

SCHOOL OF SOCIAL SCIENCE

D.A.V.V

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~~Topic~~ :

Subject : Field visit Report

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ACKNOWLEDGEMENT :-

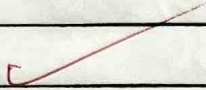
I take this opportunity to thank the Devi Shilpa Vishwa Vidyalaya for allowing us to go for field visits not only for the fulfillment of the course but also to learn on the ground level of nation.

I want to pass my regards to the entire school of social sciences (SOSS) for their participation of the visits.

My special thanks goes to the head of department of SOSS Prof. Dr. Rekha Schariya ma'am for not only making prior arrangements for the visits but also for accompanying us and providing guidance, moral support and proper understanding of what we were taught by explaining further. I also want to thank

Ms. Jyoti Jishi ma'am, coordinator of our course for providing moral support, guidance and expressing concern to us. I personally learnt a lot about working of NGOs, inclusive schools and other governmental institutions for welfare of society. I extend my ~~app~~ thanks to the seniors who

were the coordinators of the field visit. All those made over all field visit insightful.



SHRI YUGPURUSH DHAM BAUDHIK VIKAS SCHOOL

ABOUT THE ORGANIZATION :-

Yugpurush Dham is non-government trust where they are working on disability, free education, training and also provide medical support to all age group for free of cost. They have special educator, psychiatrist, psychologist, physician and occupational therapist. They have almost 250 children who are mostly severe with intellectual disability, autistic kids and differently abled.

Dr. Anita Sharma ma'am is the principal of Shri Swami Parmand Yugpurush Dham Intellectual Development Center. There are free facilities for home, food and education for destitute and handicapped children. These destitute children from across the state who have no one in this world live here.

These children from different places see all like brothers and sisters, who have only one mother.

In fact, along with studies in school, the name of Dr. Anita Sharma ma'am is registered in place of mother on the government records of the children and she is also responsible for their care. Also, she is living with them. She has been working for destitute children like this for almost 19 years, but she was associated with Shri Yug Puroshdham from 15 years.

OBJECTIVE OF THE VISIT :-

Our main objective to visit the yug purosh Dham is to learn and understand what mental disability is and what are the challenges we face while dealing with mentally disabled child and also how we can provide them better education and learning to make them independent and give them a better life.

THE VISIT :-

When we visited the school Dr. Anita Sharma first introduced herself and then made us visit all the classes and introduced us with the staff and children. The classes were in good condition and have proper ventilation and proper sitting arrangements for the children. They have many types of learning tools and other things through which they teach the children about basic counting and language. They were also using many behaviour modification techniques like reinforcement and punishment for improving their behaviours.

They were also trying to develop a sense of responsibility among the children by giving them small tasks and paying them on monthly basis for doing those things. The children were so happy while meeting us. At last Dr. Anita Sharma ma'am also explained us positive and negative reinforcement and how can we use them in educational settings specially in the case of mentally challenged children.

LEARNING :-

- We got to know more about learning disability and the challenges these children face in their life.
- By interacting with Dr. Anita Sharma ma'am, we got to know what are the challenges in this field the professionals face and how hard but peaceful it is to manage all this.
- How to use different behaviour modification techniques with these kids to improve their life.

HAPPY HOME REHAB CENTER

ABOUT THE REHAB CENTER :-

Happy Home De-Addiction Center was started in 2014 by Dr. Pravin Sherivastava and Dr. Bose.

The establishment of center happened in 2014 in Indore with the vision to provide proper treatment of addiction in society and educate them and their generation.

It is running under "Smart Future social welfare society, Indore". It is a non-profit organisation (NPO) working on alcohol and drug de-addiction to create awareness and treatment of addiction.

The objective of HAPPY HOME REHAB CENTER is hidden under the name itself - 'to have a happy and a comfortable home space'.

The present scenario of the society, the addiction of different harmful substances which are destroying the

society. Their main concern is to safeguard our society by preventing an individual's life from substance abuse so that they can get back to their feet.

PURPOSE OF VISIT :-

To observe and gain insights of the multifaced approach taken into the address substance abuse and addiction.

SERVICE PROVIDED FOR :-

- Alcohol addiction
- Substance Abuse
- Behavioural issues
- Mood disorders
- Personality disorders
- Conduct disorder
- Sexual disorder
- Schizophrenia

The in-house patients are all males. They also provide counselling to all male, females and also family, but

in house residence was not observed.

PROCEDURE :-

1. Enquiry :-

The first step is to enquire about the patient and the problems he is facing. Enquiry is taken by a member of the patient's family/ friend to know about the rehabilitation facilities & and to provide information about the patient the symptoms and the problems he is facing.

2. Admission :-

The patient is admitted either voluntarily or involuntarily. In voluntary admission the patient is aware about his problems and is willing to have the treatment. whereas, in involuntary admission, the patient is not accepting that he needs help and so the team brings the patient to the rehab centre, it is known as rescue.

3. Case history :

Case history is taken to gather information related to a certain individual. Case history are maintained to have a brief account about the patient. Case contains demographic information, family history, educational background, work history, academic history, birth history, past history, and any relevant information regarding the client or patient.

4. Observation period :

The patient is observed for 5-15 days in "Acute care unit" (ACU) depending on the severity. If the patients are the case of alcohol or substance abuse, IV of or saline is given to remove the toxic substances in the body. Detox is necessary as it helps the medicine to work. During this time the psychologist or psychiatrist or observes the behaviour of the patient.

5. Therapy and Medication :

After the observation period of 5-15 days ^{in ACU} the patients start with therapy sessions. Monthly reports are

prepared looking at the progress of the patient. This is also known as client intervention progress. They provide individual therapist therapies like REBT, CBT, MIT, MET; as well as group therapies that build insight. Family therapies are an important factor that they emphasize on as well. They keep the dose of medicine low and increase slowly. It is also important to change their doses time to time or they also may get addicted to the medicines. Exposure therapies also used for behaviour modification and management.

6. Crisis Intervention Plan; and Relapse Plan :
- Crisis intervention plan is created for the situations that may have triggering point for the patient. The psychologist anticipates the triggering point and helps the client create a plan to manage that situation. Relapse plan is mainly for patients who have the probably probability to relapse if they do not come in follow up sessions. These primarily include patients

of substance abuse and also alcohol addiction.

FURTHER LEARNINGS :

- The patients are kept for at least three months. These months are the timeline given to help unmask the real identity of the patient.
- Some patients were disoriented during the time of admission. They often showed when they came in senses. They were kept in rooms which were locked.
- During the timeframe of observation, they were given saline to detox their body for 5 days having a dose of saline each day.
- Some patients also showed withdrawal symptoms. The physical symptoms consisted of constant shivering and pain in body. They also observe lack of orientation in body.
- The psychologist constantly takes the mental state examination of the patient. It determines the physical appearance, the mood, the voice, the thought process,

the orientation of the patient, etc.

- After the institution has a briefing about the patient and have observed him thoroughly, the psychiatrist is given a provisional diagnosis by the psychologist to prescribe medicines accordingly.
- Behaviour management is also taught to patients during their stay at the centre. They were taught to behave and put their thoughts into words of communication.
- The ~~initial~~ institution plan changes every three months so as to get a fresh strategy to move forward.

ARUNABH INCLUSIVE SCHOOL :-

ABOUT THE SCHOOL :-

Arunabh is an inclusive school, Intervention and Research Centre for children with special needs having Neurological, ~~and~~ developmental issues and basic Cognitive Disorders (Autism, A.D.H.D, Learning Disability, and Mental Retardation).

The mission was initiated as a project by "Sri Devi Matoshri Samajik Seva Sansthan" a registered non-profit organization with concern for the cause "Make Life Better for Differently Able".

ARUNABH INCLUSIVE SCHOOL specially works for differently able children with mental, intellectual and neurological disorders, enabling them to cope-up with ~~the~~ daily life activities. The centre provides special education, life skills training, remedial therapies, occupational therapy, and medical facilities to children with special needs.

The centre has experienced and qualified professionals as human resources and the infrastructure is well equipped to offer intervention and remedial therapies for children with special needs.

The centre is divided in three different parts one is for young children and also have cafe in that building, where the children who are capable to do work, makes coffee and sandwiches, etc. and runs cafe.

The ~~the~~ second is for elder ones and third is for in which they have manufacturing unit, i.e., the atta, etc. are packed there.

ACTIVITIES AT ARUNABH :-

1. Special Education :-

Special education is important for children with special needs as their traits can hinder learning.

Applied Behaviour Analysis is a teaching method based on the idea that appropriate behaviour can be taught using scientific principles. Life skills

and behavioural training use concepts of multiple intelligence educating through books, equipment's, art and craft, performing arts (like music, dance, drama) and outdoor activities.

2. Therapies:

Occupational therapy, physical therapy and speech therapy is given to children as per their individual needs.

Occupational therapist focus on promoting health and well-being by enabling the children to participate in the everyday occupations of life, such as self-care activities.

Physical therapy helps the children to maintain, and increase their strength.

Speech therapist offer training to children who have hindered speech or are non-verbal. They help the child to have clarity in speech.

3. Music Therapy:

Music therapy is an expressive therapy consisting of a process in which music therapist use music and all of his facets to uncover the

physical, emotional, social, aesthetic and spiritual aspects of child to help them improve their physical and mental health.

4. Mantra Therapy:

Mantras are a sound, word or phrase typically used in mindfulness meditation, a practice for intentionally developing awareness of the mind and body. They help drive out distractions, quiet ~~into~~ intrusive thoughts, and ground you in the present moment. Although similar, they aren't the same as positive affirmations.

5. Vocational Training:

Emphasis on career readiness programs like Partnership with the ~~parent~~ parents in case of family business, specific industry-based training and work place experience in arrangements with private organisations. Provide education in dealing with money, importance of savings, basics of personal finance management. Arunabh have its own cafeteria running by people who have autism spectrum disorder.

6. Skills Development:

Basic home management skills like cooking, housekeeping, baking, sewing are also being taught to students who have capability to learn.

Stationary production like envelopes, greeting cards, ~~not~~ writing pads, file folders. They also make paper bags which are supplied to stores like JMB. Gardening, knitting, sewing training in office skills like typing, data entry, filing, photocopying and office house-keeping is also taught.

7. Placement assistance:

Assistance in placement through workplace training and assistance developing skills for self-employment is also being taught.

OBJECTIVE OF THE VISIT :-

Our main objective to visit Seunabh is to learn and understand what are the different challenges faced by the special kids, how they give them basic education and daily life activities.

THE VISIT :-

When we visited the school, the one of their staff member introduced about what Seunakh exactly is, and ~~at~~ also made us ^{visit} their ~~at~~ full campus and explained everything about it. They have three different campuses one is for the young kids & and ~~the~~ second for the elder ones and the third part is where they do packaging for all the items they sell in their cafe.

The kids who are capable to work and bake and cook works at the cafe. They made coffee for us which was so good. All the kids were very happy to meet us.

Children who sing or dance, ~~to~~ performed respectfully and ~~to~~ later on we also joined them and dance with them.

That was a very good experience.

CONCLUSION :-

From all the field visits we get to many things about the dealing and handling. All the visits were very insightful.

From the first field visit, I got to know about learning disabilities and how to use different behaviour modification techniques to improve and teach them new things.

From the second field visit, I got to know about process of rehab how the patient is admitted, how the detox of body is done and after discharge how follow ups are taken. That was a very good experience and knowledgeable visit.

From the third visit, I got to know about the various disabilities and how the children are deal ~~with~~ according to their severity *excellent* the treatment is changed, got to know about various therapies *checked* also how they made children start learn for their survival & basic life skills *30/11/23*

All the visits were very much insightful got to learn various things from it.



Kids and adults at Arunabh



Café run by autistic kids at Arunabh centre



Place of gathering and Art Therapy.

