

ANNUAL ACTIVITIES REPORT

APRIL 2019-MARCH 2020



HANDICAPPED DEVELOPMENT FOUNDATION MANIPUR

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INTRODUCTION

HD Foundation Manipur is a non-profit making NGO established in 1999 and got the status of a registered trust under the India Trust Act 1882 under registration number 387 of 2002 in the state of Manipur, India. Our motto is Live, Liberty & Sacrifice. Our Objective is the Social Inclusion of Persons with Disabilities by providing educational assistance, livelihood promotion activities, community awareness, health care services, parents counseling, legal aid, etc. working with the PWDs and their family members, village community and social activist of the State and National & International Non- Government Organization. HD Foundation envisages a welfare society where poorest of the poor, weaker section and especially the handicapped persons of the society could enjoy with full justice and democratic values in life.

In the past 20 years of our dedication, commitment, & meaningful intervention had improved the quality of life for hundreds of the persons with disability across the state. We recognized the rights of every individual irrespective of their physical strength and mental ability to lead a life of dignity and self-respect in a just and equitable society, and the need to develop the capacities of individuals and communities to improve the quality of their lives and enhance their ability to negotiate from a position of strength that would come from being educated, in good health and having the capacity to be engaged in productive works.

Motto of the HD Foundation: Life, Liberty and Sacrifice.

Trust area: Disability, Health & Education, Women and Child, Aged, Weaker section of the society.

Vision: The Handicapped Development Foundation envisages a welfare society where persons with Disabilities to integrate in the mainstream society, poorest of the poor and weaker section of the society could enjoy with full justice and democratic values of life.

Mission: The Handicapped Development Foundation as an effective partner with the community envisages a sustainable society towards the fulfillment of disabilities welfare, people's health, economic, education and gender justice.

OUR ACTIVITIES AT A GLANCE:

1. Health Care and Rehabilitation Centre (HCRC).
2. Direct Child Assistant (DCA).
3. Awareness and Workshop Program
4. Vocational Training Program.
5. Extra-curricular activities for building self-confidence to restore regular life in the mainstream society (Children Day program, Cultural program, Picnic Program, Literary Meet, Parents Meet, Participate Painting competition).
6. DPO Activities.
7. Digital Library.
8. Office outside programme attended

OUR PARTNERS AND COLLABORATORS:

1. Social Welfare Department, Govt. of Manipur
2. National Trust, India.
3. Jan Vikas Samiti, Varanasi, India.
4. Mobility India
5. Motivation India
6. Disable People's International.
7. National Disability Network.
8. National Centre for Promotion of Employment for Disabled People (NCPEDP)
9. Disability Commissioner.
10. North-East Disability Alliance.
11. CBR Network.

OUR FUNDERS:

1. Jan Vikas Samiti – Liliane Fonds,
2. Foundation Innocent Smile, Netherland.
3. National Trust, Ministry of Social Justice and Empowerment, Govt. of India.
4. Social Welfare Department, Govt. of Manipur.
5. Donation from public and sympathizers.
6. Members subscription
7. Trustee's contribution

OUR ACTIVITIES IN DETAILS - (2019-20)

1. HEALTH CARE AND REHABILITATION CENTRE (HCRC)

At Present the Centre is providing physiotherapy and speech therapy to 25 needy Children with disabilities. Most of the children are Cerebral Palsy and they are economically poor that they cannot afford for fees to the therapist. The Foundation is providing the therapist to the 0 – 25 years with free of cost. Also we are proving them 50% of the transportation fare. HCRC was opened from the 10th September 2012.

Rehabilitation work i.e. physiotherapy, speech therapy, occupational therapy, Learning foundation, home based therapy, medical checkup and parents counseling. Seeing the need of early intervention to children with disabilities for their bright future, the Integrated Day Care Unit was set up on the 10th August 2016 as a unit under Health Care and Rehabilitation Centre run by Handicapped Development (HD) Foundation, Manipur. **Our organization** provides some of the physiotherapy, speech therapy, occupational therapy, Learning foundation, home based therapy, medical checkup and parents counseling. Play therapy is also a method of meeting and responding to the mental health needs of children and is extensively acknowledged by experts as an effective and suitable intervention in dealing with children's brain development. In our day care center play therapy has been performed every Wednesday as a schedule.



Type of Therapy- Physiotherapy & Speech Therapy



Play Therapy

PARENTS MEETING FOR DAY CARE

Every month we are discussing with parents of day care of national trust disabilities. Mainly we have to discuss problems faced by the children and what are the progressed. Our organization also provides home base counseling program.

2. DIRECT CHILD ASSISTANT (DCA).

Since September 2012, HD Foundation started Direct Child Assistance with the support of Jan Vikas Samiti, Varanasi & Liliane Fonds, Netherland. HD Foundation supported 59 Children in terms of Health, Education, Vocational training, and social empowerment. At present the foundation is supporting to 59 Children with various disabilities below the age of 25 years. We also provide home base therapy to those who are not able to come to the center.



Home Base Therapy

3. AWARENESS AND WORKSHOP PROGRAM

Handicapped Development Foundation organized awareness and workshop in different districts for health, education, disability, accessibility etc. We have worked for the persons with disabilities till achieving our goal in mainstreaming them and enabling environment. We strongly believe that this awareness and workshop will give great impact to the society to change a better society. Main objectives of the awareness are to be a better and develop society where each and every person could get full opportunities and equal participation. Some awareness and workshop program was organized in this year are given below:

3.1 TRAINING AND AWARENESS PROGRAMME ON ENTREPRENEURSHIP SKILLS FOR YOUNGSTERS WITH DISABILITIES

Handicapped Development (HD) Foundation, Manipur, has been organizing one month "Training and Awareness Programme on Entrepreneurship Skills for Youngsters with Disabilities" at Handicapped Development Foundation office premises, Manipur, Imphal West. On Thursday, 16th May 2019, the opening ceremony of the training was launched at Handicapped Development Foundation office premises, Manipur, Imphal West at 10.00 am. Around 50 trainees was participated the training programme. The presidium members were present the programme - P. Loken Singh- Chairman, Manipur Industrial Development Council (MIDC) Imphal, Y. Raghumani Singh, Retd. General Manager DIC, Chief consultant MIDC and Dr. Ch. Rupachandra, Chairman, Handicapped Development Foundation. The presidium members gave speech one by one. The main objective of the training was to improve entrepreneurship Skills for Youngsters with Disabilities and promote economic developmental activities for the benefit of income generation.

The training programme was done for one month. Under this training programme the expertise was taught how to make fancy candles and paper bag making in a cost-effective manner. During the training, expertise was also taught about marketing, costing, budgeting, pricing and promoting the products. We have worked for the persons with disabilities till achieving our goal in mainstreaming them. We strongly believe that this awareness and training will give great impact to the society to change a better society.



3.2 TRAINING AND AWARENESS CUM 'SAARTHI' DEVICE DISTRIBUTION TO HELP THE VISUALLY IMPAIRED COMMUNITY

Handicapped Development Foundation in association with Torch Electronics Pvt. Ltd. was organized the event **“Training and awareness cum “Saarthi” device distribution to help the visually impaired community on Saturday, the 25th May, 2019 at Conference Hall of Ideal Blind School, Takyel.**

The programme was started at 11:15 a.m. Around 150 participants were present the training and awareness programme. The dignitaries present in the ceremony were Shri, Banti Konthoujam, Joint Director, Social Welfare Department, Government of Manipur as Chief Guest, Y. Premlata Devi, Head Mistress, Government Ideal Blind School, Takyel and Mr. Hunny



Bhagchandani, CEO Torch-It, Ahmedabad, Mr. Thiyam Ram Singh, Vice Chairman, Handicapped Development Foundation, Manipur. The programme was started at 10:30 a.m with the Candle lightning by the dignitaries. After that the opening dance was performed by Children of Integrated Day Care Centre, HD Foundation, Manipur. And welcome and keynote address was presented by Dr. Sapam Jasowanta. The training program was also provided the team of Torch-it Ahmedabad. The program was concluded 3.30 pm. Around 500 persons with visual impaired was distributed **“Saarthi” device in all state of Manipur.**

3.4 NATIONAL FORTNIGHT EYE DONATION CAMPAIGN 2019

Handicapped Development Foundation, Manipur, SAKSHAM Manipur Prant and Sports Association for the Visually Impaired Manipur was jointly organized “**National Fortnight Eye Donation Campaign 2019 (25th August 2019 to 8th September 2019)**” in this year. **The opening ceremony was organized on Sunday, the 25th August, 2019 in the premises of Govt. Ideal Blind School, Takyel.** The programme was stated at 2 p.m. and

around 120 persons was present the programme. The dignitaries present in the ceremony were Dr. Rajkumar Ranjan Singh, Hon'ble M.P, Inner Manipur Parliamentary Constituency as a chief guest, Dr. R.K Kumarjit Singh, State Commissioner for Persons with Disabilities, Manipur and Dr. Palin Khundongbam, Chairman cum Managing Director as a Guest of Honour and Ngangom Uttam Singh, Director Department of Social Welfare, Manipur, as a president. The programme was



started at 10:30 a.m with the Candle lightning by the dignitaries. The Welcome & keynote address was given by Dr. Sapam Jasowanta Singh, Secretary General, Handicapped Development Foundation, Manipur. Then the Chief Guest declared the opening of National Fortnight Eye Donation 2019. Next there was a speech one by one. It is a great & noble venture. They should encourage and make aware of the important of eye donation. Extremely happy to attend this programme organized with a noble cause. They need to work united to give vision to many. They wish to promote more to more towards the control of blind. It is good effort/step to move forward for the value supplies of the state.

3.5 12TH FORTNIGHT BARRIER FREE CAMPAIGN 2019 (17TH TO 31ST OCTOBER 2019)

Handicapped Development (HD) Foundation, Manipur, has been organizing “Barrier Free Campaign” every year since 2008 with main objective to create an environment that is accessible and useable by everyone in the society including the people with disabilities.

Opening Ceremony of the Campaign:

The Handicapped Development Foundation, Manipur started '12th Fortnight Barrier Free Campaign 2019' at the premises of Department of Social Welfare, Imphal. On Thursday, 17th October 2019, the Campaign was launched by Director Department of Social Welfare Ngangom Uttam Singh of the opening ceremony.

Around 120 people participated in the opening ceremony of the 12th Fortnight Barrier Free Campaign 2019. Dr. Laishram Bina Devi had conducted the Programme. The programme was started at 1:00 a.m. And Welcome and Keynote Address was presented by Dr. Sapam Jasowanta, Secretary General Handicapped Development Foundation, Manipur, highlighted the importance of creating a barrier free and accessible society. He said that the foundation has been organising the barrier free campaign since 2008 with the main objective of creating an environment that is accessible and usable by everyone in the society including people with disabilities. "People should focus more on the abilities of individual rather than his/her disabilities. After that Director Department of Social Welfare, Ngangom Uttam Singh released poster and leaflets for the campaign. The Director of Social Welfare express about the significance of the campaign, the Director said that all offices, public places, educational institutions etc should be made accessible and PWD (persons with disabilities) friendly. Creating a barrier free environment for the differently abled persons is a must to ensure safety, obstacle free movement. Besides removing the physical barriers that restrict the abilities of the differently abled persons, people should also change their attitude and thinking towards them, he said hinting that helpful gestures and understanding their (differently abled persons) needs would provide them with a more constructive and friendly environment. The vote of thanks was presented by Dr. N. Jina Devi, Staff HDF, Manipur.



Awareness Campaign

As a part of the Campaign, HD Foundation organized awareness campaign in different school, college, bank and different department. The name of the areas as follows:

Sl.	Name of Place
1	Markets
2	Government Buildings
3	Banks
3	Colleges/Schools

Posters and Leaflets:



3000 Posters were pasted, 3000 leaflets were distributed in public places across the state in different districts like Imphal East, Imphal West, Tamenglong, Bishnupur, Thoubal, Kakching, Chandel, and Churachandpur to create awareness to the masses.

Conclusion: This Barrier Free campaign brings equality in the society and awareness was given barrier free environment need to be projected as matters related not only to persons with disabilities but to all sections of society. HD Foundation worked for the persons with disabilities till achieving our goal in mainstreaming them and enabling environment.

3.6 SCHOOL ACCESSIBILITY ASSESSMENT

HANDICAPPED DEVELOPMENT FOUNDATION, MANIPUR has conducted School Accessibility Assessment Campaign survey on “Welcome to School Case” at different location in 5 schools. The main focuses of the study were the facilities available in the school, student & teachers friendly welcome the children with disabilities, problem faces of the teacher for learning the children with disabilities and problem and suggestion. Our Project team



members visited at different schools and parents of the students to collect the information. Each visited involved interviews with relevant teaching staff as well as a task also done of the students and measuring the school facilities.

The lists of the schools are as follows:

LIST OF SCHOOLS			
Sl.	Name of the School	No. of Students	No. of Disability Student
1	Sapam Leirak Primary School	13	2
2	Awang Khunou Upper Primary School	21	3
3	S.K Ideal Government School	126	3
4	Kebol High School	179	None
5	The Pettigrew Junior High School	68	2
	Total	407	10
<i>Note: Most of the children with disabilities were Intellectual Disabilities, Locomotors and Cerebral Palsy</i>			

In light of the fact that in many areas the infrastructure of schools was found severally lacking it is critical to ensure that all the facilities for schools. Providing more adequately for school buildings and building infrastructure is important so that teaching can be done in a healthy environment. Every school need school accessibility plan, which shows how they plan to improve accessibility for special educational needs pupils and when these improvements will be made. It will outline how the school will be improving the physical environment, make improvements in the provision of information and increase access to the curriculum.

3.7 HEALTH AWARENESS & WORKSHOP TRAINING ON PARENTS, AGANWADI WORKERS AND ASHA AT TAMENGLONG

Handicapped Development (HD) Foundation Manipur in association with Handicapped People Association, Tamenglong organized one day “Health Awareness and workshop Training on parents, Anganwadi and ASHA workers” on 15th February 2020 at Tausem, Tamenglong District, Manipur. The Programme was started 10.00am. Around 70 persons was present the programme. The presidium members gave speech one by one. In rural areas, there is a preponderance of certain health problems incidences of certain types of mental health problems and degrees of health problems associated with the physical nature of work in rural primary industries. One of the reasons why women succumb to reproduction related complications is lack of timely transportation to the nearest hospital. The government also mainly focused this issue and provides related health care facility in rural areas. The discussion was over at 3.00pm.



4. VOCATIONAL TRAINING PROGRAM

4.1 SKILL DEVELOPMENT TRAINING PROGRAMME ON PWDS AT HDF OFFICE AND NONEY.

Handicapped Development (HD) Foundation, Manipur has been conducting the vocational training program on paper bag making for Person with Disabilities as a regular programmed with the main goal to sustain livelihood and upgrading their talent at HDF office and Noney. Around 100 Persons with Disabilities was provided the training program. The details are given below:

Name of Place	No. of Participants
HDF Office	50 persons with disabilities
Noney	50 persons with disabilities



4.2 ADVANCE INTEGRATED ENTREPRENEURSHIP DEVELOPMENT PROGRAMME (AIEPD) ON CANDLE MAKING

Handicapped Development (HD) Foundation, Manipur, has been organizing one month “Training Programme on Entrepreneurship Skills for Youngsters with Disabilities” at Handicapped Development Foundation office premises, Manipur, Imphal West. The training programme was done for one month. Under this training programme the expertise was taught how to make candles. During the training, expertise was also taught about marketing, costing, budgeting, pricing and promoting the products. We have worked for the persons with disabilities till achieving our goal in mainstreaming them.



5. EXTRA-CURRICULAR ACTIVITIES FOR BUILDING SELF-CONFIDENCE TO RESTORE REGULAR LIFE IN THE MAINSTREAM SOCIETY

5.1 139TH BIRTH ANNIVERSARY OF HELEN KELLER

The Handicapped Development (HD) Foundation, Manipur, in association with Disabled and Destitute Children Welfare Association, *Andro Western Baruni Road Youth Club*, Parents & Guardians Council of People with Disabilities and SAKSHAM Manipur Prant was celebrated the 139th Birth Anniversary of Helen Keller on Thursday, the 27th June 2019 at Andro Karam Leikai Community Hall, Imphal.

Y. Shajou Khuman, Chairperson, Andro Municipal Council, Th. Saratkumar Singh, - President, Parents & Guardian Council for People with Disability, R.K Kumarjit, State Commissioner for People with Disabilities, Govt. of Manipur, Thiyam Ram Singh, Vice chairman, Handicapped Development Foundation, as President, Guest of Honour respectively. The chief guest of the function Ho'nble Minister could not turn up to the function because of his busy schedule. The programme was started 11:30 am. The celebration was attended by around 120 participants which includes persons/students/children with disabilities, parents, Officials of Social welfare departments, members from other NGOs and local Meira paibi etc. The celebration starts with floral tributes to photo of Helen Keller, followed by opening rhymes by children with disabilities (mostly with Cerebral Palsy) of our integrated day Care Unit. Different Dance and rhythms were also presented our children with disabilities. The Saarthi also distributed the local people.



5.2 3RD CHILDREN DAY CELEBRATION

Handicapped Development (HD) Foundation has been organized 3rd time Children Day Celebration on Thursday, 14th November 2019 at Unity Park, Khangabok, Imphal East. The programme was started at 11.30am. On this children Day programme around 20 disable children and their parents was attended.



Children's Day was celebrated to increase the children talents and motivated the children (Persons with Disabilities). Children's day is a special day for our children. One of the most special days of the year for a child is children's day, which is dedicated entirely to the children. It is a day that is unique day and gives the opportunity to make lifelong memories. Children displayed various solo dances, grouping dance, rhymes and fluting performance. HD Staffs also participate in these functions in order to show their love and affection for children. Gifts were distributed to the children (Persons with Disabilities) participate in this programme.

5.3 WORLD DISABLED DAY OBSERVATION

The Handicapped Development (HD) Foundation, Manipur observed International Day of Persons with Disability under the theme "Empowering Persons with Disabilities and Ensuring Inclusiveness and Equality" at Handicapped Development office premises on Tuesday the 3rd December 2019.

The programme was attended by around 70 participants which includes Persons with Disabilities, Parents, Others members, Handicapped Foundation Members and Staffs. The presidium members present in the function were: Th. Saratkumar Singh, - President, Parents & Guardian Council for People with Disability, Ch.



Rupachandra Singh, Chairman Handicapped Development Foundation Manipur. The Programme was started 11.30am. The presidium member express that the rights and well-being of persons with disabilities to increase awareness of the situation of persons with disabilities and explain Disability RPD Act 2016.

There are various kinds of disabilities; all people need try to empower strengths equally to all disable persons. This is a programme organized to bring equality in the society. The Programme was successfully organised as we could give message to build the empowering persons with disabilities for an inclusive, equitable and sustainable development as part of the 2030 Agenda for Sustainable Development.

5.4 ANNUAL PICNIC

Every year we bring the children in different place. Picnics are the perfect opportunity to make the physically challenged children feel loved and heard. The fresh air does wonders for the children's mental health. Spending time outside is shown to reduce levels of anxiety and lower levels of activity in the parts of our brains related to mental illness. A picnic on a



sunny day also aids in vitamin D and calcium absorption, which helps to build strong bones and teeth and helps prevent diseases. We also went for a picnic with the kids to a picnic spot where nature meets well designed & decorated place which is perfect for the kids. The name of the place is "Sangkai" kamjong district. It is located at the foot of a hill. The children were extremely happy and played their heart out. It was an amazing experience for us as well. Eating with the children on a picnic makes them feel loved and cared with the delicious food. Their smiles meant a lot to themselves as well as the happiness made our day. It was an amazing experience for us as well.

STAFF TRAINING:

Every year our organization provide staff training program to improve their knowledge for enhancing the performance of the staff as well as the productivity of the organization. This is also very important as it can help in the professional development or career advancement of the employee.



DPO ACTIVITIES

ESTABLISHED SPORT ASSOCIATION FOR VISUAL IMPAIRED (SAVI)

Handicapped Development Foundation was established Sport Association for Visual Impaired (SAVI) on 5th January 2019 under the guidance of Dr. Sapam Jasowanta, Secretary General. The main objective of the established of SAVI is to encourage for visual impaired, develop players and eventually to form a national team. It is important that it should fulfill the needs of all people equally participates in the world. They are needed inspire support to increase their strength, encourage active participation and their future goal. Indian Blind Football Federation was organized Third North East Blind Football Tournament at Shillong on 24th January to 26th January, 2019. Our football team was also participated the tournament.



Blind Football Team Members

DIGITAL LIBRARY

Handicapped Development Foundation Manipur has now more than 40 books in Audio format for its Digital Library. The objective of developing the digital Library is to provide the books in audio format for the visually impaired students whose books are not printed in Braille script. There are many students with disabilities who could not get their higher education due to lack of their study materials and many of them could not afford for the reader fee. The foundation is trying to help those ambitious students with the little resource we have. The books in the audio format have been distributed to the beneficiaries at free of cost and the foundation also welcome others too to avail the same benefit.

Success Story

Child Name : Khumukcham Abenao Devi
Diagnosis : Cerebral Palsy
Age : 9 years

Before she could not sit herself, supine to prone lying and vice-versa, athetoid movement present, back extensors weakness and all four limb weaknesses and decrease in range, limb length discrepancy in right leg, abdominal muscle weakness, could not stand and walk independently. Our organization met with her in 2015 and since then she is under the support of JVS for physiotherapy, speech therapy, medical support and regularly, she is attending special school at our Handicapped Development Foundation Day Care. And most important is now she is going to a government primary school this year 2018.

At Present she is able to do sit-ups, can sit in squatting position for longer duration can walk independently, can climb stairs and getting down with hand support on the rail but her overall posture & balance need to be improved. And also her parents informed that she is very much improved in her daily activities of living such as eating (can eat by self but bit slow and bit difficulty), can do brushing, toileting, grooming, bathing (finishing need some support), dressing and undressing her clothes by self upto some extent. Moreover she can get down from bed by self for toileting, can walk in and around her house, she can now participate in social gatherings can dance also (not in proper way) and participated in our office functions, she wished to help her mother's household activities and sometimes even tried helping also. She can now ride a tricycle alone in her house court yard. She can play with friends. After seeing all these improvements for this child, her parents were very happy and still hoping to be an independent child.



Kh. Abenao Devi

THANKS AND BEST WISHES

Handicapped Development Foundation Manipur shall never underestimate the role of mass media both print and electronic for making the success of our programs. The Foundation thanks all its members and volunteers, persons or groups or associations who have help the foundation or the disable persons in building an equal society. The Foundation specially thanks all the sponsors and donors who extend physically, morally and financially for making success our activities.

HD Foundation Manipur extended the warm wishes to all, especially to the PWDs. May their wishes for self-reliability and self-dependent be fulfilled. Let's hope everyone takes the initiatives for mainstreaming the brothers' & sisters' with disabilities.



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