

# ಸಾರ್ಥ್ಯ SAMARTHYA

## SAMARTHYA

### ANNUAL REPORT



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Samarthya believes that people with special needs are being stigmatized and wrongly labelled as “disabled”. This infers that they are not abled and less of an individual or less of a productive participant in society. In reality they are just differently abled or Persons with Disability or people with special needs. We want to change this attitude and hence are using the right aforesaid terms.



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## REMEMBERING N S HEMA

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We lost our beloved mentor N S Hema on 8<sup>th</sup> April 2016. Hema was instrumental in promotion of Samarthya as an independent entity. Samarthya owes its understanding of the innate sense of dignity, self-confidence and competence that drives vulnerable people through its working relationship, to Hema.

As a guide and supporter from the beginning she has helped us shape our values and made us who we are today. Her faith in us has brought us this far and Samarthya will strive to keep her ideals alive.



We deeply mourn her departure; she has been a mentor, a well-wisher and her example will guide us and many persons with disabilities whose lives she has touched, for years to come. Her triumph and success will continue to inspire Samarthya and generations of persons with disabilities.

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## ABOUT US

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Samarthya is an independent wing of Samuha, an organisation with projects dedicated in community development in many districts of Karnataka, with a goal to improve the quality of life of disadvantaged sections, established in 1989.

Initially formed as resource group, Samarthya has become a legal entity since 2013 and its aim is to reduce the incidence of disability and ensure that Persons With Disability (PWDs - children or adults) of the community achieve their maximum potential and therefore lead an independent and meaningful life.

Samarthya currently runs four different centres in the districts of Koppal and Raichur and an outreach clinic in Yelaburga, while our services are accessed by PWD from across North Karnataka.

During this year together with our partners and supporters we have impacted lives of **2,816** persons with disability across **348** villages in Raichur and Koppal districts of Karnataka.

### Objectives in service of PWDs

- To ensure early identification, prevention, treatment and rehabilitation of PWDs
- To provide therapeutic services and therapeutic skills training to PWDs, their families, and all stakeholders to enable independent living, among PWDs.
- To provide aids and appliances to increase the functional ability, and environment modification for adaptability
- To provide appropriate vocational skills training and placement services aiding to economic independence
- To facilitate SHGs/ Federation of PWDS and their care givers; empowering them to have a united voice to demand their rights; to have a support group for all needs
- Establishment of social rehabilitation centre for persons with Spinal Cord Injury (SCI)
- Promotion of inclusive education among deaf children and programmes designed to empower deaf youth
- To network, lobby and advocate with core aim to create an inclusive society

*Samarthya runs several projects catering to a wide array of needs. The purpose of this annual report is to present to you different projects*



undertaken by Samarthya and offer you a comprehensive overview of the year 2016-2017.

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## EARLY INTERVENTION (EI) CENTRE

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Samarthya has supported **110** children in its Early Intervention Centre, Koppal during 2016-17 in partnership with Samuha, Koppal and APD, Bangalore. The Centre continuously aims at addressing development delays in children as early as possible in order to prevent or minimise same.

In order to identify developmental delays early on Samarthya works closely with ASHA workers, RBSK, VRWs and MRWs for referrals and makes sure they are aware of issues through continuous engagement and training. The centre has effectively increased network with government (Asha, RBSK, Health Department) during the year aside from achieving increased referrals from doctors and NGOs.

Once referred to, the families visit Samarthya EI centres with the child. The staff members at the centre then conduct detailed assessment, counsel and train parents regarding right therapies for child to the parents. In most cases the parents then help child do the suggested exercises at home. Children are brought in for regular check-ups until needed. In some cases where special attention is needed Parents are asked to bring child regularly to centre for therapy by our trained staff or they conduct regular home visits to continue therapy.

### ***DISHA Centre (Koppal)***

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Samarthya, in line with National Trust scheme - DISHA, has started its own centre during November 2016. DISHA Centre caters to children with disability and their families through day care and offer school readiness centre together with therapy support. Samarthya operates this program as partner of SAMUHA.

**Currently are 18 children are enrolled in DISHA centre, Koppal.**

### ***Achievements in 2016-17***

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#### **Children**

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(Donations to Samarthya are exempted under U/S 80G of the income Tax Act 1961)





**As part of this programme 300 Deaf children** (age below 14 years) **were supported this year.**

### ***Deaf young people programme (DYP project)***

In order to support DYP (age between 14 to 24 years) Samarthyia operates a community based project and in addition conducts several short stay camps in a year.

One of the main objectives of the project is advocacy and this year Samarthyia facilitated a meeting between DYs and their parents along with the Deputy District Commissioner, Koppal district in order to draw attention to the 3% reservation fund to be spent for hearing aids (behind the ear), appointing of sign language teacher, issues related to pension and new employment opportunities for DYs.

Groups of DYs also performed several street theatre shows in villages in order to increase the public acceptance and awareness for deaf people.

### ***Achievements in 2016-17***

- **370** DYs and **300** DCPs covered under the programme
- **61** children were evaluated during the Audiogram and Early Intervention camp for deaf in partnership with Dr. S. R. Chandrasekhar Institute of Speech and Hearing, Bangalore (90 % identified with severe hearing loss)
- **350** ICDS/school teachers/IERTs received training on inclusive education
- **11** DYs participated in 10<sup>th</sup> standard supplementary examination. **Seven** DYs passed
- **10** Deaf club members were invited by Utsav organizers to perform Bharatanatyam and Mime show
- Deaf club members gave **nine** programmes in Schools and communities through mime shows and action songs.
- GiftAble India organized training for **48** DYs & parents on personal hygiene and health.
- Starkey Foundation with Red Cross conducted camp in Devadurga, Koppal and Bangalore providing BT hearing aids to **83** Hearing Impaired (HI) children

### **Training**

- After training staff is effectively using GIS/MIS in DYP programme
- Dr. Shanthrada Krishna from Wagdevi Foundation, Bangalore trained staff on deaf education



- Resource person from Dr. Chandrasekhar Institute, Bangalore conducted training for staff about deaf education

### **Funding**

- Taluk Panchayath Devadurga and Red Cross Koppal sponsored buses for HI children to go to Bangalore to get hearing aids

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## **FUNCTIONAL ADAPTATION (FAD)**

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The aim of FAD is to make mainstream life accessible for PWD. This mainly starts with home designed with adaptations as per individual need of PWD. This for example includes constructing ramps, accessible toilets or widening a door so it can be used with a wheelchair at homes, etc. As there is need for custom design as per individual need, one full time staff is dedicated to screening villages and planning new adaptations.

The project is now also striving to make the local governments more aware of the situation and all the needed adaptations mandated under the law and are starting to include advocacy as its second responsibility.

### ***Achievements in 2016-17***

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- 22 FAD adaptations for 12 members in villages completed
- Improved accessibility in SRC

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## **ORTHOTIC AND PROSTHETIC WORKSHOP**

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Samarthya's Orthotic and Prosthetic Workshop are located in Deodurga, Raichur and Koppal. Mobility is one of the most important factors that enrich quality of life of a PWD. Although India is a long way in creating adaptations such that mobility is not a concern for any PWD to participate in the mainstream activities, in order to achieve the highest degree of mobility in the current situation Samarthya supports its beneficiaries with custom made solutions to best fit individual needs.

This can mean providing a crutch or a wheelchair or artificial limbs. No two persons are the same so the technicians always try to come up with new innovative ideas or ally with other workshops across the state exchanging the new ideas and techniques and cater to orthotic and prosthetic needs of individual as much as possible. Depending on the financial situation of the client Samarthya meets a shortage of funds through fundraising.



## Achievements in 2016-17

- Aids and appliances produced during the year for **330** PWD (Koppal, Raichur and Devadurga)
- **303** PWD received repair services
- IcoTech Machine was installed aiding to improved quality production
- The workshops at Koppal and Deodurga were renovated with the financial help of Ms Andrea Mendoza
- Taluk Panchayath Mudugal sponsored aids and appliances worth of **Rs. 1,02,000** camp **21** people benefited



Samarthya special chair for children

## CARERS GROUP

To achieve recognition, inclusion and support services like social, physical, emotional and economical quality of life for Carers of persons with disabilities and mental health issues we facilitate organized groups of care givers, PWDs self-help groups, Deaf clubs, Taluk/district/ state level federations and network. They have a united voice to advocate for the rights of PWDs to accessibility and Government schemes.

### **Till Date**

Our first phase of working in Koppal taluk is completed with support from Carers Worldwide for three years. We cover **60 villages** of 15 out of 35 Gram Panchayath in Koppal under the program. Although there are many more carers, we work with select **300 carers** who are most vulnerable in these 60 villages. We began with a baseline study to understand the issues and the needs of family carers. The activities included:

- Formation of self-help groups - **10 SHGs** at the village level and **2 SHGs** at the city level (one SHG comprises of **15 carers**) and one Carers Federation at the Koppal district level.

The carers federation was registered under the Societies Act 1960 this February 2017.

- Alternative livelihood training - on craft, tailoring, embroidery, paper envelope making, animal husbandry were given and creating home based work opportunity, for ex. distributing envelopes to medical stores covering **5 carers**. **22 carers** received have also sewing machines. Though income is small, it has reduced the economic burden and increased confidence. The carers now work when the child is resting.
- Enabling through alternative arrangements such as DISHA centre at the city level which **15 carers** access. When the carers attend city level meetings they leave their children at DISHA centre or at the Early Intervention Centre. For rural areas, the Carers Federation is trying to access fund from the 3% allocation for disability in the Gram Panchayath to open a Day Care Centre.
- Carers health needs are met by providing counselling services, medical referrals and organizing annual health camps.
- Training to carers in physiotherapy, nutrition, use of appliances, caring techniques to improve their skills and knowledge that will help the carer and the care recipient.
- Home based support with counselling, medical follow-up, guidance, share information and help access Government schemes. **50 carers** have been enrolled under the Niramaya health insurance scheme and **45 carers** registered for Swavalambana health insurance scheme.
- Creating structures of support - formation of SHGs for mutual co-operation, sharing with each other, support each other
- Creating awareness and advocacy through training doctors and NGOs, Panchayath and Asha workers; awareness drive Jatha during celebration of Carers Day; development of case stories and short video films for use in education and training; on-going advocacy with the Government to increase awareness on the issue, carers needs and their recognition

### ***Achievements in 2016-17***

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- **276** carers covered
- **12** active carer groups (3involved in savings and loans) enrolling **150** Carers
- **60** villages covered in Koppal
- Carers association promoted in Koppal
- Income Generation support to **5** carers



- Vocational training to **10 carers**

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## **SOCIAL REHABILITATION CENTRE FOR SPINAL CORD INJURIES**

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Samarthya operates a short term residential facility - Social Rehabilitation Centre (SRC) for people with Spinal Cord Injury (SCI) with objective “to promote social inclusion of persons with spinal cord injuries to enable and empower them to become contributing members of the society”.

People with spinal cord injuries face a lot of problems due to lack of mobility appliances, skills to adapt, inaccessible environment, further they also suffer from many physical discomforts like pressure sores and psychological conditions like depression; hence SRC aims and structured rehabilitation based on individual need at the facility to enable and empower them with information, therapy physiotherapy, paramedical support, independent living skills, aids and appliances environmental adaptations and linkage with social security benefits. The facility can be availed by 15 men per batch for up to three months

### **The facilities available during the period**

- Comprehensive clinical assessment, individualized rehabilitation plan, therapeutic services, mobility support (such as wheelchairs, cushion mats, callipers, crutches, walkers and waterbeds, etc).
- Training in knowledge and skills on skin care, bladder and bowel care, bed mobility, balance, transfer from wheelchair to bed independently.
- Practice hygiene, dressing and catheter usage.
- Exercises for upper limb strengthening, trunk, balance and better mobility
- Professional counselling and psychological therapy as needed.
- Orientation on rights, Disability Acts in India and other entitlements.
- Caregivers training programme to create support system in their homes.

### ***Achievements in 2016-17***

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- **42** persons with SCI received services for three months each
- FM Radio Station Hospet interviewed the wards to create awareness



- **169** persons with SCI received home based rehabilitation services in Koppal and Raichur through CBR project
- **11** IGPs support
- **42** mobility aids provided
- Nutrition bank and compost training provided to **35 DYPs** and **9 staff** member where SCI clients make vegetable seeds pockets and Caregivers are using it in kitchen gardens
- Established a nutrition bank at Samarthya SRC campus for papaya, Kari leaves, and lemon and drumstick plants. (372 Plants distributed and 46 solar lights sold in the communities so far)

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## TAILORING CENTRE (KOPPAL)

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In order to improve economic condition of families with members with disability, Samarthya operates a tailoring training centre. Trainees complete a six month basic training course and start with simple tailoring work. Samarthya also provides the families with a sewing machine enabling them to work from home, which is the only option for caregivers of children with disabilities.

Trainees have option to take up more advanced courses and to continue to acquire new skills. Former trainees have also formed a Self-Help Group promoted by Samarthya. The group meets every month and operates a money saving and lending schemes for members with short term financial problems.

### ***Achievements in 2016-17***

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- **22** candidates benefited from 7 regular training and 15 refresher courses
- **13** were helped to obtain sewing machines
- Two SHGs with 24 members functioning actively
- Members attended World Women's Day programme



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## WOMEN WITH DISABILITY

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As Women with Disability need protection and more support as they are even further denied rights due to gender bias; they often face social, legal, and practical barriers in claiming their human rights on an equal basis compared to their male counterparts. Samarthya ensures that women with disability receive equal attention and believes in equal opportunity for women.

Samarthya in partnership with SMRC, Orissa and CBR Network, Bangalore work with women with disability across project area ensuring:

- Zero tolerance against domestic violence on women with disabilities
- Promotion of health rights of women with disabilities
- Awareness of Schemes and laws on gender issues and disability rights for Women with disabilities

### *Achievements in 2016-17*

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- **140 women** with disabilities covered
- All **140 women** attended **seven training programmes** conducted
- **29 women** started small business in sheep rearing, petty shop, etc
- **20 women** received mobile phones
- **50 women** accessed counselling service

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## OTHER CBR ACHIEVEMENTS

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- **39 short stay camps** participated by **219 people with hearing impairment, 25 persons with spinal cord injuries and 35 mentally challenged** persons
- Home-based services covered **1197** people
  - **670 deaf** children/young people
  - **171 persons** with spinal injury
  - **155 children** with cerebral palsy
  - **45 children** with loco motor disability
  - **43 children** with visually impairment
  - **42 children** mentally challenged
  - **26 persons** with mental illnesses
  - **45 other disability children**



- **300 caregivers**
- **6,500** calendars, sign language charts, aids appliances, Spinal cord, early intervention and parents' group activities, pamphlets distributed
- **247 Children** and adults successfully accessed Government schemes for monthly pension, identity card, Aadhar card, opening bank account etc.
- Medical camps for **442 EI children** and **35 SCI**
- **210 beneficiaries** were sanctioned a total of **Rs. 2,93,375** out of the **423** applicants under Niramaya Health Insurance scheme
- Software **Goonjan** for Early Intervention and SCI, and **GIS/MIS** for DYP used effectively
- Swalambana health insurance camp held for **60 participants**
- Computer training and English class held for women staff members with donation from a Canada volunteer.
- **2 Carers** and **1 PWD** from Koppal got state awards

**Lobby** The project promoted **two** deaf clubs, **four** parents groups and **one** carer's federation.

Pratidwani, a DPO (Disability Persons Organization) received **Rs. 50,000** from TP to organise world Disability Day at

## SUPPORTERS TO SAMARTHYA

Samarthya receives extensive support from individuals from different walks of life by means of training, services to PWD and support staff members. We thank each supporter and well-wisher for being by our side and extending your support. Here are few of such visits and support received by Samarthya this year:

- Mr Umed and Ms Maria, Physiotherapists from Spain visited SRC and provided physiotherapy training for the staff
- Mr M R Manohar provided counselling service and staff training
- Ms Hilary Crowley and Ms Lesley Schwab, Board members of SODA visited the organization in the month of December. SODA volunteers developed CP and SCI training Manuals
- Three SCI volunteers stayed for 11 months at Samarthya. Three new volunteers are now with us (FAD, Workshop and DCP).



- 16 Canadian Physiotherapist and Orthotic technicians visited and conducted training programme for the staff (with training manuals)
- 12 members are doing Portage training with CBR Network
- Two staff members are doing RCI Rehabilitation Council of India courses with APD
- Organization development assessment was completed by Mr Venkatesh and Mr Madaiah from HID - Human Institution Development Bangalore

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## REACH

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Disability	Total	Male	Female
Loco-motor	<b>1161</b>	658	503
Speech & Hearing	<b>736</b>	413	323
Visual	<b>72</b>	42	30
Mentally Challenged	<b>50</b>	26	24
Cerebral palsy	<b>378</b>	250	128
Multiple	<b>24</b>	16	8
Mentally ill	<b>24</b>	16	8
DD	<b>131</b>	76	55
SCI	<b>240</b>	199	41
<b>Total</b>	<b>2816</b>	<b>1696</b>	<b>1120</b>

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## THANKING DONORS

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Samarthya takes this opportunity to convey its heartfelt gratitude to each donor for continued support and faith. Your steadfast support reassures us that we can ensure Persons With Disability can live with dignity, have access to equal opportunities and improve quality of life.

- Individual donors (Above Rs. 10,000)
  - Mr Niranjana Khatri
  - Dr. Ravindranath A Bhoji
  - Mr Renukardhya USA,
  - Mr B V Venkatesh
- Institutional donors



- SODA
- Lesley
- Anthony and Olive Travers
- DCW
- APD
- CWW
- National Trust
- Give India
- Taluk Panchayath Devadurga,

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## WAY FORWARD

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Samarthya looks at an ambitious growth in order to strengthen its services to PWD across project areas and beyond. Continued support from funders, well-wishers and volunteers has helped us get this far and with your support we look forward to strategic growth in coming years. We seek support from you in

- Developing and strengthening identity of Samarthya by appointing a functional Governing Board, revisiting vision and mission to develop a strategic direction and strategic plan for growth.
- Building and strengthening second line leadership. Revisiting roles and responsibilities of staff and board ensuring strengthening women leadership within organisation
- Strengthening existing systems through capacity building of staff, enhancing the human process skills and performance appraisal mechanism. Exclusive leadership training to top and middle level management increase performance of the organisation and effective task management



## Contact Us

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