V.D. Indian society for Mentally Challenged
Institute for children with Intellectual Disability, ADHD (Attention deficit hyperactive disorder), Autism, Multiple Disability, Cerebral palsy, Slow Learner & Learning disability.
Indian Society for the Mentally Challenged School was established by Dr. A.V. Mehta in his Dispensary in the year 1973 with the purpose of training special children.
With the blessing of Dadaji (Shri Khushaldas Valabhadas Bhatia) the School shifted from Dispensary to new premises in the Year 1984. It was a 4-Storage building. The 5th and 6th floor was added in the year 1989.
GOVERNING BODY

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Hpn. Secretary

Dr. Gunjan C. Mehta Thaker
Hon.Jt. Secretary

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Shri. Atul Jogani
International Brand Ambassador

Shri. Nigam Patel
Corporate Brand Ambassador

Smt. Pinkey Rajgiriya
Mrs.Univearsal 2017
VDIS Brand Ambassador
VDIS adapted certain best possible online/offline teaching ideas & methods to support parents and guardians to teach the students in innovative, creative and flexible way.

**Virtual Makar Sankranti (Kite Festival) Celebration.**

Celebrating Republic day by hoisting the national flag.
Mahashivratri was celebrated by the Hostel girls.

Virtual Holi Celebration.

The institute felicitated Akash Arora, a student of this organization for receiving a certificate of appreciation from his employer Crossword bookstore.
Virtual International Dance Day Celebration.

Guddi Padwa Celebration.

International Yoga Day Celebration.
Our students participated in a Creative Contest on the occasion of World Environment Day. Suraj Prajapati won 1st prize in Moderate Category. Deep Ghosalkar won the second price in Mild group Category, Harsh Komb won the Consolation prize in the severe category, Anirudh Sakhpal participated and won a prize in the late Shri Satish Khanna Memorial Contest. And Anshu Yadav won in the HI Category in Creativity Contest (late Shri Satish Khanna Memorial Contest).

Bhakti sangeet was organized on the occasion of the Late Dadaji’s Death Anniversary.
Virtual Guru Purnima Celebration.

Virtual Independence Day Celebration.

Moharram Celebration.
Raksha Bandhan Celebration.

Janmashtami Celebration.

Shree Ganpati Sthapna Din Celebration.
Online Teachers Day Celebration.

Paryushan Parva dharma aaradhna Celebration.
Ganesh pooja Celebration.

Gandhi Jayanthi Celebration.
Navratri Celebration.

The institute organized Saraswati Mahapooja on the occasion of Founders Day (in fond memory of our Guardian Angel- Dr.A.V.Mehta).
Constitution Day (Samvidhan Divas), also known as National Law Day, Celebration.

Celebrated International Day of Persons with Disability.
Celebrated virtual Annual Day- on the occasion of World Intellectual Disability Day.

The Institute organized Shri Satyanarayan Pooja- On the occasion of late Shri. Khushaldas Valabhdas Dagara’s Birthday.
Christmas Celebration.
• Special Curriculum and teaching methods specially designed as per the child’s individual need.
• Children are grouped according to their mental and physical development. After the initial assessment and observation, a training program is planned out for each child by a multi-disciplinary team.
• Each child is given a different training program according to his/her needs.
• Training is given in small groups in the form of practical work using audio-visual aids.
• Emphasis is given to daily activities, functional education & vocational skills.
• Reading, writing, cognitive & perceptual training and money transactions. The skills of children are enhanced by practice.

Online Training for Autistic children.
Online General Knowledge Session.

Badminton stroke practice.
The children learned to dribble the ball. This improves Eye-Hand Coordination.
Learning about Rainy Season.

Autistic Children learning to write with physical prompting from parents.
An amazing virtual magic trick was shown by Anshu.

Learning to wear socks independently. This activity gives children a sense of achievement as they gain the confidence in doing their day-to-day life activities independently.

Cleaning house before Diwali.
In the year 2021 Students of the workshop were given materials at home to make Rakhis, Anklets, Diyas & Garbas.

The child is learning to make chapatti, in the future he can start a chapatti business.

*One Skill Development Rehabilitation Programe*

Learning household activities & also becoming supportive members of the family.
• Regular Beneficiaries = 27
• Medium of instruction: English – Hindi – Marathi – Gujarati
Assessment, Diagnosis, and Pre-Practice of the special curriculum are done by a team of Specialists.
• Types of Beneficiaries
   Learning Disabled
   Slow learner
   Mild retardation
   Attention Deficits Hyperactive Disorder (ADHD)
   Autism
• Programmes:
   Remedial training
   Level A, B, C (std. 3rd, 5th, & 8th)
   Pre NIOS
   NIOS – 10th std.
   NIOS – 12th std.

The number of students who successfully passed the examination:

2 Level B
2 students in 10th std.
NIOS – 10th.
Online remedial training to improve mathematical skills

Online remedial training to improve Marathi Grammar for Slow Learner.

Learning to create an Email Account and to use the search engine on Google.
Online Computer Practice on Google Meet to improve Computer Skills for slow learners.

Online Computer Classes.
Intellectual Disability can be caused by any condition which impairs the development of the brain before birth, during birth or during the childhood years. To understand the child's problem one must detect the early signs of mal-adaptiveness, the strengths and weaknesses, and stages of development. Various psychological tests, checklists, and assessment tools are used to assess the children. Approximately 25 cases were registered and assessed. Due to the pandemic very few cases came for assessment. All school students are assessed every year. The previous year the children were given a paper-pencil drawing test, that was conducted online.

THE ADMISSION PROCEDURE INVOLVES SEVERAL STEPS:

i) When the child comes to us, he/she is registered.
ii) Then a detailed case history is taken which includes:
   a) birth history
   b) medical history
   c) family history
   d) reason for referral
   e) present complaints
   f) treatments undertaken.
iii) The child is administered tests to assess his Intelligence Quotient. His I.Q. determines his level of disability.
iv) Based on his level of disability i.e.:
   - Mild
   - Moderate
   - Severe
And his chronological age he is admitted to his grade.
v) Each classroom follows a timetable. The activities ranging from academics to extra-curricular ADL (Activities of Daily Living) are also taught to the children.
Speech is a bond between Communication and language. Communication is the system used to convey a message from the sender to the receiver with the use of language. An individual is unable to enjoy the world without speech sounds, hence during the pandemic the children were kept active through online assessment, speech therapy, parental counseling, and a homebound program.

THE TYPES OF SPEECH PROBLEM FOR WHICH THE CHILDREN WERE TRAINED IS AS FOLLOWS:-

1. Hearing and speech impairment where the children were trained for regular use of Amplification, use of lip-reading skills, Auditory training, speech, and language stimulation, and use of one language.
2. Delayed speech and language development - children were trained with verbal communication, overall stimulation
3. Drooling Therapy was advised for children with drooling problems.

Online Therapy sessions were also provided.

- Misarticulation is where there is a substitution of an incorrect word such as a tool for school, this was corrected through the use of mirror and phonetic placement.
- Nasal voice therapy was recommended to improve nasality to avoid nasal speech through relaxation therapy, blowing, sucking, chewing, etc.
- Voice Disorders are also trained through relaxation therapy.
- Unclear speech and limited vocabulary students were given verbal communication therapy.
- Parent counseling and a home bond program were a must during the online sessions to keep the parents as well as students active.

SPEECH CASES HELD ONLINE ARE AS FOLLOWS:-

Number of Assessment cases – 8
Number of Speech Therapy cases – 19
Number of Speech Therapy sessions – 80
With the aid of parent counseling and a Homebound program.
Cerebral Palsy affects muscle tone, movement, balance and posture. It causes spasticity of limbs, poor trunk control, involuntary movements, poor posture, unsteady gait, poor hand functions, difficulty in activities of daily living. Occupational Therapist through home programme helped kids to improve muscle tone, range of motion, muscle strength, sitting balance, standing balance, walking, trunk control, hand functions.

O.T. PROGRAM FOR CEREBRAL PALSY UNIT 2021.

Due to corona, kids were at home and virtual sessions were conducted with parents.

TOTAL NO OF KIDS: 38
SPASTIC KIDS: 26
DYSTONIC KIDS: 12

HOME PROGRAM:

Parents were explained the following goals to be carried out with children.

- Tone Management.
- Improving and maintaining ROM.
- Muscle Strengthening.
- Prevention of Contractures and Deformities.
- Improving Sitting Balance.
- Improving Standing Balance.
- Gait Training.
- Improving Hand Functions.
- Working on Sensory issues.
- ADL Training.
- Helping in Household Activities.
- Improving Gross Motor Skills.
- Improving Fine Motor Skills.

Parents were told to involve kids in play activities with siblings or neighboring kids to help them develop social skills. Outdoor walking, cycling, and playing were suggested in the compound.

Individual education programs for kids were planned out by teachers in various areas like reading, writing, self-help activities, pre-vocational activities, etc. Videos of the training program were prepared by teachers and given to parents for home training. Virtual training was also conducted for group training.

OPERATED KID :1

APPLIANCES GIVEN: 2 KIDS
Push knee, AFO, Waist Strap.
1. Giants Group of Juhu organized Drawing Competition. 10 students from our school participated. Neha Gunderia got 5th prize. 3 students received consolation prizes:
   - Khushboo Shah
   - Omkar More
   - Nikhil Kamble.

2. Mithibai College organized a dance competition. 6 students participated and were felicitated with gifts.

Association for the Welfare of Persons with a Mental Handicap in Maharashtra in association with the Rotary Club of Mumbai organized Virtual Sports Meet on 11th December 2021. Students from Mumbai City and Suburb participated. 19 students from VDIS participated in different sports depending on Ability Grouping. VDIS won 4 Gold Medal, 6 Silver Medal, 7 Bronze Medal and 2 Consolation prize.
Governor Bhagat Singh Koshiyari Ji was impressed by the work of the institution towards the upliftment of Divyang. He assured his support. The organization was felicitated by him in Rajbhavan.
Mr. Prabhakar Shetty, the owner of Landmark Hotel is our regular Donor. Every year on the occasion of his wedding Anniversary he organizes a lunch for all staff & students. He was felicitated by one of our students.
Priya Prakash Gada was facilitated by Rotary District 3141 Mumbai and district 3232 Chennai, a joint initiative on the occasion of the International Day of People with disability. She was felicitated by the Rotary Club of Mumbai Bhandup on the occasion of International Women's day. She was also felicitated by the Arham Social welfare Group.
1. Nistha Training (is a capacity-building program for improving the quality of School Education through integrated teacher training) was attended by VDIS teachers.

2. On 29th April, teachers gave and forwarded the 2nd term Student Assessment Report of the Disha Project to parents.

3. VDIS Teachers attended a webinar conducted by Regional Centre - Navi Mumbai on the topic of the 2nd Wave of Pandemic and Mental Health.

4. Teachers attended lectures on Youtube live on lockdown - Special Children Problem, Solution and behavior during the lockdown period.

5. Teachers attended a Webinar on Music Therapy by Abisar Foundation Lions Club.

6. Teachers attended a Webinar on Doubt Resolution Session organized by Disha Project.

7. On 1st July Teachers and Hostel students celebrated the Birthday of Hostel In-Charge, Nimu Ben.

8. On 6th July Parent’s Meeting was organized at VDIS on Scholarship Form.


10. Disha Project Coordinator Rupali Kamble took a meeting with school teachers in the month of September. The topic of the meeting was a discussion on online classes for students, problems, and solutions.

11. School conducted PTA meeting on 29th September.

12. On the 12th and 13th of October Social Welfare Department distributed food grains to 85 poor students of the school.

13. From 22nd November to 10th December, all teachers completed the lesson plan (1st Term of Disha Project with their respective students.

14. On 14th December Social Welfare department distributed food grains to 13 poor students of the school.

15. On 20th December, Rupali Kamble, Disha Project Coordinator took a meeting with the Principal of the School regarding future plan and the 2nd term lesson plan of students.

16. From 21st December to 31st December, the school uploaded Disha project reports of their respective class students on the Disha Portal -1st Term Report.
Counselling of Parents: emotional support and family interventions are offered to the parents and siblings of the special child. Also, guidance is provided to prevent a reoccurrence of another special child in the family.

**OUR GOALS FOR THIS SERVICE ARE:**

a) Acceptance: That their child is special.

b) Action: to help the child achieve a better life through special education.

c) Association: with special educators and teachers to make them independent as per their degree of disability.

d) Accommodation: to make them independent by providing them with jobs in open employment and making provisions in the job sector.

From time to time counseling is given at every phase of change.