	<b>Name of the Event</b>	<b>Name of the Participant</b>	<b>Position</b>	<b>Medal/Certificate</b>
1.	Annual Creative Contest	28 <sup>th</sup> Feb 2020	Doll making	Mohd. Kaif & Noor Ali	II	Silver
2.	Annual Creative Contest	28 <sup>th</sup> Feb 2020	Flower arrangement	Danish & Bashar		Consolation Certificate
3.	Annual Creative Contest	22 <sup>nd</sup> Feb 2019	Landscaping	Danish & Bashar	II	Silver
4.	Annual Creative Contest	22 <sup>nd</sup> Feb 2019	Gift Wrapping	Arman Sajid & Saquib	III	Bronze