



# ANNUAL REPORT

## 2008-09

**Vikas** **Deepti**



**VIKAS DEEPTI**

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# **V I K A S   D E E P T I**

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*“Disability is a matter of perception. If you can do just one thing well, you’re needed by someone”*

*Martina Navratilova*

*“If you judge people, you have no time to love them”.*

*Mother Theresa*



Fr. Joseph Pais, SVD  
President, Vikas Deepti

**The** attention paid to a person with serious sickness, accident is incredible. Prayers are offered, sacrifices are made and good will is shown in every way possible for restoring life ignoring the differences of caste, religion and color of the individual. This only shows the dignity shown towards life as it is very precious and a gift from God.

Great and famed people in the society are noticed and esteemed while vast majority goes unobserved. One of such sections is the physically handicapped. Often questions may crop up like what is the use of getting closer to a person on a wheelchair, crutches, calipers etc. when there are lakhs to be looked after as they are useful. Why run behind a few handicapped as they won't be handy to the society? Thought provoking questions indeed but probably not answered in the way it should have been.

Vikas Deepti is a private NGO which thought of the above and began to extend its helping hand in terms of understanding the need, worth and hope of the physically challenged. Today it has three branches of service 1) Institutionalized Rehabilitation 2) Community Based Rehabilitation and 3) Leprosy Patient's Rehabilitation.

Vikas Deepti's experiences of 14 years shows that attention paid to the lonesome, demoralized, uncared etc brings in great rewards. It is all about showing bit more interest, concern and loving the ones whom the society thinks is worthless, family thinks is the burden and human beings look as not required. It is a matter of devoting quality time and energy coupled with sincere interest towards the browbeaten. If only one understands the precious gift of life given to each one and puts in efforts to preserve it, I am sure the society will be much better understood.

All over the world there are people who are compassionate, helping, understanding, loving and looking after the poor, weak and the uncared. They indeed are generous in terms of money, time, knowledge etc. What indeed if more would join such good souls?

The annual report 2008 – 2009 exhibits the efforts of Vikas Deepti to the physically challenged. It has made tremendous in roads to the lives of the physically challenged in the two blocks of Bargarh district so far. The remarkable hard work, perseverance and commitment shown has brought in values of compassion, love, kindness, benevolence, etc. It's efforts are evident in the following pages of this report. I wish every reader the experience of happiness and comfort at it's service to the physically challenged.



Fr. John Maliekal, SVD  
Director, Vikas Deepti

**I**n 1990 when a handicapped boy in the campus asked me, father should I go away as he thought I would not be able to support him in the changed circumstances, and I told him, "just wait". When I reflected on my bed at night on the question of the boy it disturbed me. I was wondering what can I do for the boy and further can I do something to similar children? When I shared my thought with a couple of my friends, they were very positive. This was the source of inspiration for me to look for a place to help out such persons. The thought took deep root in me and later on gave birth to Vikas Bhavan and later on Vikas Deepti – home for the physically handicapped.

Initially my dream was small – to rehabilitate 25 boys giving them personal attention & showering on them love, affection apart from all rehabilitation measures but as I shared my views with others and a plan was made to rehabilitate 80 physically challenged children with minimum infra structure:- physiotherapy centre, dormitories, kitchen and a dining hall. Our bishop Most Rev. Lucas Kerketta, SVD not only took keen interest in the project but gave us sufficient land and became the chief Patron.

I always felt God was with us in our ongoing journey. Thanks to Him as time went on Vikas Deepti has developed by leaps and bounds and support and encouragement came even from unexpected quarters. The Vikas Bhavan community has been very cohesive, thought provoking and intensely growth promoting. Every year we were able to add new facilities for the rehabilitation of the inmates and outsiders.

Soon we realized Vikas Bhavan cannot take care of the disabled children in and around us and therefore added one more service – CBR (Community Based Rehabilitation). On a trial basis we took part of Bargarh block, then the whole block Bargarh and Bhedan. This year we have ventured into Bhatli block thus embracing a total of over 2500 disabled children in an area of 1087.67 Sq. KMs.

I believe all that begins well will end well. I pray that the noble endeavor we have begun with the help and encouragement of so many good people and donor agencies will continue to provide rehabilitation and make the handicapped mobile, and empower. My sincere gratitude to one and all as many hands are required to make the handicapped whole and useful citizens.



Mr. John Barla,  
Treasurer, Vikas Deepti

## Three wings of Vikas Deepti

Vikas Deepti began working with 10 physically handicapped kids in the institution but now it has grown tremendously. It has got the following three wings;

### 1. Institution Based Rehabilitation:-

The whole intention of beginning the IBR was to instill life in the for lone physically handicapped children. The children who suffer from various deformities such as Polio, C.P & M.R, congenital deformities, Traumaised children, Amputee, Burn contractures, Genu valgus, genu varus, genu recurvatum, Club foot, varus foot, spinal deformities etc are screened, selected and admitted in the institution and are provided with treatment & rehabilitation. This year it has got 83 inmates.



### 2. Community Based Rehabilitation:

Vikas Deepti has stretched itself to three blocks through CBR activities with the intention of helping out several who otherwise would be left unaccompanied. So far it has received excellent result. Two blocks of Bargarh and Bhedan have been part of this programme from 2006 and Bhatli block, a recent venture in 2009. Approximately we are glad that above 2500 physically challenged are in the limelight.



### 3. Leprosy Patients & their Rehabilitation:

In its intention of reaching out to the deprived, poor & downtrodden in the society, Vikas Deepti extends its care to the leper patients through health programmes, Income generation activities, education and housing. Today it has about 700 leprosy patients and their children do get opportunity for education through hostel facility and enrollment in different schools. New sanitation facilities in the three colonies are in progress.

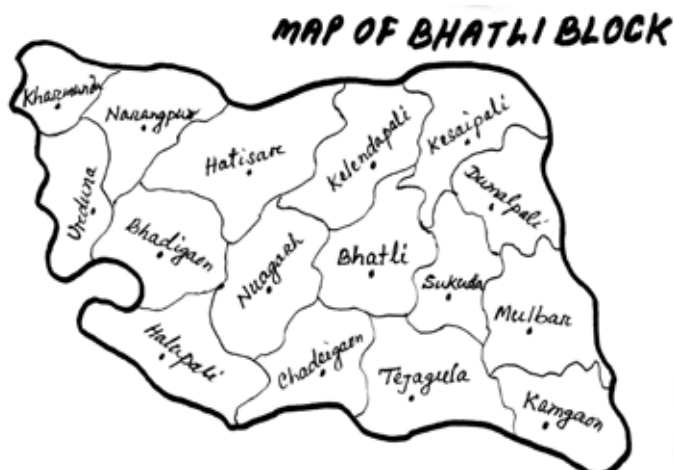


Abhisekh Munna  
Project Co-ordinator (Bhatli Block)

#### Bhatli Block: A New Venture

#### Bhatli Block: A New Venture:

Community Based Rehabilitation (CBR) has been spread into new areas and this year we have ventured into Bhatli Block. Seeing the benefits in Bargarh and Bhedan Blocks, neighboring people requested us for our involvement in Bhatli Block. Sensing the need and the opportunity to help many more, Vikas Deepti with the help of Cordaid has begun the work in Bhatli Block from January 2009. It has finished the survey and has begun its involvement in 16 GPs of the block. At the moment one coordinator and 8 CBR workers are involved in the field. We hope this will help many more deserving cases.



#### Profile of the Project Area (Bhatli Block)

Sl. No	Name Of the Block	No. of G.Ps	No. of villages	No. of H.H	Total population	No. of S.C	No. of S.T	No. of OBC	Area (Sq. km)
1	Bhatli	16	84	18314	84,909	15492	18793	50624	355.55

#### Type of disability identified

Polio	C.P	M.R	Blind	Congenital	D/D	P.H	Accidental	Cured Leprosy	Mental illness	Total
150	146	136	149	71	182	224	73	40	3	1174



## Physiotherapy, Surgery & Workshop: Excellent means of revival

Sr. Lillian, CSS  
Physiotherapist, Vikas Deepti

**Physiotherapy** is the most practical and beneficial treatment for the physically challenged children. We have a well-equipped physiotherapy unit managed by a trained physiotherapist. On regular basis children are given physiotherapy by the physiotherapist & the staff. There is more good news as we will have some electronic physiotherapy equipments added shortly to the existing unit. Besides inmates, outside children also get the benefit of this facility. In 2008, 110 CWDs were the beneficiaries of physiotherapy.



**Surgery** in many cases is required to correct the deformed limbs of the physically challenged children. With the helping hands at Catholic Mission Hospital, we were able to conduct 12 corrective surgeries successfully. Postoperative care, physiotherapy and gait training is given at Vikas Deepti. Awareness to the parents on the need and benefit is provided through health camps. There is a positive change in the



attitude of the parents regarding surgery as they have moved from hesitation to volunteering due to the success rate.

**Workshop:** We have an Orthotic and Prosthetic workshop managed by two trained Orthotic and Prosthetic technicians. We provide child friendly lightweight aids and appliances to the needy like calipers, crutches, splints, body brace and artificial limbs etc. They are made available to general public and leprosy patients as well.



This year the manufacturing of the artificial limbs were in the following categories: K.A.F.O – 47, A.F.O – 24, Knee Cage – 11, A.K & B.K. Prosthesis 1 & 7 respectively, L.S. Brace – 9, Taylor Brace – 2, Hand Splint – 5, Corner seats – 18, Special seat – 1. Axillary Crutches – 26, Elbow Crutches – 4. The workshop is very handy to manufacture and repair aids & appliances to the in-mates.



Sr. Merlin, CSS  
Staff Nurse, Vikas Deepti

## Health Camps and Awareness Programmes

**C.P. and M.R. Camp:** - We get a large number of C.P and MR children and hence in order to address their concerns, a camp for them was held at Vikas Deepti in May 2009 and there were 16 C.P., 06 M.R., 11 C.P. & M.R. and 8 polio affected children along with one of their parents. The parents were taught how to take care of their affected children in their own homes. Awareness was created regarding the causes and prevention of disability. The parents were taught how to give physiotherapy and ADL (Activities of Daily Living) training to their disabled children. They were made known about the Disability Act 1995 and the benefits offered by the government. The willingness of the parents to accompany their children and be the parents of the disabled children expressed their thankfulness towards Vikas Deepti for conducting such camp.



**Health camps** for women were held in 12 Gram Panchayats of Bargarh and Bheden Blocks giving opportunity for 577 women in the age group of 18 – 35 yrs to participate. ANM, Anganwadi workers and Asha Karmis were invited to the camps. The resource person explained elaborately on the cause and prevention of disability, pre-natal, natal and post-natal care and safe delivery. The government scheme for expected mothers called 'Janani Surakhya Yojna' was introduced. The resource person briefed on the benefit of breast-feeding, immunization and gave some hints about HIV aids and safe sex. The participants were informed regarding the negative repercussions of child marriage and early marriage. Family planning and family welfare were also the topics in the camps. Our sincere thanks to Liliane Fonds for helping us to conduct these camps.



**Awareness Programme** concerning the Disabled, their rights and govt. facilities was held for schoolteachers, club members, Panchayat raj members, volunteers, and govt. officials, Anganwadi workers, Asha Karmis and Samiti Sabhya on 25<sup>th</sup> February 2009. There were 105 participants in the program. Mr. Shyam Bhakta Mishra, the BDO of Bheden Block was the chief guest and he encouraged the disabled to come forward to fight for their rights and assured to support them in his capacity in the area. Various schemes like SGSY, SHG by which a disabled can get loan at a low interest rate for their small enterprises were also discussed.



It was quite encouraging that all the government officials, schoolteachers and other members expressed their willingness for extending support to the disabled.



Bimla Khalxo  
Teacher

**Education** plays a vital role in every development. It is a fact that literacy better the life and growth follows. Due to this realization we dedicate our time, money and energy to give the best possible to our children. We are eternally grateful to CFCA, SLF, SKN etc for their generous contribution.

This year there were 22 new admissions making the total strength of the students to 83 at Vikas Deepti. Besides undergoing physical rehabilitation, our children are also admitted in the school for education. As they study in the formal schools, they mingle with other normal children and it gives them excellent opportunities to compete with other children in the school. Facilities of a school bus & tricycles are made available. Efforts are also made to send some children to other centres to pursue their studies. 12 of them were in Madhupur (high school) and they will continue their studies. 10 of them are in the college hostels to pursue their studies. This year 8 of them have appeared their final Matric exam and one of them has completed her graduation degree. Two handicapped boys have joined for one year ITI course at Puri and one handicapped girl is doing her computer course.



A mention of the 4 **special schools** (in CBR programme) comprising of 50 children in 2 blocks of Bargarh district is significant as it has given us excellent results. The CP & MR children get an opportunity to receive education. Normally village infrastructure is used for such schools and a with the help of a teacher, special materials and special ways of teaching children are taught. They are mainstreamed after a certain time and this indeed has given a good taste of education even to the parents.

Due to the above efforts, development is seen in other areas too like they are better equipped with the idea of rights and education. Formation of Children's parliament in different units has brought in tremendous awareness of their rights and health conditions.





## Self reliance through Vocational trades & SHGs

Antarjami Sahu  
Project Co-ordinator (Bheden & Bargarh Block)

**Vocational Training:** We have facility for vocational training on tailoring and embroidery for grown up physically handicapped girls at Vikas Deepti. It is a one-year course. After the completion of the training, they are given certificates and are provided with a sewing machine each and some clothes to make them self-employed. With these certificates, they are eligible to get loan from different financial institutions at low interest rate for their business. Three handicapped girls who had completed their vocational training last year were provided with sewing machines and some clothes to begin with their income generation programme in their villages. This year 5 handicapped girls along with other 8 normal girls from our neighboring hamlets have completed their one-year vocational training in tailoring and embroidery in Vikas Deepti. Other vocational trades include rope making, soap making, wool knitting, cotton batti making, mat making, broom making, screen printing etc.



**Self Help Groups** have been a boon to the community through which their economic condition has improved tremendously. Today we have 85 such SHG groups in two blocks of Bargarh and Bhedan. These groups are formed under Mission Khyamata Scheme. At present our 608 members are involved and after forming the groups they can get the financial support from bank. Now they are running seasonal business, betel shop, tailoring, petty business and STD booths. They are regularly earning the amounts from their activities. As the PWDs are able to earn by themselves their standard of life and living has changed for good. They also create home assets like TV, mobile, Bi-cycle and other home appliances. Some PWDs have started savings through the opening of individual passbooks. There is a change in their socio-economic condition.



## Success Stories



I am Miss. Manjulata Nag a disabled girl from Laderpali village, P.O. Rengalicamp P.S. Attabira Dist. Bargarh, Orissa. I am the first child of my parents and I have one brother and two sisters. From my childhood I was affected by polio. I lost my mother when I was small. After Class VII, I had to stop my studies as it was difficult to manage in the hostel.

In the mean time a camp for the disabled was held at Bargarh and my father took me there and I was operated. I was in plaster for two months and was provided with calipers. Every now and then my caliper used to break and my father had no money to repair it. In 1998, I came to Vikas Bhavan and started my tailoring training. After one year of training, I got certificate, a sewing machine, some clothes and all other necessary items for tailoring.

SLF with Vikas Deepti help me to have a tailoring shop. But my condition was bad so once again I was brought to Vikas Bhavan where I was provided with calipers, crutches and body brace. It was quite helpful for me. In spite of all these odd situations I kept running tailoring shop and manage the family with my small earnings. Besides stitching dresses I was also teaching tailoring to the girls and was getting some money. Recently I have got Rs.30000/- loan from PMRY scheme and I have added one more sewing machine and an embroidery machine in my shop. With this money I have bought needed furniture for my shop. Now I have 6 girls for tailoring. I am doing well in my business. In fact today if I am something, it is only because of the support of SLF and Vikas Deepti.



I am Miss Sabita Tripathy, a disabled girl, d/o Sri Rusava Tripathi. At. Sarla, P.O. N. Jampali, Dist. Bargarh, Orissa. From my childhood I was affected by polio. I have studied up to Xth std. I was at home and was doing all the household work. I was leading a kind of depressed life at home. In the meantime through a CBR worker I came to know about Vikas Deepti and I took admission in Vikas Bhavan and did one year tailoring and embroidery training. I got certificate, a new sewing machine

and some clothes.

After coming home, I started my tailoring shop in our village. In the beginning I was mending torn pants, frocks, shirts, blouse etc. I also stitched blouse, frock, petticoat and dresses with the clothes I had got from Vikas Bhavan. Seeing the newly stitched blouse, frocks, petticoat, most of the women of our village started coming to get their dress stitched. Slowly the number of the customers increased and my earning doubled. Now I am known in our whole Panchayat area. Presently I am earning nearly Rs.1800 to Rs.2000/- per month. I am supporting my family. I also have opened a savings bank account and I have already saved Rs.10,000/-.

Now my business is running well. I am a bread earner. I don't depend on anybody in the family. I have no time to brood over my life but I am always busy with my work. I would like to become a role model for other disabled people in my area. Now I have started a SHG, called "**Maa Santoshi Bikalanga Swayang Sahayak Dal**" and I am the president of this SHG. Thanks to Vikas Deepti.

### 3. Rehabilitation of Leprosy Patients and their dependents:

Since last 15 years we are involved in the rehabilitation of patients with leprosy. First we took over Ruhunia colony where 44 families of leper patients are given houses, medicine and facilities for agriculture. Fourteen years ago we took over Jamurda Khirishna leprosy colony which has over 576 inmates including children. We have already built 100 pukka houses for them. As for income generation we have given goats to 59 families and cycle Rickshaws to 13 families. In the Jeera colony there are 24 families. We have already given them a bore well, an open well and the existing pond is widened and dug deeper. Sanitation is the new facility that is in the making.



Our main emphasis in these colonies is education. There is a school up to second class in Jamurda and for the third class on, they are brought to our mission school where they stay in Ashirvad boarding and attend the school. Thus the children of all the colonies find opportunity for education. Tutions for the children are also arraged and their educational materials, dress, medicines and food is provided. In metric two have passed in 2nd Division and one in +2.

Medical care and some food ration is given to all the colony people. They are quite happy in the colonies with good drinking water facility and cultivable land for their sustenance.

**Our Visitors:** - Vikas Deepti by its selfless charitable service to the disabled and the leprosy patients has attracted the attention of many people. Last year many visitors visited our institution. Some of them are:

- ▶ On 18.04.2008 Mrs. Julie from Holland made a visit to our place.
- ▶ On 22.12.2008 Fr. Horsfall and his companions from Australia hade come to visit our Vikas Bhavan.
- ▶ In February Mr. Tom & Mrs. Metz from United States of America had come to visit Vikas Bhavan.
- ▶ Besides foreigners, from our district administration department DSWO, CDMO and several other govt. dignitaries visited our place.

*With sincere thanks and best wishes,*

Fr. John Maliekal, SVD  
Director, Vikas Deepti



**Staff and Children of Vikas Deepti**



**Staff of Vikas Deepti**



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