

**Sarvodaya Suwasetha**  
**Ananda Grero Memorial Resource Centre & Special Education Unit**  
**Thalpawila, Matara**  
**Project Proposal - 2019**



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1. **Project title :** Ananda Grero memorial centre for children with Special Needs, Thalpawila, Matara
2. **Project period :** 01-01-2019 to 31-12-2019
3. **Introduction**

Sarvodaya Suwasetha originally an initiative of the Lanka Jathika Sarvodaya Shramadana Sangamaya a concept of Dr A.T.Ariyaratne, as it's social welfare arm has gradually matured over time as a charity organization providing services to vulnerable segments in the Sri Lankan society .As an autonomous organization registered as Sarvodaya Suwasetha Sewa Ltd. It offers services to infants, children, youth, elders and persons with disabilities providing care and shelter when necessary and empowering them and guiding them towards a life with dignity as active partners within the community. Suwasetha manages child development centres, young mothers' home, elder's homes and vocational training centres for persons with disabilities spread out throughout the country.

The Sarvodaya Suwasetha Community Based project is an initiative within the umbrella group of Suwasetha initiatives targeting persons with disabilities /children with special needs. Suwasetha strives to affirm the rights of the disabled segment of the society thereby giving them the confidence and self worth to stand on their own in every sphere of life. The CBR project works in tandem with government, non-government officers individual activists and volunteer organizations working with and for persons with disabilities and children with special needs uplifting their economic conditions, education ,health etc to improve their lives and make them active partners in the country's civil life.

The CBR project also attempts to overcome prejudices by dissemination knowledge and making people more aware of persons with disabilities and their rights.

#### **4. Rationale and justifications**

The children with special needs and persons with disabilities have garnered attention of the state only about a decade ago. Although legislation was there for a long time the humane implications of disability had been overlooked for quite a long period. Suwasetha initiatives started have been serving persons with disabilities and children with special needs in a rural scenario where the communities are poverty ridden. For them disability is a condition is a matter for social stigma and secrecy. In addition their low incomes cannot afford to facilitate

services even if they are available and though medical services are available at government hospitals they do not have the economic strength to access them. Moreover their ignorance of available services with no information passed down to grassroots levels prevented them from realising the need to treat persons with disabilities as persons with any rights and freedoms as citizen of the country.

The Thalpwila centre hosts a special education unit for children with special needs and a shelter for women with disabilities. The services provided targeting these centres benefit not only those who are regularly there but others in the community as well.

## 5. Geographical area

The special education unit and the residential centre for women with disabilities are located in Thalpwila within the Matara divisional secretariat area of the district of Matara in the Southern province. Away from the ever busy town of Matara the centre dwells in rural surroundings close to the village temple.

## 6. General Objective - Health

Create a suitable environment for the children with special needs to gain the skills in daily living.

### 6.1 Sub Objectives

#### 6.1.1 Sub Objective

Help the children with special needs to acquire a mental and emotional condition appropriate to regularise the rehabilitation process and engage in a livelihood late in life by improving their mobility and speech skills.

#### 6.1.2 Sub Objective

Prepare the background to help them to develop a strong personality and a decent life style by training them to acquire good health habits.

## 6.2 Activities

Sub Objectives	Activities
6.1.1	6.2.1 Physio-therapy clinic 6.2.2 Speech therapy clinic 6.2.3 Occupational therapy clinics
6.1.2	6.2.4 <b>Medical (Health) clinic</b>

### 6.2.1 Physio-therapy clinic

Two (02) physio-therapy clinics will be held in the course of the year for the children attending the special education unit.

### 6.2.2 Speech therapy clinics

With a speech therapist as the resource person two (02) speech therapy clinics will be held in 2019 for the children attending the special education unit.

### 6.2.3 Occupational therapy clinics

One Professional therapy clinic will be held in the year 2019 for the children attending the special education unit and the adult women with disabilities in the adjoining center.

### 6.2.4 Health clinic

The Public Health Inspector from the M.O.H office will conduct the clinic measuring and charting the height and weight of the children attending the center. In addition the P.H.I will conduct an awareness programme on good health habits. The parents/carers of children attending the centre will also be made aware of numerous factors contributing to good health. Two health clinics have been planned for the year 2019.

## 6.3 Outcomes

Activity	outcome	Mode of measurement
6.2.1 Physio-therapy clinic	Mobility skills developed	Teacher in charge of the centre Physio-therapists parents
6.2.2 Speech therapy clinic	Motivated to take necessary steps to minimize speech difficulties	Teacher in charge of the centre Physio-therapists parents
6.2.3 Occupational therapy clinics	Children motivated to try to perform daily activities independently	Teacher in charge of the centre Physio-therapists parents
6.2.4 Medical (Health) clinic	Children with good health habits	Teacher in charge of the centre Physio-therapists parents

## **7. General Objective – Education**

Improve creativity, mental integrity, intellect and attitudes in children with special needs to interest them in education and thereby affirm their right to education.

### **7.1 Sub Objectives**

#### **7.1.1 Sub Objective**

Improve creativity through art, music and dancing and condition the mind to engage in education.

#### **7.1.2 Sub Objective**

Improve sensitivity through activities such as counting, identifying colours etc.

### **7.2 Activities**

<b>Sub Objectives</b>	<b>Activities</b>
<b>7.1.1</b>	<b>7.2.1 Training sessions for teachers to update their knowledge and skills to teach basic concepts to children with special needs.</b>  <b>6.2.2 Guidance for planning pleasant and attractive class rooms</b>
<b>7.1.2</b>	<b>7.2.3 Develop learning skills of children with special needs through an aesthetic approach introducing them to art music and dancing.</b>
<b>7.1.3</b>	<b>7.2.4 Guidance for the children with special needs attending the centre to strengthen the foundation necessary for formal education by improving their gross and fine mobility/ motor skills.</b>

#### **7.2.1 Training sessions for teachers to update their knowledge and skills to teach basic concepts to children with special needs.**

A number of teacher training sessions will be held for teachers serving in the special education unit. Knowledge on activities to teach writing and matching similar colours, shapes and letters, identifying numerals, quantities will be discussed at the training sessions.

### **7.2.2 Guidance for planning pleasant and attractive class rooms**

Instructions to create a stimulating environment through clean and attractive classrooms will be provided. In addition guidance and material assistance will be provided encouraging an effective learning approach.

### **7.2.3 Develop learning skills of children with special needs through an aesthetic approach introducing them to art music and dancing.**

Guidance and instructions and the funding will be made available to prepare children with special needs with talent to participate in divisional, regional and national competitions in art, music and dancing.

### **7.2.4 Guidance for the children with special needs attending the centre to strengthen the foundation necessary for formal education by improving their gross and fine mobility/ motor skills.**

Improve fine and gross motor skills through activities such as cutting paper using scissors, crushing and tearing paper, buttoning up clothing, pulling in zip, holding the pencil correctly and training the children in walking, sitting, running and jumping correctly.

## **7.3 Outcomes**

<b>Activity</b>	<b>Outcomes</b>	<b>Mode of measurement</b>
<b>7.2.1 Training sessions for teachers to update their knowledge and skills to teach basic concepts to children with special needs.</b>	learning developed	skills Feedback form completed by the participants at the conclusion of the sessions
<b>7.2.2 Guidance for planning pleasant and attractive class rooms</b>	Create child friendly environment to enhance learning skills in children.	Observing the teaching methods at surprise visits to the special education unit.

**7.2.3 Develop learning skills of children with special needs through an aesthetic approach introducing them to art music and dancing.** Improve children’s hidden talents. Certificates, trophies won at various competitions and variety entertainments

**7.2.4 Guidance for the children with special needs attending the centre to strengthen the foundation necessary for formal education by improving their gross and fine mobility/ motor skills.** Improve appropriate gross and fine motor skills. Subsequent evaluations and observations of progress achieved

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## **8. General Objective–Social**

Create the background to enable children with special needs to gain a pleasing personality to co-exist with family and the rest of the community.

### **8.1 Sub Objectives**

#### **8.1.1 Sub Objective**

Enable children with special needs to lead a normal life within the community by facilitating the children, their carers/family by building up their psycho-social environment.

#### **8.1.2 Sub Objective**

Create the space to strengthen their social connections by affirming their right to equal opportunities and equal rights.

#### **8.1.3 Sub Objective**

Facilitate the strengthening of the interrelationship between officials, professionals and carers to eradicate negativity among persons with disabilities and the carers and impart knowledge to help them to socialize their children.

## 8.2 Activities

Sub Objective	Activity
8.1.1	8.2.1 Counselling session
8.1.2	8.2.2 World children's day commemoration 8.2.3 New year festival 8.2.4 Year-end concert 8.2.5 Annual excursion
8.1.3	8.2.6 Parent-teachers' meeting

### 8.2.1 Counselling session

A counselling session will be held for the parents of children with special needs who attend the special education unit and the women with disabilities living in the center. The counselling for the parents will be to overcome their negative attitudes regarding socialising their children with disabilities. The women with disabilities who are disgusted with their condition and become depressed will be counselled to overcome their depression.

### 8.2.2 World children's day commemoration

This annual event is planned and implemented by the teachers of the centre with the help of parents and well wishers.

### 8.2.3 New year festival

The New Year festival is held before the school closes for the New Year holidays. The children experience traditional games and the New Year traditions and customs on this day. Children enjoy participating in the folk games held within the school premises.

### 8.2.4 Year-end concert

The yearend concert provides the children attending the school to showcase their talents to the parents and well wishers of the school. The concert is also a way of finding out about their progress in the course of the year

### 8.2.5 Annual excursion

The children with special needs and their parents/carers participate in the annual one day excursion organized by the teachers.

## 8.3 Outcomes

Activity	Outcome	Mode of measurement
Counselling session	Parents with strengthened minds	Comments made by parents before and after the session
Commemoration, festival	Children who are sociable	Progress reports



<b>and excursion</b>	,friendly and not afraid of the society	Comments by parents and teachers
<b>Parent teachers meeting</b>	Cordial relations between parents and teachers	Comments and suggestions by parents

## 9. General Objective – Empowerment

Contributing to create a set of children with the confidence to say ‘I can’, aware of their own strengths and weaknesses and self worth.

### 9.1 Sub Objectives

#### 9.1.1 Sub Objective

Produce children with special needs who have undergone mental, emotional and attitudinal changes for the better through activities for integration into society.

### 9.2 Activities

Sub Objective	Activity
9.1.1	9.2.1 Taking the children with special needs to a school where normal children study for interaction with peers 9.2.2 group activities 9.2.3 maintain progress charts

#### 9.2.1 Taking the children with special needs to a school/pre-school where normal children study for interaction with peers

Six(06) visits are scheduled to take place in the year 2019. The children attending the centre will be taken to other schools/pre-schools for interaction with peers in the year 2019. The visits will be to other schools or from other schools.

### **9.2.2 Group activities**

The children of the centre will be grouped into several groups to include children with a high level of progress, a middle level of progress and a low level of progress within the same group and activities connected to the subjects they have learned will be done by the groups. Two group activities will be done every month totalling up to 24 group activities for the year. The teacher/s will chart their progress in behaviour, interacting with other children, alertness etc

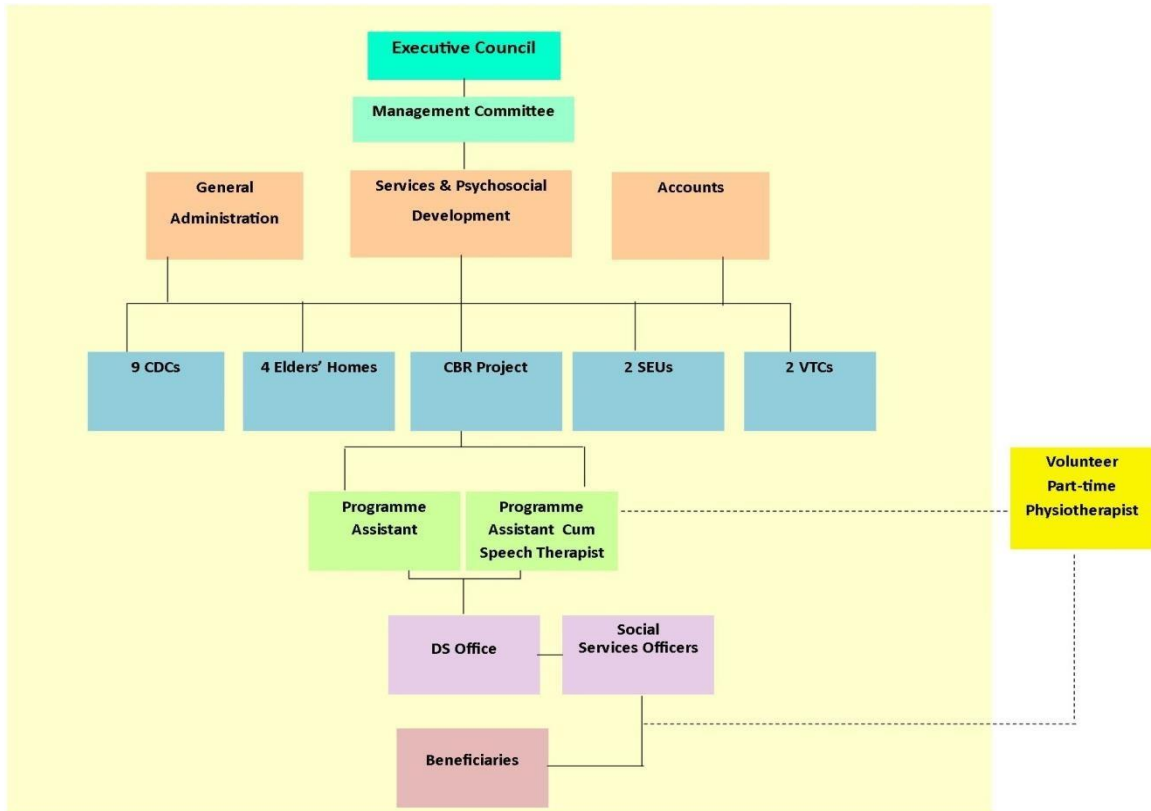
### **9.2.3 Maintain progress charts**

The teacher has a small note book allocated to every child to chart their progress. Apart from that stars are given to every child as they progress and the star charts are displayed in the classroom for children and parents to see. As a child shows progress in his/her daily activities stars are given every two weeks. Every month the star chart is renewed and at the end of the year all the charts are collected and perused to measure the child's progress.

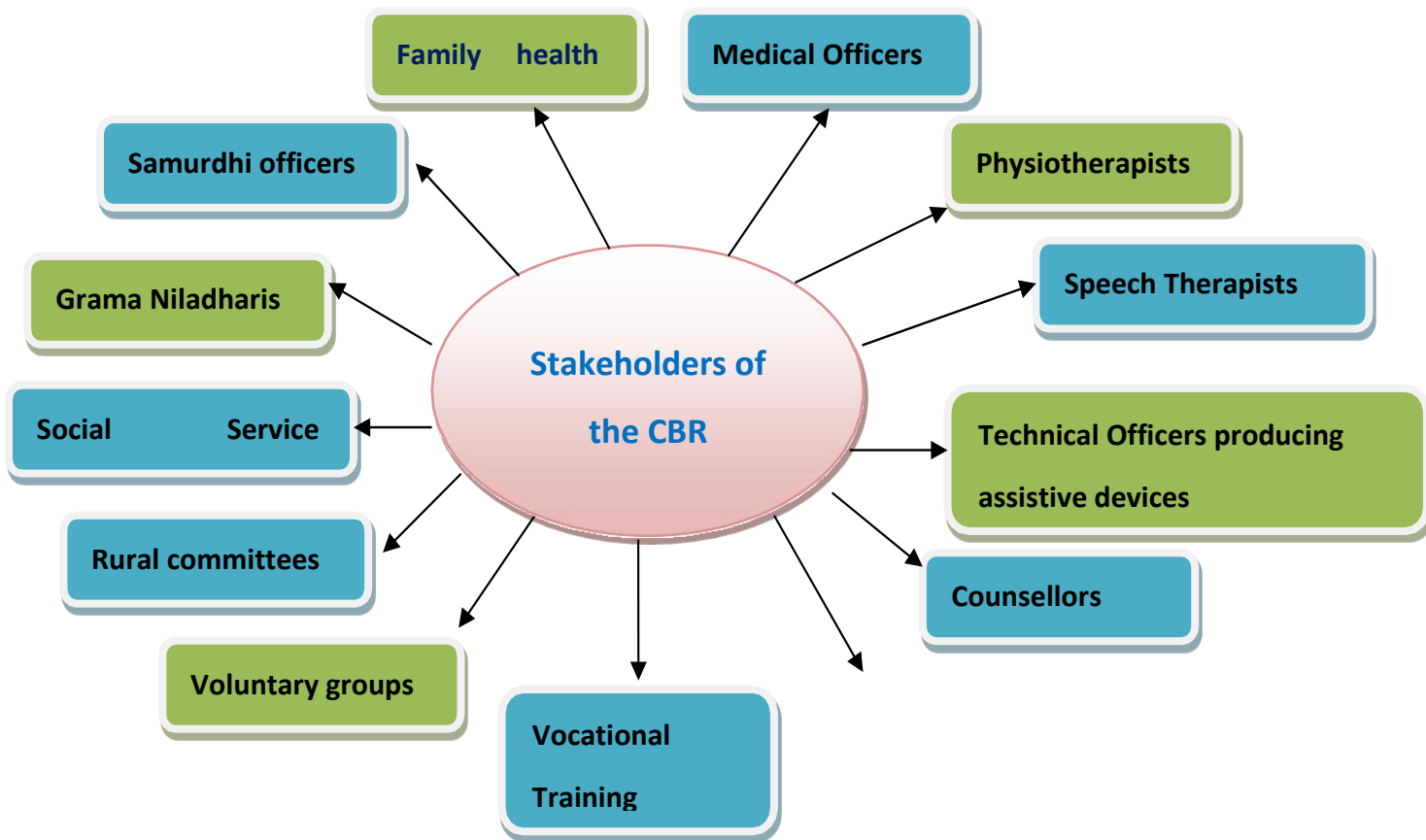
## **10. Project Approaches**

It is a scientifically proven fact that a person with disabilities faces numerous and diverse hazards and challenges in every aspect of life including but not limited to physical, psychological, behavioural, social etc. at every stage of his/her life. The adoption of a multispectral approach in community based rehabilitation seeks viable solutions to these complex problems. Lifelong rehabilitation is a valuable project approach which facilitates and enables persons with disabilities to awaken their potential and reach maximum levels of rehabilitation at different stages of life. Sarvodaya Suwasetha, in line with the Global human rights approach to delivering services has shifted its welfare oriented approach to a rights oriented one. The CBR project in particular has taken a conscious effort to empower persons with disabilities to practically enjoy the human rights that they are entitled to. The project has widened its scope to cover political and civil rights of persons with disabilities during the project period. We believe that the programmes implemented by Suwasetha CBR programmes offer quality services to this vulnerable sector of the society and we thank our donors for making it possible for us to forge ahead in our humanitarian journey.

## 11. Implementation Structure



## 12. The Stakeholders of the CBR programme



## 13. Monitoring and evaluation

Project activities will be evaluated while the while the project is in operation and at the end of the project period. The CBR team, teachers at the centre and the parents/carers will actively participate in these monitoring and evaluation process.

The CBR team will be visiting the Thalpawila centre once every two months. The teachers are expected to submit separate reports on the progress of each child to the CBR team and Suwasetha headquarters every month. The teachers have been instructed to report after the monthly parent teacher meetings so that any comments from parents could be included in the reports.

## 14. Activity Summary

General Objectives	Activity	No: of Activities	No: of Beneficiaries
<b>Health</b>	6.2.1 Physio-therapy clinic	02	20
	6.2.2 Speech therapy clinic	02	20
	6.2.3 Occupational therapy clinics	01	20
	6.2.4 Medical (Health) clinic	02	20
<b>Education</b>	7.2.1 Training sessions for teachers to update their knowledge and skills to teach basic concepts to children with special needs.	02	20
	7.2.2 Guidance for planning pleasant and attractive class rooms	02	20
	7.2.3 Develop learning skills of children with special needs through an aesthetic approach introducing them to art music and dancing.	02	20
	7.2.4 Guidance for the children with special needs attending the centre to strengthen the foundation necessary for formal education by improving their gross and fine mobility/ motor skills.	02	20
<b>Social</b>	8.2.1 Counselling session	02	20
	8.2.2 World children's day commemoration	01	20
	8.2.3 New year festival	01	20
	8.2.4 Year-end concert	01	20
	8.2.5 Annual excursion	01	20
	8.2.6 Parent-teachers' meeting	12	40

<b>Empowerment</b>	9.2.1 Taking the children with special needs to a school where normal children study for interaction with peers	06	20
	9.2.2 group activities	12	20
	9.2.3 maintain progress charts		