

# DR DATHU RAO MEMORIAL CHARITABLE TRUST



## ANNUAL REPORT 2018 – 2019

SABIN-PATHWAY HOME FOR PERSONS WITH  
INTELLECTUAL DISABILITY & ASSOCIATED CONDITIONS

Agili, Sendhivakkam Post-603 319 Kancheepuram District

Mobile : 9840121859, 98948 03599

[www.pathway.org.in](http://www.pathway.org.in)

## FROM THE HON.DIRECTOR'S DESK



As we welcome the New Year, we are indeed grateful for the many blessings we have received. This year saw new challenges in form of Kerala Flood and Cyclone Gaja which left a trail of disaster. It was heartening to realise that during this turbulent period we led a charmed life since all the kids, and staff at all the facilities were unharmed. We are grateful to have been blessed with courage, strength, and above all with mercy of God to overcome these daunting challenges.

This year too we had visits from some very wonderful well wishers like Mr Jean-Luc Butel, Elder Grant Hurst and Sister Jeannette, Benjamin Wright, Nathan Kitchen and Saryn Moline from BYU, Mr Skyler Munson, Mrs Anna Lyn Cook,

Mr Taylor Cook, Mr Bruce Wilson, Mr Jim Dosdall, students and faculty from Ali Yavar Jung National Institute of Speech and Hearing Disabilities, Odisha twice in this academic year. Below I am sharing some excerpts of their visit in their own words-

*I am very much impressed by the teaching methods followed for Intellectually Disabled students. It is one of the best institute in India in the field of special education. We are very happy to see the vocational unit. At last I would like to thank the principal and all the dedicated teachers of this institute-* Reena Sahu REGIONAL CENTRE, JANLA, ODISHA

ALI YAVAR JUNG NATIONAL INSTITUTE OF SPEECH AND HEARING DISABILITIES

*This place is truly amazing. The children and teachers are inspirations...*SKYLER MUNSON

*Pathway is amazing and what they are doing for these kids is truly incredible. The things the children make are so intricate and beautiful. I'm so happy to be able to see it!* ---ANNA LYN COOK

*I'm so grateful to be able to visit Pathway. There is much good that goes on here and I hope to be a part of it all my life!* ---TAYLOR COOK

*Ingenious.*---JIM DOSDALL

*So amazing! Thank you for letting us have this experience. Pathway is incredible and the children are fantastic.*---BEN WRIGHT

*I knew this experience would be life changing, but i never expected to fall so deeply in love with all the children and the program of Pathway. I am grateful to have spent so much quality time with so many great people. I am grateful for the opportunity and hope to return soon.*---NATHAN KITCHEN

*An experience I will never ever forget! The children of pathway will always have a special place in my heart. The school of Pathway is so inspired and helping so many. I am so incredibly grateful for my time here. I am so impressed by the kids and never thought I would become so attached. Also the things these residents make are so beautiful!* ----SARYN MOLINE

*We are proud to have the opportunity to visit Pathway an institute of international importance today. We really are amazed to observe this marvellous work done by the children. We wish to have such opportunity to work with these children. With regards to all staff and the Director.*---ALI YAVAR JUNG NATIONAL INSTITUTE OF SPEECH AND HEARING DISABILITIES, REGIONAL CENTRE

It is also our desire to magnify our endeavor to serve many more “poorest of the poor” through our outreach program in remote villages. We believe that every child is special and has been especially sent to us to be served. At this marvelous time I convey our continued gratitude to all our partners and benefactors and pray for their continued love, munificence, and association. We are indeed very grateful to Sabin Foundation, A Brighter Path, Judge William Sheffield, Mr and Mrs William P Benac and Mr John-Luc Butel, Mrs Ursula Bose, Drawing & Sponsorship Emmaus, Mr Jim and Karen Dosdall, Mr Michael Ang who continue to support us. My most sincere and grateful thanks is also due to the grants received by the State govt of TamilNadu, which includes Chennai and Kancheepuram district as well the Govt of India who have

strengthened our hands and are an integral part of our work. Our most dedicated staff continue to intensify their efforts and serve more of His children with renewed zeal and enthusiasm. As member of the editorial board, I earnestly hope that you enjoy reading this annual report.

## ORGANIZATION – GOVERNANCE

Pathway has a clearly defined Memorandum and Articles of Association which directs the working of the organisation. This society has a distinguished Board of Trustees

### BOARD OF TRUSTEES

MRS. DHULI PATNAIK  
PRESIDENT

MR. ABHIJEET PAREKH  
VICE-PRESIDENT

MRS. CHANDRA PRASAD  
GENERAL SECRETARY

MR. A. RAMAR  
TREASURER

### EXECUTIVE MEMBERS

Mr. Y. V. R. Rao  
Mr. Shanth K Jain  
Mrs Usha Rammohan

### GENERAL BODY MEMBERS

Dr. Pradhan Ravindranath  
Mr. Santhanagopalan Achutan

### AUDITOR

Sridhar Krishnamurthy & Associates



Pathway is run under the auspices of Dr. Dathu Rao Memorial Charitable Trust a Registered Society under the Tamil Nadu Societies Registration Act.

❖ Recognized by the office of the Commissioner for the Differently Abled, Government of Tamil Nadu (Department of Differently Abled Welfare).

The organization receives an annual grant-in-aid from the Ministry of Social Justice and Empowerment, Government of India.

The organization receives grant in aid from the office of Commissioner for the Differently Abled, Government of Tamil Nadu (Department of Differently Abled Welfare) for the project “Pathway -Sabin Home for persons with Mental Retardation and Associated Conditions”

Pathway is monitored and audited yearly by independent parties to ensure proper implementation of all finances and governance.

## RECOGNITION AND GRANT-IN-AID

- ❖ Ministry of Social Justice and Empowerment, Government of India
- ❖ Office of the State Commissioner for the Differently Abled, Government of TN
- ❖ Department of Social Welfare as a recognized Orphanage.

## REGISTRATION AND PERMISSION

- ❖ Director of Exemptions, Dept. of Income Tax, Govt. of India, Nungambakkam, Chennai U/S 80G of the Income Tax Act.
- ❖ Ministry of Home Affairs under the Foreign Contribution Regulation Act, Government of India, New Delhi
- ❖ Registered with The National Trust for Autism, under section 12(4) of the Act for the welfare of persons with Autism, Cerebral Palsy, Multiple Disabilities and Mental Retardation, Government of India, New Delhi
- ❖ Registered under Section 53 of Justice Juvenile Act, 2015, Dept of Social Defence, Govt of TN
- ❖ Registered under Section 34(3) of Juvenile Justice (Care and Protection of Children) Act 2000, amended in 2006 and rules therein., The State Govt/Director of Social Welfare-Child Welfare .
- ❖ Registrar of Societies (South), Govt. of Tamil Nadu, Chennai



- ❖ Registered with Department of Social welfare, Govt of Tamil Nadu under Orphanages and other Charitable homes supervision and control act 1960
- ❖ Registered with Department of Social Welfare, govt. of Tamil Nadu under section 51(2) of the Rights of the Persons with Disability Act, 2016
- ❖ Registered under TamilNadu Recognized Private Schools (Regulations) Act, 1973 and Rules 1974
- ❖ Registered with Directorate of Matriculation Schools, Govt of Tamil Nadu
- ❖ Registered under NGO-Darpan Portal of NITI AAYOG, Govt of India

The details of each registration is given below

### ❖ CERTIFICATE OF RECOGNITION

- ❖ vide **S.NO.13/2017** under **Tamil Nadu Recognized Private Schools (Regulations) Act, 1973 and Rules 1974**, vide this Office **Proc.No.1772/ST2/2017, dated.5.6.2017** is revised as follows; The Certificate of Recognition is renewed to **"PATHWAY CENTRE FOR REHABILITATION AND EDUCATION CENTRE – An Unit of DR. DATHU RAO MEMORIAL CHARITABLE TRUST, E-76/1, 12<sup>TH</sup> WEST STREET, KAMARAJ NAGAR, THIRUVANMIYUR, CHENNAI – 600041"** to function as **"SPECIAL SCHOOL CUM VOCATIONAL TRAINING CENTRE FOR THE INTELLECTUAL DISABLED"**. Valid for the period the commencing from **7.4.2017 to 6.4.2020** for the classes **ADL GROUP I & II, EDUCABLE, EDUCABLE & TRAINABLE, TRAINABLE,**

### ❖ CERTIFICATE OF REGISTRATION

- ❖ vide **S.NO.10/2017** under **Section 51 (2) of the Rights of persons with Disabilities Act, 2016**, vide this Office **Proc.No.1771/ST2/2017, dated.2.6.2017 & Proc.No.1772/ST2/2017, dated.5.6.2017** are revised as follows; Registration is hereby renewed to **"PATHWAY CENTRE FOR REHABILITATION AND EDUCATION CENTRE – AN UNIT OF DR.DATHU RAO MEMORIAL CHARITABLE TRUST, E76/1, 12<sup>TH</sup> WEST STREET, KAMARAJ NAGAR, THIRUVANMIYUR, CHENNAI – 600041"** – as an institution for the Persons with Intellectual Disabilities to function as **"SPECIAL SCHOOL CUM VOCATIONAL TRAINING CENTRE FOR THE INTELLECTUAL DISABLED"**. The certificate of Registration is valid from **7.4.2017 to 6.4.2020**

### ❖ CHENNAI- CERTIFICATE OF REGISTRATION UNDER JJ ACT

- ❖ This Certificate of Registration is awarded to **PATHWAY CHILDREN HOME, Dr. Dathu Rao Memorial Charitable Trust, E-76/1, 12<sup>th</sup> West Street, Kamaraj Nagar, Thiruvanniyur, Chennai-600041** as an institution for children in need of care and protection vide **S.No.1060/DSD/2017** under section 41(1) of the Juvenile Justice (Care and Protection of Children) Act, 2015 from the date **15.09.2017 to 15.09.2022**

### ❖ CERTIFICATE OF REGISTRATION

Registration is renewed to **"SABIN/ PATHWAY HOME FOR PERSONS WITH INTELLECTUAL DISABILITY AND ASSOCIATED CONDITIONS – REHABILITATION CENTRE, No.125, Agili Village, Maduranthagam Taluk,**

❖ **Kancheepuram District, S.No.244/5A – 685.0,12.70** as an institution for the persons with Disabilities vide **S.No.315/ 2019** under Section 51 (2) of the Rights of Persons with Disabilities Act, 2016 to run a **Home & Vocational Training Centre For Intellectually Disabled** which is valid from **01.09.2018 to 31.08.2021**.

### ❖ **FARM- CERTIFICATE OF REGISTRATION UNDER JJ ACT**

❖ This Certificate of Registration renewal is awarded to – **PAMELA MARTINEZ PATHWAY MATRICULATION SCHOOL CHILDREN'S HOME**, (Dr. Dathu Rao Memorial Charitable Trust) Agili Village, Sendivakkam post, Madhuranthagam Taluk, Kancheepuram District- 603319 of Tamil Nadu as an institution for children in need of care and protection vide SI.No.200/DSW/2015 under section 34(3) of the Juvenile Justice (Care and Protection of Children) Act 2000, as amended in 2006 & rules therein valid from **17.02.2015 to 16.02.2020**

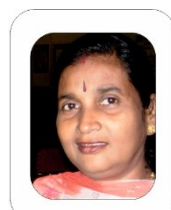
Pathway has a clearly defined Memorandum and Articles of Association which directs the working of the organisation. This society has a distinguished Board of Trustees

## ORGANIZATION BOARD

### DR DATHU RAO MEMORIAL CHARITABLE TRUST ORGANIZATION - BOARD

The board members meet at least four times a year to transact the business of the organization and meets every year to conduct the Annual General Body meeting to review the work of the organization and resolve

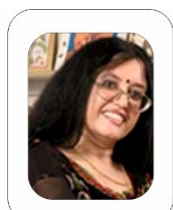
various important issues, including: Acceptance and passage of yearly budget



**DHULI PATNAIK**  
PRESIDENT



**ABHIJEET PAREKH**  
VICE PRESIDENT



**CHANDRA PRASAD**  
GEN SECRETARY



**M A RAMAR**  
TREASURER



**SHANTH JAIN**  
TRUSTEE



**DR PRADHAN. R**  
TRUSTEE



**Y V R RAO**  
TRUSTEE

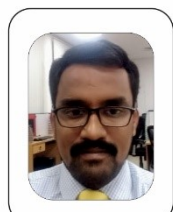


**USHA RAMMOHAN**  
TRUSTEE

❖ Reviews of audit accounts and balance sheet , Appointment of auditors and lawyer

❖ Election of officers, Long- range planning and development goals of the centres

❖ Offers general direction in the everyday operation of the organization.



**SANTHANAGOPAL ACHUTAN**  
TRUSTEE

## "HAVE THE POOR HELP THE POOR"

Pathway began in 1975 with just two children in a small, rented house in Chennai, India.

Dr. A D S N Prasad, an Audiologist and Speech Pathologist, sought to fill the void existing in the care and rehabilitation of mentally retarded children.

From these humble beginnings grew an organization that has served almost 31,700 children and adults in a city center and two in rural agricultural centre.

Prasad guides Pathway with the belief that

"EVERY INDIVIDUAL SHOULD BE GIVEN THE OPPORTUNITY TO UTILIZE THEIR POTENTIAL IN ORDER TO LIVE WITH DIGNITY AND SELF-RESPECT, REGARDLESS OF MENTAL OR PHYSICAL LIMITATIONS."

Pathway is a voluntary, charitable, nonprofit and non - governmental organization which serves children and adults without any bias to religion, caste, creed, or any other consideration.





## SABIN-PATHWAY HOME FOR PERSONS WITH INTELLECTUAL DISABILITY & ASSOCIATED CONDITIONS



SABIN-PATHWAY REHABILITATION BLOCK  
AGILI, KANCHIPURAM DT. INDIA



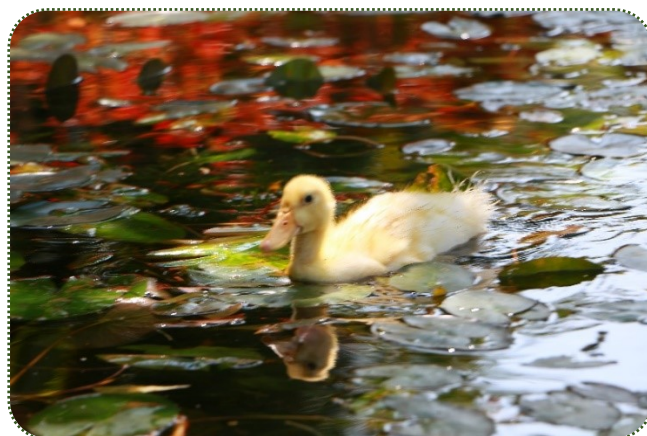
SABIN-PATHWAY HOME BLOCK  
AGILI, KANCHIPURAM DT. INDIA



## AGRO FARM – SUSTAINABILITY

The AgroFarm is situated 90 km from Chennai in the sub-tropical Kanchipuram district, making it suitable for growing a variety of produce:

- ❖ PADDY- RICE
- ❖ CHILLI - PEPPERS
- ❖ COCONUTS
- ❖ BANANAS
- ❖ JACKFRUIT
- ❖ PEANUTS
- ❖ MANGOES
- ❖ LEMONS
- ❖ VEGETABLES
- ❖ SAPOTA
- ❖ WATERMELONS



Farming capabilities include:

- ❖ 25 acres for horticulture
- ❖ 29 acres earmarked for rice, peanut, and Lentil cultivation
- ❖ Smaller areas dedicated for growing vegetables

The yield from the Farm provides the children their daily intake of rice, which is the staple of the Indian diet. The Farm also contributes towards the supply of fruits and vegetables.





## AGROFARM – OUTREACH

### “HELPING THE POOREST OF THE POOR”

An important goal of the AgroFarm is to provide food to the surrounding destitute villages, to instill a sense of duty, responsibility, and community, and show that the poor and disabled can become self-sufficient and contribute to society. With this in mind, the children of Pathway inaugurated the program “Poor Helping Their Poor Brethren” in August 2002, which will donate rice and any surplus crop regularly to needy persons each month.



The SABIN-PATHWAY HOME FOR PERSONS WITH INTELLECTUAL DISABILITY & ASSOCIATED CONDITIONS has been serving children, adolescents and adults with Intellectual Disability, cerebral palsy, autism and related dysfunctions from the year 2009 . This centre continue to have the services of the following professional and other staff:

- ❖ SPECIAL EDUCATORS
- ❖ PHYSIOTHERAPIST
- ❖ OCCUPATIONAL THERAPIST
- ❖ MEDICAL SOCIAL WORKER
- ❖ VISITING DENTIST
- ❖ PSYCHOLOGIST
- ❖ VISITING SPEECH PATHOLOGIST  
& AUDIOLOGIST
- ❖ VISITING PHYSICIAN
- ❖ VOCATIONAL TRAINERS  
ASST. EDUCATORS
- ❖ WARDENS
- ❖ HOUSE MOTHERS
- ❖ COOK
- ❖ SECURITY STAFF
- ❖ FARM WORKERS

## SABIN CHILDRENS FOUNDATION



GARY SABIN  
Chairman & CEO

VALERIE SABIN  
Director

The above professional team is involved in diagnostic and assessment of various disabilities. The centre has standardized a comprehensive case sheet that involves examination of all relevant aspects of child before embarking on therapy, treatment or special education. This case sheet addresses all issues such as examination of speech and language functions, evaluation of hearing and complete audiological tests, if warranted children are referred to Chennai for detailed ENT and audiological examination. The case sheet also addresses towards examination of physical functions, such as power, tone, reflexes, deformities and evaluation of various needs of the occupational therapist. The initial examination also includes special educational assessment, psychological evaluation and a proforma for social worker's assessment. The initial testing includes complete medical evaluation by the physician and will include all other experts' opinion, such as neurologist, psychiatrist, etc on a referral basis. The centre utilizes standard tests in vocational skill evaluation as developed by the NIMH and also inputs that is given by Pathway. In addition to this the social

worker evaluates the family situation and circumstances and evaluates emotional needs of the client in question.

Training schedules with regular program has been devised to train Rural Rehabilitation Workers (RRW). This program is helping to train many mothers and women from the villages in the art of care of the disabled. These RRWs have been regularly attending the centre twice every week to undergo training in basic rehabilitation and care of the disabled children and adults. Visiting experts in various fields engage these RRWs in theory and practical training.

The every day schedule consists of special education, physio therapy, occupational therapy, pre-vocational training, vocational training, personal hygiene and teaching life skills, yoga, medical care, etc. Each child with disability has an IEP that is established that clearly indicates the child basic level of performance. Every child is evaluated once in a quarter to assess the child's progress or other wise in every area under care. The centre follows a systematic time table that care of every aspect of individual's waking hours, Children and adults are encouraged to take part in physical exercise right in the morning and they are involved in looking after the general cleanliness of the facilities and also tending the garden and lawns.

Children and adolescents who are above the age of 15 years are offered the following vocational training programme:

- ❖ Exquisite Candle Making
- ❖ Production of Handicrafts
- ❖ Nursery and vegetable garden
- ❖ Cleaning and house keeping
- ❖ Paper mache craft
- ❖ Wood working and carpentry
- ❖ Making of presentation items using saw dust
- ❖ Agriculture and horticulture'
- ❖ Production of coir products
- ❖ Production of dried petal powders to use for Rangoli

Medical and Outreach programme for the Disabled : As a part of Sabin Centre for Disabled the organization has initiated out reach programme to serve disabled in a couple of locations in nearby villages. The rehabilitation team comprising of the following:

- ❖ Special Educator
- ❖ Physio therapist
- ❖ Social Worker



- ❖ General Physician
- ❖ Dentist
- ❖ Volunteers

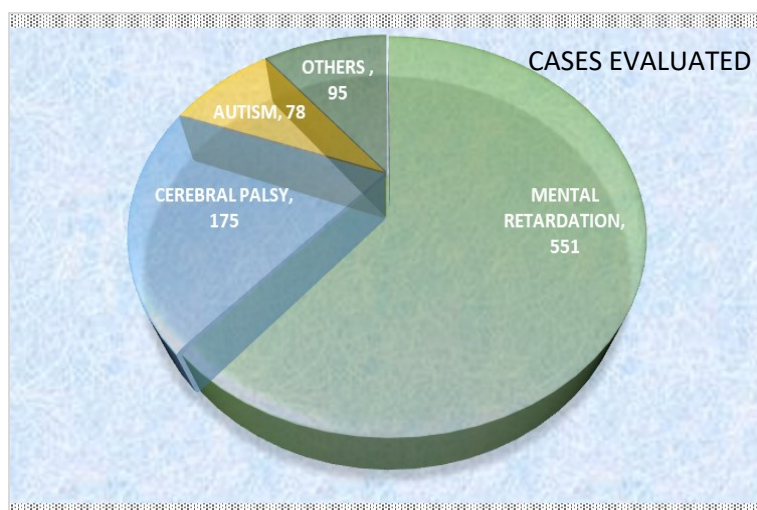
The above team visit villages regularly and evaluate and serve the disabled right at their door steps. We also offer basic essential necessities like mats, pillows, kitchen utensils, provisions etc including our farm produce. The team also offers home bound programme for these children that could be practiced by the parents and relatives of the children. Children with cerebral palsy who have physical disabilities and that need regular physiotherapy and occupational therapy have been receiving regular therapy from Village Rehabilitation Worker( VRW) trained by the organization. Efforts are on to locate a couple of more permanent locations at Senthamani, Ramapuram, Chintamani, Mathur, Elandathur, Agili, etc, so that it would be possible for the organization to serve a large number of children with disabilities who are need of our services. Thirteen new children were identified in a nearby village and qualitative rehabilitation services are being provided to them

## INTEGRATION OF THE ABLE AND THE DISABLED



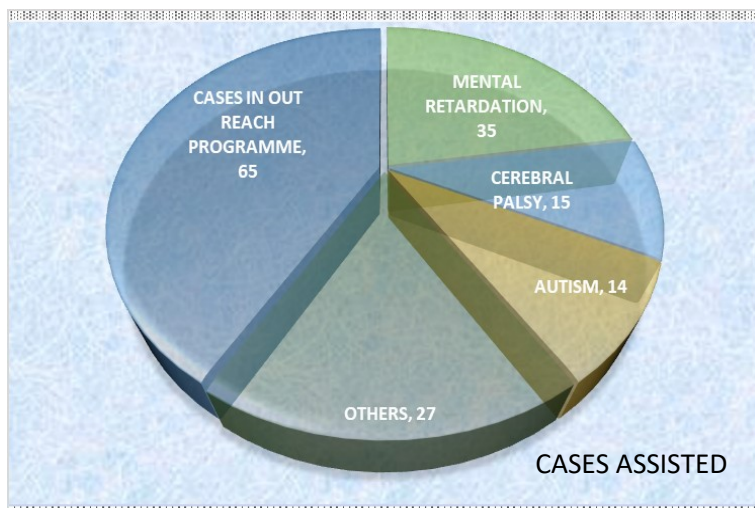
After establishing the Sabin -Pathway Home for Persons with Intellectual Disability & Associated Conditions, the facility has been striving hard to develop a model integration unit of able and disabled children. The initial stigma and hostility has certainly reduced with children and they now readily accept their disabled counterparts in their everyday life. The disabled children and adults now are well accepted in several situations such as recreational and play situations, during their assembly and prayer, during events and functions. Some children with disabilities also attend classes in certain areas of learning along with their able counterparts. This is particularly true when children with borderline dysfunction are grouped in an average class room.

During the year 2018 – 2019 the following cases were evaluated and assisted



Cases evaluated till March 31<sup>st</sup> 2019

<b>MENTAL RETARDATION</b>	<b>551</b>
<b>CEREBRAL PALSY</b>	<b>175</b>
<b>AUTISM</b>	<b>78</b>
<b>OTHERS</b>	<b>95</b>
<b>TOTAL</b>	<b>899</b>



### Cases assisted by the Sabin -Pathway Home for Persons with Intellectual Disability & Associated Conditions

<b>MENTAL RETARDATION</b>	<b>35</b>
<b>CEREBRAL PALSY</b>	<b>15</b>
<b>AUTISM</b>	<b>14</b>
<b>OTHERS</b>	<b>27</b>
<b>CASES IN OUT REACH PROGRAMME</b>	<b>65</b>
<b>TOTAL</b>	<b>156</b>

Right from the beginning efforts were made to bring these two groups together so that they develop a sense of tolerance and harmony. Efforts were made to include both groups of children in the following spheres, such as:

1. During Morning Assembly and Prayer
2. During Dining
3. During Social and cultural events, such as involving them both in plays, dramas, music
4. During play and recreational activities
5. During group activities such as painting, scrubbing of walls or surfaces
6. During group activities like watching TV or movie on the projector screen
7. During group activities involving vocational work
8. During cleaning the grounds and their class rooms
9. A few children with learning disabilities and with borderline mental handicap were integrated with their able peers at the Pamela Martinez/Pathway Matriculation school, with inputs both from the special educators as well as teachers working in the matriculation schools.





## MEDICAL AND OUT REACH PROGRAMME FOR THE DISABLED



After the Inauguration of the Sabin -Pathway Home for Persons with Intellectual Disability & Associated Conditions, it was decided to enlarge and magnify the work of the hospital on wheels by including not only the poor and needy patients who needed general medical care but also the most disabled and their families.

The organization conducted systematic data gathering on the distribution of disabilities in the area of Kancheepuram district in general and Maduranthakam and Acharapakkam and Elandathur Taluks in particular.

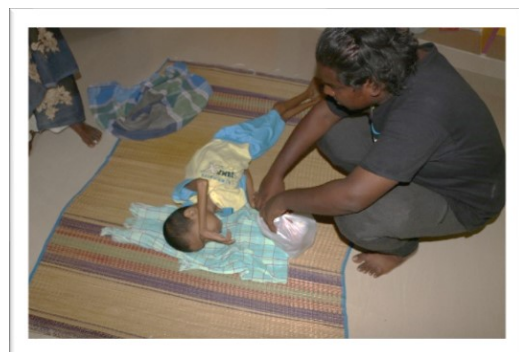
The staff from the centre made a representation to the presidents of town and village panchayats to gain their active cooperation in the setting up of outreach day care units in their respective villages and towns.

The village panchayats were approached and persuaded to let their office space utilized towards setting up of these outreach programmes. It was the plan of the organization to install such day care programmes in 3-4 large villages and towns, where the expert team from the Sabin centre and some volunteer staff from Chennai centre who would visit regularly twice a week for assisting the disabled by way of consultation, offering therapy, special education and counselling.



Through The Sabin -Pathway Home for Persons with Intellectual Disability & Associated Conditions, the organization has initiated a pilot mobile rehabilitation programme to offer rehabilitation services in couple of nearby villages and towns to over 50 disabled children and adults.

The mobile unit of the facility travelled twice a week to offer free rehabilitation programme in these remote villages. We are now looking at expanding this programme to serve a few more villages in the area and also starting a day care programme outreach centres in Maduranthakam and Acharapakkam towns. In addition to offering support for the developmentally disabled children and Mobile Hospital will also continue to offer free medical consultation and treatment by way of dispensing medicines and drugs to the needy patients. The centre apart from supplying aids is also supporting some deserving disabled children with regard to their basic needs like bedsheets, pillow covers, personal toiletries essentials etc. any aids.



## FAMILY SUPPORT ENTREPRENEURSHIP PROGRAMME



It is often said that disabilities and poverty go hand in hand. This relationship impacts the lives of people all over the country, especially in rural areas where there are few and scant opportunities to earn a living. Realizing this, the organization has initiated Pathway Family Support Entrepreneur Program to assist poor adults with disabilities such as blindness, deafness, poliomyelitis, and dwarfism, as well as helping parents who have children with mental disabilities.

Assistance comes by advancing small fund to help establish tiny enterprises, such as rearing goats, peacocks, ducks, or chickens, or small marketing efforts, such as selling condiments in villages, tailoring and servicing of cell phones, etc.

This year the centre has touched as many as 15 new beneficiaries to aid them to establish their trades which will support them financially. The previous year results led us to serve more number of people thereby making them self sufficient to meet some of their basic needs. Its indeed heartening to see their confidence levels building and the urge to move in a focused way and to fight the challenges that lay before them more positively.



## COMMUNITY REHABILITATION PROGRAMME

Community Based rehabilitation has been rightfully explained by the United Nations as----

*"A strategy within community development for the rehabilitation, equalization of opportunities and social integration of all people with disabilities"*

---By United Nations

The starting point for understanding CBR is the following approach agreed to in 1994 by ILO, UNESCO and WHO -

Community-based rehabilitation (CBR) is a strategy within community development for the rehabilitation, equalization of opportunities and social integration of all people with disabilities. CBR is

implemented through the combined efforts of disabled people themselves, their families and communities, and the appropriate health, education, vocational and social services.

This approach to CBR is multi-sectoral and includes all governmental and non-governmental services that provide assistance to communities. Many of the services which can provide opportunities for and assistance to people with disabilities are not traditionally considered relevant to CBR programmes and people with disabilities.

CBR is now defined by United Nations as a

community development programme that has seven different components:

- (i) Creation of a positive attitude towards people with disabilities;
- (ii) Provision of rehabilitation services;
- (iii) Provision of education and training opportunities;
- (iv) Creation of micro and macro income-generation opportunities;
- (v) Provision of care facilities;
- (vi) Prevention of the causes of disabilities;
- (vii) Monitoring and evaluation.

In India almost 80% of its population is residing in rural and remote areas, where the services are yet to reach.. Over 68% of India's population of 1.2 billion is located in 600,000 villages scattered throughout the country. On average, the needs of the rural population differ from those of the urban for various reasons -- contrasting socio-economic conditions, available occupations, access to healthcare, life ambitions, emphasis on schooling etc. Though mental and physical disabilities occur in both environments, individuals and families who live in rural India receive little in the way of relief or support.

Perceiving this deficit as an opportunity, for the past eight years, Pathway has been implementing a "Community-based Rehabilitation" (CBR) program for individuals and families who live in rural Tamil Nadu covering different villages in an around the farm centre. This program seeks to empower persons with disabilities without 'removing' them from their environment and helps provide tools to rural communities to assist such families and individuals. This programme goes beyond basic medical management and rehabilitation. We believe that in helping the family members we are empowering them to assume more responsibility, have more access to all resources provided thus enabling them to participate fully in the social, economic and political life of the community

Pathway develops customized programs by first by meeting with constituent partners to understand the community, the local culture, type of population, abilities, disabilities, types of occupation of the majority







of the community, etc. After this is studied, metrics for success are created and major stakeholders, such as parents, close relatives, or disabled individuals themselves, are identified.

We are trying to instill self reliance and confidence of the disabled and their parents by highlighting and exploring their talents. Providing them with small micro loans to help their families to be as independent as ever. This would not be considered as charity but supporting them so that they can be more effective and live life more knowledgeably.

Pathway is then able to provide professional teams comprised of medical and rehabilitation experts along with some volunteers who visit communities several times a year. These teams assist communities in identifying persons with disabilities and

then investing time to explain to parents and relatives the various aspect of their child's disability. Family members are trained to perform simple exercises by a trained and qualified therapist in the field. Training material is disseminated so that those disabled persons can receive basic help from their caretakers as the need arises. Special assistive devices are given if needed to make for an easy transition. To our above medical services we also have started adding the component of dental services too.



We are also encouraging this identified group to join in all our centres celebrations thus including them into the society and preparing for a better awareness among communities.



The teams also stress prevention of disabilities, such as the need for good food for the mother and child, principles of cleanliness, public health and hygiene, clean water, the value of breast feeding, vaccination in early childhood, etc. In regard to specific problems, communities are assured that they can have access to experts for consultation when needed. These efforts by Pathway not only provide immediate medical and therapeutic relief, but also seek to change prevailing cultural beliefs and habits to positively impact community trajectories. We have identified another group of differently abled whom we have focused and helped in this current year. To highlight a few- they are- Subashini, Hariharan, and Sakthi,- who being Cerebral Spastic have quadriplegia which in turn has affected their spine. Srikanth and Priyadarshini under the same above category suffers from diplegic spasticity. Divya and Devakumar was diagnosed as Intellectually

Disabled with severe speech defect. These are just to name a few. Other children and adults who have been included for rehabilitation programme are Satishkumar, Vignesh, Jayanthi, Kumar, Kalaiselvi, Sandhya, Dineshkumar, Raman R, Muthu, S Pradheep Raj, Kumaraswamy, Nagaraj S, Kannan, Chellapan, David etc

## VILLAGE OUTREACH



For many years now Pathway has been running an outreach program in nearby villages to help the poor and disabled children living there. Originally there was a limited, time bound program funded by the government to serve the disabled in villages, which has since concluded. Pathway decided to enter this space with skill and novel methods to energize this program that offer intervention program for the mentally and physically disabled

children. Many types of disability can be prevented by relatively simple measures. Proper nutrition is one of the most significant ways to help prevent many disabilities.

Several of these children have very limited use of their legs or arms and would be completely quadriplegic without the free therapy Pathway provides. Pathway is well known in these villages because they bring help to the villages whereas it would be impossible for the villagers to reach a bigger city for aid.



Volunteers are able to assist with such outreach efforts and can directly help rural children in south India to better live with or overcome disabilities.



Our team of Physiotherapists and Occupational therapist reach out to these families and their children in assessing and formulating a programme which in turn is taught to a parent or relative by the community rehabilitation worker. Every two to three months the programmes are assessed and re formulated if necessary.





## THE WORLD YOGA DAY



Time and again a question with a curiosity look pops up asking- What is Yoga? In general, people outside India, associate yoga with a complex amalgamation of different twisting and turning postures that are believed to provide some kind of mental and physical benefit. Very few people are aware of the fact that yoga in Sanskrit basically means “union”. It is an experience where everything in our conscious and unconscious state of mind becomes one. It is form of science which helps to enhance a human beings ability to perceive and realize his ultimate nature.



The declaration of World Yoga Day is marked as a big victory for India on the international platform, where the resolution for declaring 21st June as World Yoga Day was passed with an overwhelming majority. The events leading to this declaration can be traced back to the year 2014, when PM Narendra Modi in his address to the UN General Assembly on 27th September 2014 said, “Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action.” Following this speech, a resolution was proposed by the United Nations proposing a dedicated Day for highlighting the virtues of practicing Yoga. This resolution was endorsed by a total of 177 countries out of 193 member countries within a sphere of 100 days

- ❖ The next question would be why we need to do Yoga ..
- ❖ It aims to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.
- ❖ It helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow. Proper oxygen and blood supply to all the vital organs helps to diminish the occurrence of major diseases related to the heart, lungs, kidneys and other vital organs.
- ❖ Yoga practitioners believe that when a person connects with Mother Nature with both his mind and soul, he achieves a greater level of consciousness which helps him to be at peace with his surroundings. This level of consciousness would invariably lead to world peace as more and more people starts practicing Yoga.
- ❖ Practicing yoga would lead to stronger bonds between people from different background, irrespective of caste, religion or language barriers. It would help to promote the feeling of communal harmony and create a conjugal atmosphere for global peace.
- ❖ International Yoga Day aims to make the practice of yoga popular among people in different parts of the world, so that people are able to have a correct opinion about this form of well-being, which is not only easy to practice but is also extremely effective on a long term basis.



One can further describe the basic fundamentals of Yoga as –

- ❖ Folding of both hands in the logo Symbolise Yoga, the union, which reflects the union of individual Consciousness with that of universal Consciousness, a perfect harmony between mind & body, man & nature; a holistic approach to health & well being.
- ❖ The brown leaves symbolise the Earth element, the green leaves symbolise the Nature, blue symbolises the Water element, brightness symbolises the Fire element and the Sun symbolise the source of energy and inspiration.
- ❖ The logo reflects harmony and peace for humanity, which is the essence of Yoga.



Understanding the above we at Pathway have embraced the world yoga day celebrations. Across all the centres we have introduced yoga. This was not a new concept to us since it has been a part of our curriculum. The benefits of the same is manifold.



The staff and students were made to realise that the benefits of practising yoga was manifold. In short Yoga can enhance the ability to focus, able to keep one in state of happiness, it can relax your system, aids in



boosting up self confidence which leads to a healthy lifestyle and also aids in maintaining one's health.

The children were made aware of the relevance of yoga in daily life. Different asanas were demonstrated under the guidance of the trained staff.

The pictures shown give you a glimpse of the different asanas performed by the children and the wonderful concentration with which they exhibited their learning.





## ON WORLD ENVIRONMENT DAY

If you can't **REUSE** it,  
**REFUSE** it!



*Urged all people to reject single-use plastic. Refuse what you can't re-use. Together, we can chart a path to a cleaner, greener world." — Secretary-General, António Guterres*

Every World Environment Day has a different global host country, where the official celebrations take place. The focus on the host country helps highlight the environmental challenges it faces, and supports the effort to address them. This year's host is India.

Each World Environment Day is organized around a theme that focuses attention on a particularly pressing environmental concern. The theme for 2018, **"BEAT PLASTIC POLLUTION,"** is a call to action for all of us to come together to combat one of the great environmental challenges of our time. The theme invites us all to consider how we can make changes

in our everyday lives to reduce the heavy burden of plastic pollution on our natural places, our wildlife – and our own health. While

plastic has many valuable uses, we have become over-reliant on single-use or disposable plastic – with severe environmental consequences. The United Nations, aware that the protection and improvement of the human environment is a major issue, which affects the well-being of peoples and economic development

throughout the world, designated 5 June as World Environment Day. The celebration of this day provides us with an opportunity to broaden the basis for an enlightened opinion and responsible conduct by individuals, enterprises and communities in preserving and enhancing the environment. Since it began in 1974, it has grown to become a global platform for public outreach that is widely celebrated in more than 100 countries.

World Environment Day is the UN's most important day for encouraging worldwide awareness and action for the protection of our environment. Since it began in 1974, it has grown to become a global platform for public outreach that is widely celebrated in over 100 countries.

It is very disheartening to note the following plastic pollution facts given below-

Every year the world uses **up to 5 trillion** plastic bags



- ❖ Each year, at least 13 million tonnes of plastic end up in the oceans, the equivalent of a full garbage truck every minute.
- ❖ In the last decade, we produced more plastic than in the whole last century
- ❖ 50 percent of the plastic we use is single-use or disposable
- ❖ We buy 1 million plastic bottles every minute
- ❖ Plastic makes up 10% of all of the waste we generate

It is necessary for every individual to understand the above. Hence in all our centres these concepts were explained to children with aid of group discussions, art activities related to the above, drama etc. We also pledged not to use single use plastics and decided to introduce making of cloth bags in our vocational unit to do away with plastic bags at shopping areas. More emphasis has been given to plastic which we can reuse if needed. The children and adults were educated about keeping their environment free of plastic refuse through TV shows too.

## VOCATIONAL WORKSHOP TRAINING



There was one day training for special educators to use the training material kit at Navajyothi Trust



institute of mental retardation on 27.07.2018 from 10.00a.m to 4.00p.m. Ms Priya attended this workshop. There were people who were drawn for this workshop from various districts like



Trichy, Nagapattinam, Ariyalur, Thiruvapur, Pudukottaai, Vellore, Coimbatore, Perambalur, Villipuram, Kancheepuram And Cuddalore. They were trained in the use of light engineering spare parts assembly. A training manual was supplied for the same.



## KERALA FLOOD

During the mid evening on 8<sup>th</sup> august 2018 we viewed the news flashing regarding Kerala State which had been hit with severe floods due to unusually high rainfall during the monsoon season resulting in dams filling to capacity. In the first 24 hours of rainfall the state had received 310 mm

Almost all dams had been opened since the water level had risen close to overflow level due to heavy rainfall, flooding local low-lying areas. For the first time in the state's history, 35 of its 54 dams had been opened. The deluge has been considered an impact of the global warming.

Famed for its tea plantations, beaches and tranquil backwaters, Kerala is frequently saturated during the annual monsoon. But at this time The state of Kerala witnessed the worst flooding in 100 years which it will take months, if not years, for the state to rebuild itself. The effort will





need a million hands and an estimated Rs 20,000 crore. People across India have already risen to the cause - volunteering in rescue efforts and relief camps, donating money and materials towards those in need and urging others to do the same.

My thoughts immediately turned back to a few years from now during the month of December 2015 at Chennai when we had faced first time flood in our history of work . My mind raced back to the time when this natural calamity had hit us and untold misery had unfolded in front of our eyes. The hardships that were faced then flooded our memory. Looking back we can be very grateful that we survived the same with no major problems in terms of health or loss of lives except for losing materials.

It was a payback time for us this time, The Pathway's entire staff force decided to give their mite to help .Each one of them parted with their salaries with a grateful heart and marvelled at God's mercy which had kept them safe in the floods that we had witnessed not long ago. The centre contributed a sum of Rs. 75000 which was acknowledged by the government of Kerala.

Today we were witnessing another calamity which overnight had affected hundreds of villages, destroyed homes, roads, lives etc.it took a while to digest the destruction which was unfolding in front of our eyes. India's southern state of Kerala was suffering its worst monsoon flooding in a century, with more than one million people displaced, and more than 400 reported deaths. Aid agencies and government groups set up more than 4,000 relief camps, while rescue personnel made their way to submerged villages in helicopters and boats, bringing supplies, and evacuating those they can find.

## INDEPENDENCE DAY CELEBRATION



Happiness spreads around the day when the Independence Day approaches. All major government buildings are decorated with lights. The tricolor flag is hoisted on houses and other buildings. Independence

Day, August 15 is a national holiday, the holiday of this day should be commemorated by remembering the sacrifices made by brave freedom fighters to every citizen. A week before Independence Day, the spirit of patriotism is encouraged by organizing special events and programs. Programs related to this topic are broadcast on radio stations and television channels. Films about martyr's stories are shown and stories and reports related to national sentiment are published.





Independence Day is celebrated throughout India as a national holiday in India. On August 14, at 8 pm, the President sends messages to his countrymen, which is broadcast on radio and television.

Every year India celebrates 15th of August as Independence Day. This day is significant for the Indian. After the slavery of years, India got independence on the same day from British rule, 15 August 1947. This day has been declared as a gazetted holiday throughout India to honor the great sacrifice of our countrymen.

On August 15, 2018, India celebrates the 72nd Independence Day. This year, Independence Day celebrations had a very special message from our Prime Minister. who addressed the nation from the ramparts of the Red Fort. The main event begins with the hoisting of the national flag by the PM, which is synchronised with an honorary 21 gunshots and followed by a moving rendition of the Jana Gana Mana –(India's National

Anthem ) .To remind his people of the country's struggle for freedom, the PM addresses the nation and reminisces on the events leading up to India's independence and ends his speech with a note on the country's future.

His powerful speech covered many aspects like-

- Acknowledging with pride about six women officers of the Indian Navy who circumnavigated the globe
- Ensuring social justice for all
- Assuring the tax payers that their money was being put up for good use
- Eradicating of black money
- Uplifting nearly 5 crore Indians from jaw of poverty
- Introduction of loans under Pradhan mantri mudra yojna
- Trying to ensure peace across the nation
- Working hard to bring exceptional reforms in agriculture sector
- Bringing out new schemes which will provide health assurance to crores of families across the country







planning to showcase on the D Day.

The Independence day celebration were planned fairly elaborately in the grounds of the school where a special flag mast is permanently installed. It is the rule of the organization that every day as all the children assemble for their morning assembly and morning prayers there should be hoisting of our national flag with the singing of national anthem this was done to inject a sense of ownership and patriotism amongst the children right from the beginning of their lives.

On this special day the flag mast was well decorated with colourful paper and the entire area was decorated with colourful buntings and tiny flags. The area around the mast had ornamental variety plants and a tastefully decorated rangoli by the girl children added beauty to the entire background. Every child was found to

Later in the day, celebrations include patriotic parades and pageants focused on honouring the freedom fighters; a march-past led by the Indian Armed Forces and Paramilitary Forces and performances by school children.

The Independence day celebration at the Pathway Agro Farm for Children was a highly colourful feat this season. The grand display of talent were eye catching and awesome by the children of the Pathway-Pamela Martinez Matriculation School and adolescents of the Pathway-Sabin Centre for Education and Rehabilitation of Disabled. Over 200 children of the Pamela Martinez Matriculation School were seen to be rehearsing for this big day for almost a fortnight. They had prepared a long programme of nearly three hours to be presented on the eve of the Independence Day. Similarly, boys of the Sabin Centre were also seen to be practising many programmes which they were







assembly of all children in their slots and with this the day was set to unfurl the national flag. The President was requested to unfurl the tri-colour by the principal and the leader of the school. As the flag was unfurled there was copious sprinkling of petals of roses, jasmines and various flowers showered on her and others. This signalled the singing of national anthem which was rendered with great poise and decorum.

The children of the Pamela Martinez Matriculation School and Orphanage presented a huge variety of programmes consisting of drill which also had elements of yoga asanas, using hoops to emphasize the colours of our national flag. The boys showcased their talent using dumbbells and topping it with a pyramid show where the inner most circle of this human chain moved in a beautiful circular formation and the apex of the human pyramid depicting the national flag with a salute. Similar more different formations were

sporting with a small Indian Flag that was affixed on the lapel of their shirts. All the staff and all invitees were encouraged to affix such flags. The entire show was very well choreographed and organized to the minute detail.

The show started with an impressive march past by nearly 230 children comprising of able and disabled children of the Farm. They marched with precision driven by a rhythmic band that was played by two senior boys. Even our youngest kindergarten children was a part of this march past. All the children in their neatly pressed clothes and neat footwear marched perfectly and went past the saluting base and the Flag mast where the President was present with the principal to take the salute. Each class lead by its leader marched past the saluting base in perfection saluting the flag with reverence. The march past culminated in orderly



displayed by the boys of various classes. The girls not willing to remain behind showed their prowess too in the separate drills they performed like a human pyramid taking the salute under their guidance of their teacher and guide- Ms Sailaja. The exercises also involved using of lazems.

This was followed by a speech in Tamil by Deepapriyan and Lavanya, a Tamil poem explaining “before and after freedom” of India by Abnisha of VIth grade. A speech in English by Kishore Kumar of ninth grade and a description of our national leaders and their role in Independence was outlined by Murugeshwari of ninth standard. A fancy dress, that is, children dressed up like national leaders who were responsible to gain independence to our country was displayed by our very tiny tots which definitely brought a thunderous applause from their school mates and all others present. This was followed by a mime which was truly executed well by the senior boys depicting the theme- UNITY IN DIVERSITY The entire show was full of great educational value and truly delightful. The songs and dances presented by the children were particularly spectacular and grand. The tiny tots dance to the tune of –“ I LOVE MY INDIA”. IV and III std children performed a dance to the lyrics of a patriotic song penned down by Bharathiyar and finally the VIII and IX std children sang “ Vande Mataram “ to everybody’s delight.

The children with special needs from the Sabin Centre for Education and Rehabilitation of Disabled did not lag behind in any sphere. Apart from being a part of the main marchpast they also showcased highly enjoyable and loveable programmes comprising of songs and dances with the theme of independence. They also performed the different yoga postures and their benefits which drew great amount of appreciation. This three hour grand programme ended with a closing message by the Director followed by distribution of chocolates, pastries and a sumptuous lunch.

## GANESH CHATURTHI



and Goddess Parvati. Lord Ganesh is the symbol of wisdom, prosperity and good fortune.

This festival is celebrated by Hindus with a great enthusiasm. People bring idols of Lord Ganesh to their homes and do worship. The duration of this festival varies from 1 day to 11 days, depending on the place and tradition. On the last day of the festival the idols are taken out in a colorful and musical procession and immersed traditionally in water.

Ganesh Chaturthi also known as Vinayaka Chaturthi is one of the important Hindu festivals celebrated throughout India with a great devotion. We at Pathway centres celebrated this festival on the 13<sup>th</sup> September 2018.

This day is celebrated as the birthday of Lord Ganesh, the elephant-headed son of Lord Shiva







As per Hindu mythology Lord Ganesh is considered as "Vigana Harta" (one who removes obstacles) and "Buddhi Pradaayaka" (one who grants intelligence). This festival is very important for students, they worship Lord Ganesh to illumine their minds. The children of all the centres enjoyed doing the various activities pertaining to the festival in the form of making mud idols, drawings of Lord Ganesha .

## MAKING OF THE NATIVITY



Christmas is the time that reinforces the values of giving and sharing. At Pathway centre for rehabilitation, we aim not only to inculcate these values in the children but also help them learn to implement these in innovative but ecologically responsible





ways. Our latest figurine crafted by the children is a prime example of this.



The special children at Pathway vocational centre have hand-made a twelve-piece Nativity figure-set which is a brain child of Chandra Prasad the Hony. Director and Co-Founder of this institution. What is different about these particular figures compared to the already existing ones, you may ask – this entire set is made



completely from newspaper. Previously, a similar set had been made but it had been made with beads. This was sent to all overseas patrons of Pathway.

The children, under the guidance of expert team of vocational teachers -Ms Linda, Ms Radha, Ms Porkodi, Ms Priya and Mr Ashirvatham, enthusiastically jumped at the idea of trying something unique and novel. The children's willingness to try something new is commendable. The first set took little over four months to be completed. Twenty five number of children were involved in the







making of these dolls. The staff are confident that the next sets will be processed quicker – the children are quick learners and are quite proud of their accomplishment – as they rightly should be.

The hand-made nativity scene depicts the scene of the birth of Baby Jesus couple of days after he is born when the three wise men visit him. An angel has announced the birth of infant Jesus to the shepherds who then visit the

humble site of his birth – the stable where he is found lying in a manger. This scene comprises of the new-born Baby Jesus, Mother Mary, Joseph, a camel and a sheep in the stable, three wise men, who come bearing gifts and the shepherd.

These figurines are all made from and decked out in newspaper. The size of the dolls are around 11 to 12 inches. The clothes for the three wise men are also made from paper but what enriches them is that they are woven to give it a rich-look. The faces are made with paper mache moulds to give them a life-like appearance and each face has an

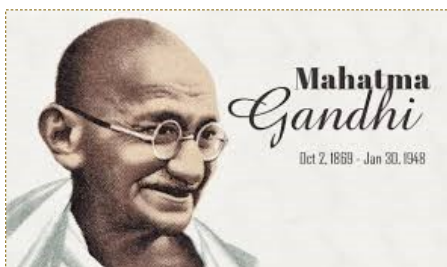






individuality that makes it stand apart from the others.

The children eagerly await Christmas this year – it is a wait that we all are impatient for; to see the fruits of their labour being enjoyed and appreciated by everyone.



## GANDHI JAYANTHI

*Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man. ---MAHATMA GANDHI*

This year, on October 2, India did celebrate the 150th birth anniversary of Mahatma Gandhi. Mahatma Gandhi's birth anniversary is celebrated every year as Gandhi Jayanti to commemorate his ideals of peace and non-violence as well as his immense contribution to India's freedom struggle.

On 15 June 2007, The United Nations General Assembly announced that October 2nd will be celebrated as the International Day of Non-Violence.

Gandhiji had a natural love for 'truth' and 'duty'. With his complete dedication and confidence, Gandhi freed India from the British Rule and proved the world that freedom can be achieved with non-violence. Even today his teachings are encouraged to stay away from violence and find peaceful solutions to conflicts. For Gandhi, Truth and Non-violence was his entire philosophy of life. Gandhiji was one of the biggest contributors to India's freedom movement and his methods for achieving it shaped the country greatly. He is even called the Father of our Nation. That is why his legacy is honoured, not only in India, but all over the world.

The President and the Prime Minister, along with other political leaders, pay homage at Raj Ghat, the Samadhi of Mahatma Gandhi in New Delhi. To honour Gandhi's respect for all religions and communities, representatives from different religions take part in the prayer meeting held at Raj Ghat. Prayers and Verses are read out from Holy books of all religions. Mahatma Gandhi's favourite song 'Raghupati Raghava' is customarily sung at all meetings associated with him.

Pathway's children too were a part of this national festival by way of honouring our greatest leader in form of drawings and prepared a collage in his honor. In simple words they were given information about him in form of small skit, and role model play.



## AWARD

The National Integrity Cultural Academy under Global Achievers Council held a Convocation and Award ceremony on the 27<sup>th</sup> October 2018 at Patrician College. They awarded the **BHARATH JYOTHI EXCELLENCE AWARD** to Chandra Prasad, the Hony Director of Pathway Centres.



This event was presided by Dr R Selvam who is the Chairman of Global Achievers Council. The guest of honors were - Hon'ble Justice K SwamiDurai, Hon'ble Justice V Vaidyanathan, Makkal Tv Dr. C R Bhaskaran, Dr. A Ameerkhan - Member of CACL Ministry of Shipping, Govt of India, Dr Himmath A Hussain -Asst Honorary Consular of Netherlands to Maldives at



*Embassy of Netherlands along with The Director, Associate Editor and President of Patrician College.*

The entire staff were present for the same.





## DIWALI



This year Diwali fell on the 1<sup>st</sup> of November 2018. Diwali, or Deepawali, is [India's](#) biggest and most important holiday of the year. The festival gets its



name from the row (*avali*) of clay lamps (*deepa*) that Indians light outside their homes to symbolize the inner light that protects us from spiritual darkness. In northern India they celebrate the story of King Rama's return to Ayodhya after he defeated Ravana by lighting rows of clay lamps. In all interpretations, one common thread rings true—the festival marks the victory of good over evil.

Southern India celebrates it as the day that Lord Krishna defeated the demon Narakasura. In western India the festival marks the day that Lord Vishnu, the Preserver (one of the main gods of the Hindu trinity) sent the demon King Bali to rule the nether world. In all interpretations, one common thread rings true—the festival marks the victory of good over evil.

Diwali, celebrated in October or November each year, originated as a harvest festival that marked the last harvest of the year before winter. India was an agricultural society where people would seek the divine blessing of Lakshmi, the goddess of wealth, as they closed their accounting books and prayed for success at the outset of a new financial year. Today this practice extends to businesses all over the Indian subcontinent, which mark the day after Diwali as the first day of the new financial year.



Indians celebrate with family gatherings, glittering clay lamps, festive fireworks, strings of electric lights, bonfires, flowers, sharing of sweets, and worship to Lakshmi. Some believe that Lakshmi wanders the Earth looking for homes where she will be welcomed. People open their doors and windows and light lamps to invite Lakshmi in. Over the centuries, Diwali has become a national festival that is enjoyed by most Indians regardless of faith: Hindus, Jains, Buddhists, and Sikhs.



This Diwali started with a small project on -SAFETY FIRST conducted by the school involving firemen from our district who demonstrated the safety measures to be used while playing with crackers and the use of





fire extinguisher. The interesting image is of our security guard (dog-Brown) who is listening with rapt attention about the fire safety.

All the centres from Pathway were a part of this festival. Children donned new colourful dresses and they looked forward for the special meals and sweets which would follow for the day. As usual the multi colored Rangoli depicting happiness and ushering good tidings were a part of the childrens handiwork. They also were involved in making the diyas with their bare hands which was lovingly lit around their campus. Crackers being a part of this festival it was kept minimal to sparklers and safe flower pots with a few display of fancy fireworks. Children had been busy from morning.



Children of Chennai centre and Sabin had made models of their favourite crackers and sweets and ofcourse their special Rangoli design for the occasion. All the simple rituals of Diwali have a significance and a story to tell. The illumination of homes with lights illuminate our homes and hearts, that this simple truth finds new reason and hope. From darkness unto light — the light that empowers us to commit ourselves to good deeds, that which brings us closer to divinity. and the skies with firecrackers is an expression of obeisance to the

heavens for the attainment of health, wealth, knowledge, peace and prosperity. According to one belief, the sound of fire-crackers are an indication of the joy of the people living on earth, making the gods aware of their plentiful state. In all this joyous festival is always welcomed by not just the kids but adults too. Every special educator as well as other educators for normal children prepare their wards a month earlier to the history and significance of this festival in form of varied activities.





# INTERNATIONAL DAY OF THE DIFFERENTLY ABLED-2018

## STATE LEVEL MEET FOR DIFFERENTLY ABLED CHILDREN



December 3rd of every year is celebrated as the World day of the Disabled all over country and the entire world.



India at the national level and Tamil Nadu at the state level celebrates this day appropriately honouring the differently abled who excel in various walks of life and honour those who serve the disabled. Pathway

joined the festivities in several ways, in participating in the events organized by the state government as well as many organizations, such as Chennai Special Olympics. Sports and various cultural events and competitions marked the occasion. Pathway participated this year by sending a large contingent of 60 children and 9 adults from Pathway Centre, Chennai as well as 42 adults from Sabin Centre, Agili, to partake in the grand march past, sports, dance and musical events. This event was conducted at Anna University. The Honourable Social Minister Dr V Saroja, Mr C. Vijayaraj Kumar, IAS ( Principal Secretary to Govt ), Tmt B Maheshwari- State Commissioner for the Differently Abled, did the honors.



The freeing of pigeons and releasing balloons of our national flag color indicated the start of events. Anitha and Vani were selected for state level sports for long jump and







potato gathering respectively participated in the events. Sabin centre represented Kancheepuram district. Pathway received special appreciation for its dance depicting a popular folk dance. The participants were Vani, Rani, Joseph, Madhavan, Priya, Chandru, Prathap, Sivachandran, Tamilmani, Dhanam, Anitha and Yamini. These participants received flasks as gifts for the above. Two of our boys from Sabin Centre namely Pughazhendi received a medal for soft ball and Kiresk Kumar a medal for 100 mtrs race.



We also distributed cup cakes to nearly thousand participants as a contribution from our Centre. A Cultural programme on 3<sup>rd</sup> December was organised by the government of



Tamilnadu in Kancheepuram district attended by our DDAWOKPM Mr Srinath and collector Thiru. P. Ponniah, I.A.S., Collector and District Magistrate of Kancheepuram District. A number of organisations were a part of this event from the entire Kancheepuram belt.



Our boys from Sabin centre enthralled the audience with a mime depicting performance was

cell usage. Their so flawless that it was repeated again for the delighted audience. A troupe of 15 boys were involved in the same.. They were heartedly congratulated by the present august guests. The Sabin group walked away with prizes and certificates hosted by Lions Club of KPM Host to the delight of their peer group





## UNIFIED SPORTS – SPECIAL OLYMPICS FOOTBALL 2018



Our two boys Murugappan and Kiresh Kumar were selected based on Individual Football Skills Assessment conducted by the above authorities of Special Olympics Bharat. A preliminary round was conducted by 5-a-side Unified Football NCC cum National Championship at Chennai, Tamil Nadu from 2nd – 6th Oct 2018. They boarded the train on the 6th December 2018 to their designated venue at Coimbatore. Their event lasted till the 8th of December when they came back home with a huge smile and delight on their faces. They had just won the football match securing the second place. In the Unified National Football where 600 athletes were



expected. They did Tamilnadu and us proud of their achievement



## CHRISTMAS



agro farm.

It was a glorious Christmas celebrated with fervour and prayer in the heart. There



was great excitement in the air as children from Pathway, Chennai, the Pamela Martinez Matriculation School and Orphanage and the Sabin centre for the disabled joined together to showcase a grand show on the 21.12.2018 at the



Children from the Pathway Chennai centre travelled by bus to the farm for this event. It was a very joyous group

*All throughout history a few men and women profoundly touched the world that centuries later humanity remembers and celebrates their contribution to our happiness and welfare.*

*Such was the impact Jesus had on the world. We are about to celebrate His divine birth. Why would a large part of the world bother, more than 2,000 years later, to celebrate such a birthday?*

*We celebrate His divine birth because what He promised us was simple yet profound, was self-centered yet it was meant to serve others, was practical yet was transcending.*

*Didn't He say that the meek will inherit the earth, that the pure in heart will see God, that the peacemakers will be called the children of God?*

*I hope that each one of us will find ways to emulate the goodness and example of the One whose birth we celebrate with you.*

*May God's almighty blessings be upon all of you.*

*We send our deep love and affection*

*The Butel's*

*You and all of the dedicated Pathway team bless us through your wonderful work among our underprivileged and handicapped brothers and sisters in India. For the extended Benac family and I am sure for every member of this board, our involvement in Pathway gives greater depth and increased meaning to our Christmas holiday and to the Savior's call to reach out to those in need with pure religion - to cloth the naked, feed the hungry and uplift and educate the downtrodden.*

*That we are eternal friends and that you and our sweet Prasad have been so dedicated for decades to God's great work is humbling for the rest of to even consider. May the great god of us all be with you and protect and uplift you, your family and the children, staff and friends of Pathway and give you spiritual and physical strength every hour of every day is our prayer for you in this wonderful and auspicious new year.*

*With love, affection and admiration...Bill and Barbara Benac*



which arrived the venue in the afternoon. The programme was due to start only in the evening. To add to the festivities the Pathway Alumni too joined to be a part of this wonderful



festive occasion. It was indeed a sight to watch the entire family of Pathway meeting at one area. Though each one was from different walks of life today but their mingling with each other only showed that they were bounded to each other by being a Pathwayian at heart. The sound of laughter, joy, animated talk and chatter filled the air.

It was indeed a sight to see hundreds of children dressed in colourful attire especially gifted to them to celebrate the

birth of our Saviour. This special event was attended not just by students of the entire pathway family but also included the children from community rehabilitation group and their parents and care givers.

The stage preparation was done with the help of the Pathway alumini which fixed the beautiful background banner painted by the children AND Sabin centre boys were added attraction who enacted the entire Nativity. The programme started with a opening hymn and prayer. This was followed by the director's welcome speech and some excerpts from our benefactors who so graciously sent the Christmas message.

There was a welcome dance and skit by the school kids followed by dances to the tune of Feliz Navi Dad and Away in a Manger.

The staff from other centres sang for the benefit of the children with the final programme being Nativity. The entry of Santa Claus was the highlight since one could see all the children clapping with glee, their eyes





shining bright and excitement lit in their hearts since they knew he was their bearer of gifts according to their wish list. It was a scene of pure joy. The following words are so apt in the President quote below-

*"Let us make Christmas real. It isn't just tinsel and ribbon, unless we have made it so in our lives. Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It is discarding the meaningless and stressing the true values. It is peace because we have found peace in the Savior's teachings. It is the time we realize most deeply that the more love is expended, the more there is of it for others."*

---President Thomas S. Monson

## TRADE FAIR

'Tourism and the Digital Transformation', was the theme of the 45th India Tourism and Trade Exhibition 2019. The exhibition began on Island Grounds on January 09 to March 23rd.. A model of the tallest building in the world and a marine aquarium are among the attractions at the 45th India Tourism and Trade Fair, inaugurated by Chief Minister Edappadi K. Palaniswami at the Island Grounds here on Wednesday. Officials said the footfall for the exhibition was around 11 lakh people the previous year and they expected a good number of visitors till April, when the exhibition was supposed to end. It has an entertainment park for children and cultural programmes in the open-air theatre every evening. Stalls and exhibits from 28 State government departments, 16 State PSUs, two Central government departments, four other government departments, the Indian Red Cross Society and 60 private players are on display. Speaking at the event, Chief Minister Edappadi Palaniswami said that international and domestic tourist arrivals in the State were the highest in the country. In 2017 alone, a total of 34.50 crore domestic tourists and 48.60 lakh foreign tourists arrived in Tamil Nadu, he said. Deputy Chief Minister O. Panneerselvam also spoke during the event. Senior Ministers and officials were present during the inauguration.



To this wonderful Exhibition Pathway's Vocational unit was called once again this year to be a part which opened on a grand note at the Island Grounds. Several dignitaries from State departments were present





“The idea of this fair was to provide a billion opportunities to the tourists visiting. During this 2 month long fair. Our children also participated in a fancy dress much to the delight of the elite guests. They went round our stall and were amazed at the products displayed especially our newspaper nativity set.

Pathway received rare compliments and kudos for the work at large to the society

The fair was open from 3 pm to 10 pm on weekdays and from 11 am to 10 pm on Sundays and public holidays. In this fair, state government departments showcase their services, alongside entertainment activities and amusement rides.



The Island Grounds constitute a vast empty space on the island where fairs and exhibitions are held on a regular basis. Anna Salai is one of the major roads of Chennai. It originates on this island running mostly in the southwest direction towards the south. From the year 1975, the annual India Tourist and Industrial Fair, which is popularly known to the locals as the trade fair, has been conducted on this island by the state government of Tamil Nadu during the months of January to March. The fair was open to visitors from 3 p.m. to 10 p.m. on weekdays and on Sundays it will be open from 11 a.m. to 10 p.m.



## PONGAL



If mid-January is an important time in Tamil Nadu, so also it is for Pathway. The harvest festival falls typically on 14 January. This time the harvest brought great cheer in the hearts of everybody at the Pathway Agro Farm as plenty of rice and vegetables were harvested. These three day long Pongal festival was celebrated with great fun and frolic by the children and staff of Pathway, Chennai, the Pamela Martinez Matriculation School and the Sabin Centre for the differently abled.

The wardens, special school staff, Farm staff, Supervisor, Electrician, Plumber, Driver and Hostel staff, teachers are called to participate in the event with their Tools All the children are







involved in the spring cleaning of the entire campuses. The drivers are incharge of cleaning their vehicles. In general every body is involved in the above activity.

Though this practice is in everyday life here but this gives a start for a new year ringing in freshness and beauty all round. Special prayer was said by Shalini, and there after the Principal explained about the meaning and concept of these three days significance.

A small joint prayer or pooja is organized and the blessings are given in form of puffed rice, fruits, sweets and ofcourse the inevitable goodness of sweetness- the sugarcane. this community act brings people closer and

friendships and ties get stronger. Worshipping the tools which offer one's livelihood makes them respect these aids.

Pongal is celebrated by the Indian state of Tamil Nadu as well as Tamils worldwide, including those in Sri Lanka, Malaysia, Mauritius, South Africa, USA, Canada and Singapore. The festival is at least 1000 years old although some believe that the festival is more than 2000 years old. As per epigraphic evidence, it used to be celebrated as Puthiyeedu during Medieval Chola empire days. It is thought that Puthiyeedu meant the first harvest of the year. People of all religions celebrate the pongal festival. This is a harvest festival - the Tamil equivalent of Thanksgiving.

The second day, Pongal, is the main day, falling on the first day of the Tamil month Thai (January 14 — 15). Also known as Sarkarai Pongal or Veetu Pongal, it is celebrated by boiling rice with fresh milk and jaggery in new pots, which are later topped with brown sugar, cashew nuts and raisins early in the morning and allowing it to boil over the vessel. This tradition gives Pongal its name. The moment the rice boils over and bubbles out of the vessel, the tradition is to shout of "Ponggallo Ponggallo!" and blowing the sangu (a conch), a custom practiced during the festival to announce it was going to be a year blessed with good tidings. All the children from all the centres joined along with their staff watched setting up of the clay pot on bricks with wood as the fuel. The sugarcane was a part of their decoration which was used in the form a stand . The children were dressed in their new clothes and the entire farm was dotted with a riot of colors. A bystander could watch the kids bobbing their heads and chatting gleefully waiting for their principal to say the prayers. Once done all the pair of eyes were focused on the pot waiting for the rice to boil over. The sight of the rice boiling over immediately brought a chorus from children who shouted "Ponggallo







Ponggal!" The happy faces smiled gleefully and waited with bated breath to receive the offerings made and ofcourse the best loved sugarcane. Children were busy seated in and around the playground area with their sugarcane pieces in their mouth and their strong teeth skillfully tearing the top layer and enjoying sucking the fresh juice. The excitement was hard to contain. Many a times watching them send an adult back to his memory lane where he or she relives their childhood. Once the pongal is ready a Padayal (the offering) is first made. Sharing of the Pongal with friends and relatives follows a few minutes of meditation or a prayer. The children were absolutely excited about this day. The excitement of a festival is always writ with pleasure on their face and this showed in their eagerness to follow any ritual rules like getting up early in the morning and having a shower and donning new clothes. The previous night the kids had collected their old clothes and each one had made their own bundles since the first day, Bhogi, is celebrated by throwing away and destroying old clothes and materials, by setting them on fire, marking the end of the old Thai and the emergence of the new Thai. The excitement was definitely on high since they receive new clothes and toys to mark the occasion. The day set off by the girl children drawing kolam decorations in front of their school and dormitory buildings. Everywhere colorful buntings were installed. The buntings waved along with the breeze matching the

childrens smiles. Their enthusiasm brought a renewed energy in the adults who thought less of their everyday worries and became a part of the scenario by joining the kids in the festivities.

The third day, Maattu Pongal, is for offering thanks to cattle, as they help farmer in different ways for agriculture. On this day the cattle are decorated with paint, flowers and bells. They are allowed to roam free and fed sweet rice and sugar cane. Some people decorate the horns with gold or other metallic covers. In some places, Jallikattu, or taming the wild bull contest, is the main event of this day and this is mostly seen in the villages.

The staff had organized a wonderful fun day programme for children . Some children were dressed in their traditional costumes. The older girl children danced a classical number in front of their peers to mark the





day's festivity. This was followed by a popular game known as Tug of war. The air was filled with happiness and joy and cheering sounds from the crowds who egged their groups to pull harder to win the contest. This was displayed by the tiny tots, middle school kids, special children, and ofcourse the lady staff members who were pitted against the male staff members. The boys were thrilled that their gender won. The adult special children weren't going to be left behind and they showed their skill in musical chair which was won by Citibabu followed by Srinivasan. The last but not the least was the blindfold game which challenged the participant to hit a pot which is hung eight to nine feet above the ground and try to smash it and carry the prize housed in it. It seems like another version of piñata. This exclusive award was won by Murugappan our Sabin centre student. Tired and exhausted the kids trooped in for their special food which they enjoyed and welcomed the nap after it. During the final day, Kaanum Pongal (the word kaanum means "to view") people visit beaches and theme parks. The children in batches were taken out to visit the nearby bird sanctuary. They were delighted.

This day is a day to thank relatives and friends for their support in the harvest. Although it started as a farmers festival, today it has become a national festival for all Tamils irrespective of their origins, caste or even religion. It is as popular in urban areas as is in rural areas.

## ANNUAL AWARD CEREMONY OF THE KANCHEEPURAM DISTRICT SELF FINANCING SCHOOL'S ASSOCIATION

On the 19<sup>th</sup> January the Kancheepuram District Self Financing School Association honoured our school in the –THE FIFTH AWARDS CEREMONY' for hundred percent result for the



tenth standard for the year 2017-2018. We were awarded with a plaque and certificate which was received by the Hony Director Chandra Prasad on behalf of the school along with the entire team of the school headed by the principal.

The chief guest was Sri Dr V Irai Anbu, IAS who is the *Principal Secretary & Director Entrepreneurship Development and Innovation Institute, Govt of TamilNadu*. The other elite members were Dr V C R Murugan, *Director of School Education, Govt of Tamilnadu*, Dr S Kannappan- *Director of Matriculation Schools, Govt of Tamilnadu*, Dr G Arivoli, *The Director, State Council of Educational Research and training, Govt of Tamilnadu* and Sri R Dandapani, *The Director of Engineering, Zoho Corporation*

## IMPRESSIONS OF A VISITOR

(in their own words – 09.07.2018)

In February 2018 my family visited both the Chennai & agricultural facilities of Pathway and were greatly impacted by the experience. It was a particularly special experience for me to see how much Pathway has grown since my first visit over 20 years ago. A few things that stand out:

-- Everyone has a job to do that contributes to the success of the whole: We observed this in so many ways. The staff are busy and consistent with the children. The older youth know that they are models for the younger ones. The young children know what their next job is and where they are supposed to be. It became clear to me that Pathway has somehow learned how to teach the principle of industry. Also, the children perform to the high expectation that is set for them because they know the privilege and opportunity that they have been given. What a powerful combination gratitude and industry make.

-- Generational influence: In the days leading up to the Pathway Excellence Awards ceremony, we had the opportunity to get to know many of the Pathway alumni who had returned to renew friendships and prepare the campus for the festivities. They were self organized and worked hard. They were cheerful. I spoke to these good young people for many hours and found them to be rare examples of compassion and optimism. They had worthy goals and realistic plans. I could see the students watching the alumni. It was clear they see the path forward brought to life by the decisions the alumni are making in their lives.

-- The quality of education: The teachers are clearly invested in the success of the students. The material was challenging. We observed lectures and saw many detailed science presentations on advanced topics in fields such as anatomy, power, astronomy, and computer science.

On a more personal note, it was through a small miracle that I realized a young friend I had made 20 years ago was one of the disabled adults now at the vocational training facility. The discovery was made while I was sitting next to him participating in one of their training tasks. It was a moment of pure joy. I've reflected often that it is pretty hard to catch one of the disabled adults without a smile on their face. A real lesson for the rest of us.

Our visit to Pathway has quickly become a cherished memory in our family history. It awoke within us a great desire to help. I believe that anyone who spends any time with the good people & children of Pathway could not help but feel the same. The closer you get, the more you become aware of the harsh reality of the need being filled, and the efficiency of the inspired structure that is in place. Our goal as a family is to not falter in showing our love of Pathway through our time and means. Thank you so much for the opportunity to visit.

\*\*\*\*\*TIM, KAREN, CAMERON, AIDAN, RILEY, AND KALISTA FEWKES



(in their own words - 21.01.2019)

As you know we are privileged to have recently visited Chandra and Pathway in and near Chennai. What an amazing and wonderful thing this is. Thank you for allowing us the opportunity to more fully understand what Pathway is and how it is truly saving and transforming lives. Chandra was a most gracious and welcoming hostess. We so regret that we were not able to know Dr. Prasad. He must have been a wonderful human being, as is she.

God bless you and the entire organization for your efforts. Would that we were in a position to assist. The children are so very precious. We will never forget their eyes, their faces, their smiles.

Thank you again for the opportunity.

\*\*\*\*\*GRANT & JEANETTE HURST

## REPUBLIC DAY CELEBRATIONS

Republic day in India is celebrated every year with great pride on 26th of January to honour the Constitution of India as it came into force on the same day in the year 1950. It had replaced the Government of India Act, 1935 into the governing document of India. On this day, national holiday is declared by the Indian Government.

The new Indian Constitution was sketched and approved by the Indian Constituent Assembly and decided to celebrate it on 26th of January every year as India became a republic country.



Government of India organizes a major event every year in the National capital, New Delhi. The event begins with the Prime Minister of India laying a wreath at the Amar Jawan Jyoti at India Gate, commemorating all the soldiers who sacrificed their lives for the country. Soon, a 21 gun salute is presented, the President unfurls the National Flag and the National Anthem is played. This marks the beginning of the parade. The President is accompanied by a notable foreign Head of State - who is the invited Chief Guest at the celebration.



After the flag hoisting event, Indian Armed Forces parade and various other activities are held in front of the India Gate. People start to assemble at Rajpath in early morning to witness this great event.

A parade of all three wings of Indian Armed Forces starts from the Vijay Chowk which also displays the advanced warfare capabilities of the country. Military Bands of all the regiment, NCC Cadets and ex-army men also take part in the parade. Tableaus from all the states are also





Tableaus from various government department and ministries of India are also presented displaying their contribution towards the progress of the nation. The most cheered section of the parade is when the children who have won National Bravery Awards ride past the dais on elephants. School-children from all over the country also participate in the parade showcasing folk dances and singing to the tunes of patriotic songs.

The parade also includes displays of skillful motor-cycle rides, by the Armed Forces personnel. The most eagerly awaited part of the parade is the fly past, put on by the Indian Air Force. The fly past marks the conclusion of the parade, when fighter planes of the IAF roar past the dais, symbolically saluting the President. Beating The Retreat officially denotes the end of Republic Day festivities. All-important Government Buildings are beautifully decorated with lights every evening from 26th to 29th. Beating the Retreat ceremony is conducted on the evening of January

displayed after the parade showing the rich tradition of India. Folk dances and various stunts are also exhibited by the participants and army personnel on Rajpath.

Soon after, awards and medals of bravery are given by the President to the people from the armed forces for their exceptional courage in the field and also to those civilians who have distinguished themselves by their different acts of valour in different situations. After this, helicopters from the armed forces fly past the parade area showering rose petals on the audience. The military parade is followed by a colourful cultural parade. India's rich cultural heritage is depicted in the form of tableaus from various states. Each state depicts its unique festivals, historical locations and art. This exhibition of diversity and richness of the culture of India lends a festive air to the occasion.





29, the third day after the Republic Day. The ceremony starts by the massed bands of the three services marching in unison, playing popular marching tunes. The drummers also give a solo performance (known as the Drummer's Call). Followed by this the drummers play **Abide With Me** (which is also said to be Gandhi Ji's favourite) and the chimes made by the tubular bells, placed quite at a distance, create a mesmerizing ambience.

This is followed by the bugle call for Retreat, the band master then marches to the President and requests permission to take the bands away, and informs that the closing ceremony is now complete. The bands march back playing a popular martial tune **Saare Jahan Se Achha**. At exactly 6 pm, the buglers sound the retreat and the National Flag is lowered, and the National Anthem is sung, bringing the Republic Day celebrations to a formal end.

Republic day was celebrated with the same pride at Pathway, Chennai in a grand manner. There was feverish excitement in the children as many of them were ready to present a colorful program. The entire frontage of the centre was decorated with our national flag and tri color balloons. A beautiful Rangoli ushered and welcomed each one. The children were dressed smartly in white uniform. As the children were called to attention, Chandra Prasad our Director was requested to unfurl the national flag. With this the children, staff and everyone assembled sang the national anthem in unison.

The programme started with a group dance with hand held props in form of paper fans once again depicting the colors of our national flag on the beat of our most popular patriotic song- Sare jahan se achha. This was followed by a drill. The interesting props used were bamboo sticks which were deftly used by the students. Every spectator and audience were treated to chocolates and a hearty breakfast at the end of the ceremony.

After completing this formality the trust members drove down to the farm to partake in the event there. Children at Pamela Martinez and the Sabin Centre group were not to be left out. The show started with an impressive march past which included all the children from every class including the Sabin adult group. The march past was followed by a wonderful beat of the band. The band leader had made sure that all his counterparts were in their best attire which caught envy of many. This year the salute was taken by the President of our Trust. The flag hoisting was done by our President Dhuli Patnaik. The programme started with a welcome dance by our tiny tots, followed by a meticulous drill by the boys group. They showed their prowess in the different drill and exercises like pyramid formation which was followed by resounding applause from their peer groups. The children put up a show which showed their expertise in drill, lazem, dumb bells, hoops having our national flag color, followed by a pyramid construction which had many variations. And finally followed by a circular wheel which depicted the angle of progress in all spheres of



life as a nation. The younger group enacted a small skit dressed in various costumes of different religions to showcase unity in diversity followed by a dance sequence by higher class girl students who used the tri colors of our flag in form of dupatta as props.

The children also had formerly painted and drawn drawings related to this day which was eagerly viewed by all the assembled guests, peer groups, staff and well-wishers. In all the children practised their best to win the hearts of their trainers and audience alike. The girls were not far behind. They showed a display of their skills in pyramids followed by variations in their techniques. They left the arena after saluting the flag and taking a bow. It was indeed a sight to watch that the Sabin Centre was not left far behind. When they took the stage to perform the entire students and their peer and every person present there cheered and welcomed them. A very confident group walked up and displayed their prowess. They performed a skit which was keenly watched by all. They too did the pyramids and added a special touch with Amarnath upholding our national flag high.

The Director gave the vote of thanks and children were treated with the chocolates followed a special lunch and later a TV show of the day's event being telecasted from the national capital.

## PATHWAY EXCELLENCE AWARD FOR 2018



Pathway Centre for Rehabilitation & Education of Intellectually Disabled, Chennai

Another memorable day was etched in Pathways diary in the form of Pathway Excellence Award on the 29<sup>th</sup> March 2019 for the year 2018.

Preparations were made way ahead for this

prestigious function. We were looking forward to receive our august guests from abroad namely- Mr Jean-Luc Butel, President of K8 Global and Senior Advisor for McKinsey & Company, Independent Director of Varian Medical Systems and Takeda Pharmaceutical and our Indian counterparts Mr Karthikeyan





Ganesan -Founder-Director of Sristi Village Foundation, Dr Susan Hilton -Medical Director/Managing Director of Rising Star Outreach of India Mr Raghuram P-HOD, Dept. of Occupational Therapy of Sri Ramachandra University and Mr Narendran N - Regional Manager , TMB . We definitely missed our other wonderful supporters who though were absent physically were in true spirits with us. This programme was attended by children and staff of all our centres, The Community Based Rehabilitation group, parents, well wishers and ofcourse the Pathway Alumni group.

The Pathway Excellence award was conferred in an impressive but a simple function recently at Pamela Martinez-Pathway Agro farm for children, Kancheepuram district. The venue was tastefully decorated with colorful 'Shamiana' with a large newly constructed stage. These awards were conferred on meritorious poorest rural children of Tamil Nadu selected from all over the district. This concept of bestowing awards on such children was conceived eight years ago. Pathway being an organization serving the disabled and the poor wanted to focus on the needy children who show promise in their scholastic performance. The mandate of the organization has been to serve the most needy and deserving children without any bias to their religion, caste or any other consideration.

It is the aim of the organization to discover the unsung heroes who live in the dusty rural areas of the state without being recognized. The aim of Pathway also has been to uncover the potential of highly deserving children who are generally neglected or marginalized by the society because of their obvious problems, such as, poverty, lack of opportunities, poor facilities in the rural areas, etc. The panel





also studied the performance of each short listed student from the 50 applications received in his/ her scholastic achievement as well as in their all round achievement. The specialty of this award was to allocate a mentor to each of the selected awardees. Pathway has selected a panel of highly successful professionals drawn from different walks of life for the mentorship program. The panel consisted of doctors, engineers, captains of industry, marketing and business management experts, scientists, administrators, etc Pathway believes in the following quote regarding education irrespective of any odds beautifully said by Malala- “Let us pick up our books and our pens,” I said. “They are our most powerful weapons. One child, one teacher, one book and one pen can change the world.” — Malala Yousafzai,

Pathway is dedicated to serve the poorest of the poor and as Prasad says " CONVERTING THE LIABILITY IN TO ASSET". Pathway strongly believes in the famous Chinese saying" Give a bowl of rice to a man and you will feed him for a day. Teach him how to grow his own rice and you will save his life" this is exactly what Pathway is doing, educating children so that they can become independent.

It is indeed a great day for Pathway and me. Pathway after it's inception in the year 1975, with just two children has touched the lives of more than 40,500 children and adults with various needs. Our organization has been working with children and adults with mental retardation, cerebral Palsy, autism and related dysfunctions with great zeal from the past 43 years.

The Pathway Agro Farm for Children was packed with invitees, a large section was earmarked for children, their parents, there were rows of seats that was reserved for principals of schools from the rural areas. The faces of children were beaming with smiles of great expectation. They were all seated as per their awards. All together 7 meritorious awardees were present to receive the honours along with two special staff from Chennai centre. It was really interesting and overwhelming to listen to the parents of the some of the children who hailed from remote rural areas. They expressed their glee and delight in participating in a such an event and thanked Pathway for this great opportunity. The principals of village schools were equally delighted with the honour bestowed on their wards.

Excellence award was given for three categories of high performers. During this event 7 meritorious children were conferred with Pathway special Awards. These awards were bestowed on children shortlisted from all over the district which also included a couple



of children from the Pamela Martinez /Pathway Matriculation School and Orphanage who matched their performance with high performing children from different parts of the state, Pathway Chennai Centre and also the Sabin – Pathway centre. These children have not just performed well in their studies despite various challenges in their life, but also in various vocations. Some children have done exceptionally well in their scholastic performance, each one of them hailing from different parts of Tamil Nadu have performed with great zeal despite struggles. Each one of them have scored over 90% in almost every subject. Every one of them are first generation school goers and children of illiterates . Many of these children's background are highly challenging. Each awardee child received a garland, shawl, certificate, medal and a cash award. The award consisted of a cash prize, a certificate, a medal and a shawl.

The most coveted awards were:

The Pathway- Judge William Sheffield Excellence Award

The Pathway- Gary Sabin Excellence Award [to two candidates]

The Pathway A D S N Prasad Excellence Award

The Pathway- William P Benac Excellence Award

The Pathway-Jean-Luc Butel Excellence Award

The Pathway -Pamela – Alex Martinez Excellence Award

These prestigious awards were bestowed on children who showed exceptional grit and strength and also superlative performance in their scholastic performance despite severe trials and tribulations.

Almost every Awardee had a great and impressive story. The first award being in the founder of Pathway's name --The Pathway Dr A D S N Prasad Excellence Award in honor of Dr A D S N PRASAD who believed and had an overwhelming desire to help children with or without disabilities .He believed in a bright future and most of all in happiness of a child. This very prestigious award is being awarded to **ARUNA**, Aruna, a young talented girl child. is studying in Govt. Higher Secondary School at ENDATHUR not far from here. Science being her favourite. has kindled her ambition to become a Doctor. Her father passed away untimely when she was studying in 8<sup>th</sup> grade, leaving her mother -a Tailor by profession and the only bread winner of her family. Though she was born in a poor family; she has achieved many awards. She has received 3<sup>rd</sup> Prize in State level for inspire award, 4th place in state level Chief





Minister's Cultural competition, and 4th place in quiz competition at state level.. She has participated in various other competitions and receives a Govt. Scholarship to aid her further studies. We encourage her to achieve more. Pathway salutes this great achiever .



The Pathway Judge William Sheffield excellence Award was given in honor of judge William Sheffield who sees pathway as an institution where he truly sees essence of a child and where miracles happen. He also believes that all roads always lead to pathway. this award was conferred on N VIGNESH. Vignesh is our alumni student, who has studied from LKG to 10<sup>th</sup> grade. He lost his father when he was 4yrs old; and his mother raised 3 children in extreme poverty. As he is a first child he wanted to study well and provide for his family. Today he is a budding journalist and working with us. He owes his credit to Dr. ADSN Prasad who not only is his inspiration but fondly referred as DAD. Pathway takes pride in honouring this special young man. Pathway is proud to honour this great achiever.



The Pathway-Gary Sabin Excellence Award was bestowed onto two very special differently abled children-----the first being DEVENDRAN.... Devendran has won this excellence award-2019 for his amazing talent in making Paper mats which have contributed in making our nativity set. He joined PATHWAY in 2018. And has already become a resourceful person. Born in a very poor family with one younger sister studying 5<sup>th</sup> std Devendran has shown and chosen to walk on the untread road. I mention this because with all his challenges he has completed tenth grade which will now enable him to get a job at Pathway. We are extremely proud of this young man



The next special child being NAVEEN an autistic teenager. We at Pathway have discovered his very uncanny talent of molding clay into any object that he sees in fraction of a second. Born on 2003, as a normal child, at the age of 3 he was diagnosed with ASD . Today with all these labels Naveen has made a mark in his own right and established to not only his parents but also the outside world that he too is a force to reckon with. Ladies and gentlemen and everyone



seated here kindly give him a huge round of applause. We are proud to have him and feel blessed that we are a part of his journey.

The next prestigious award was given in honor of **Pamela and Alex Martinez** who have not just given this beautiful piece of land that we are enjoying today but also are currently supporting our facility and are our supporting pillar. They run an organization today known as A Brighter Path which is a Human Services Supporting Organization in Capo Beach, California. This great award was awarded to SOWMYA L who is based in Kancheepuram district. Sowmya has won this Pathway Excellence award for her academics. She has scored 1<sup>st</sup> place in 10<sup>th</sup> & 12 grades among 151 students in the Govt. School. She has trudged kms Every day using her bicycle to reach her school. This young lady though hailing from very poor background but loving parents dreamt about being a doctor. Not being able to get selected for the same she has aimed now to be a pharmacist and help people in her own way. We salute her for her courage and wish the almighty showers her with choicest blessings for a better future we at pathway acknowledge her efforts .

The next award was in the name of **WILLIAM P BENAC**. He is not just a supporter of pathway but his entire family has served pathway over years in different ways. We are indeed indebted to him. Brother Benac has been an active member and Bishop in the Church of Jesus Christ of Latter-day Saints. We are proud to say that he has retired from his lucrative job and is now working as a supporter full time for pathway. In his honor we conferred this award on R Ebenezer from Rising Star Outreach Ebenezer is a quiet and handsome boy from the Krishnagiri Leprosy Colony. He joined Rising star in the 3rd grade. And now finishing 11<sup>th</sup> grade, studying Commerce and Computer Science His grandfather Gopal is a leprosy patient. His father G.Raja is a Painter and mother R.Nirmala is a homemaker. Mr. Raja has problem in his right eye and he is visually impaired. He is the only breadwinner of the family.. He is also doing Computer Automation Course, which being a one year Vocational Training Course. is sponsored by the Directorate of Skills Development Program, Government of India. He has learnt MS Office, basic computer skills and received the







Vocational Training Certificate, which is valid for registering in the District Employment Office. His future plans include studying Master of Business Administration and work in a bank

The final award was in the name of **JEAN-LUC BUTEL**. A French gentleman whom I met in 1996, never even imagined would be one more strong pillar of pathway. Not just for a year but three decades till date along with his family have volunteered here. We salute this wonderful soul who is today the global healthcare advisor for k8 in Singapore. He provides guidance, support and expertise in broad areas of health care. Jean-Luc also serves as a Senior Advisor to the McKinsey's Health Care practice. We are honoured to know him. This award was conferred **ANAND RAJ** is the next candidate for Pathway Excellence Award. He hails from Sristi Foundation Being a person with Cerebral Palsy and having added disabilities Anandraj has shown what passion and determination can do., Today he is working as a Member Associate in sristi foundation for the last five years much to the delight of his mentor- mr Karthikeyan Ganesan.

We also added special awards to this function by adding and recognising some of our staff at the CHENNAI centre namely our best Public relation officer Mrs Indira Achutan She has been working tirelessly over the years. Its not just her but her children and today her grandchildren who too are contributing to the growth of Pathway. We salute such a lady and pray to the Almighty to give her more strength and to continue with the same zeal and enthusiasm. The second award was presented to Mr Kannan who holds the post of a driver He has driven us safe over years covering thousands of kms to and fro between the centres which has aided us to do more work . His ever smiling face and always a positive YES has allowed us to do more beyond the call of duty We are blessed to have such a fine person in our midst.

A variety of cultural programme from all the centres was presented for the benefit of the audience. We started with remembering our founder - Dr Prasad's birthday. Starting with a hymn we moved on to showcase some









programmes for our audience which included a welcome dance by tiny tots, a classical bharatnatyam dance by Haripriya, Reena, and Dhivyapriya. Our Sabin adults performed a mime depicting the effects of Pollution and finally the Chennai centre special children presented the folk dance on Harvest.

The audience also witnessed a small video presentation of our agriculture work, preparation of our new found NATIVITY product and the school events for the year.

Chandra Prasad, Hony Director and Chief Functionary, Pathway, described briefly the work done by the organization for the disabled from the past 43 years and has also outlined contribution made by Pamela Martinez school and orphanage and the Agro Farm, and Chennai Centre. She said nearly 40,500 lives have been touched by Pathway over these years.

The vote of thanks was conveyed by our Vice- President Mr Abhijeet Parekh. He conveyed his grateful thanks to Judge William Sheffield, Gary Sabin, Spencer P, David Haslam, William and Barbara Benac, Pamela and Alex Martinez, Jean-Luc Butel and Jim and Karen Dossdall for their long association and for their great contributions. He also thanked all the special invitees, friends, well-wishers, doctors, staff, children, press and people from the community who were responsible for making this great event a memorable one.





## OUR 3D CREATION IN QUILLING



Like many forms of craft, paper quilling can trace its origins back hundreds of years to at least the 15th century (maybe earlier). During the Renaissance, French and Italian nuns and monks used quilling to decorate book covers and religious items. The paper most commonly used was strips of paper trimmed from the gilded edges of books. These gilded paper strips were then rolled to create the quilled shapes.

Paper quilling is a **decorative art** and is known for things like fancy flourishes and florals. Because of this reputation, it's commonly used on things like greeting cards, boxes, jewelry, and more.

Quilling is the art of taking thin strips of colored paper, rolling them into a coil, pinching them to form a shape and then gluing the shapes together to create paper designs and objects. Quilling is an inexpensive craft that once you try, you'll be tempted to make your next hobby. All you need is paper and glue to make things that are both pretty to look at as well as stunning in design.

Though our Vocational Group has been involved in doing quilling from the last few years, we decided to do something different this year. The basic quilling was already being practiced by the children but the urge to make something new and unique was playing on our mind.

We have skimmed through the web to see if we could get some ideas to add to our creation. But the inner urge to create something different has always been our hallmark

With the creation of newspaper nativity our director- Chandra Prasad decided to employ the same technique to these beautiful dolls by replacing the newspaper with quilling. Though the idea was not feasible at that time we decided to give it a try.

Chandra whose passion has been to create new unique products especially to be created by these special hands worked over her new thought for months to realise her dream. Patterns were being chalked out and the different groups were given quilling strips to create some basic patterns. Special aids and teaching methods were employed. The children were also taught to use the battery-operated tool which came in handy since we had to make thousands of the basic shapes.

Once Chandra felt comfortable and believed that she could convert her dream into reality the first doll's template featuring the king from the nativity was set on trial run. As the king's dress started shaping we realized that we were on the path of a unique creation. The basic doll structure was maintained as we did in the newspaper nativity creation except for spraying it with pure white acrylic paint finish. The dresses made the difference and slowly the creation unfolded its royalty.

The next step was to create the other doll's dresses depending on the character. Colours were carefully chosen to create the same. Lot of ingenuity was applied in creating these dresses along with their accessories.

The main challenge came when we had to design the camel and the sheep. Various techniques were tried and finally our sheep and camel came to life. This is a wonderful example of a tutor and taught involvement where they learn from each other.

The sheep turned out to be real adorable and the camel showed royal lineage with his head held high feeling princely.

It is a treat to watch the efforts of the Sabin group adults, Chennai Vocational children's efforts, their trust and faith in what we make them do. There are more than 50 children and staff involved in making this first most enchanting set of nativity. We hope this will give more motivation and the confidence in the children's abilities that can create wonders if one decides to believe in the word ABILITY more than DISABILITY.

## RESIN WORK OUR RESIN ART WORLD



After the creation of our quilled nativity the Sabin group and Chennai vocational kids wanted to try something yet more different. There has always been a healthy competition between these groups.

The children from the Chennai centre had visited the farm and met their peer group during the harvest time. It was wonderful to sit down watching the sunset and feeling the stock of grains gently blowing and swaying to the tune of the wind. The fresh breath of air and the lovely aroma fills your nostrils and you wish that time would stand still.

They were all seated around the edge of the field and enjoying each other's company and sharing their simple views of life as well as work. During the talk the group which had not seen the



rice grain stock Kirish proudly showed them what a rice stalk looks like and when the grains are removed from them. Eager friends gathered round to see these unpolished grains of rice with their husk on. Each one wanted to feel and actually remove the husk to reveal the rice grain inside. Their simple joy and expression of glee would gladden any heart.

Some then commented that they would like to take a few grains back home to show it to their other peer groups.

I happened to listen to their talk and suggested they could carry a handful back home. It was at this point that I realised that we could showcase these grains if I could come up with an idea of keeping them pest free. By then the sun was setting and we all decided to walk back to our quarters for rest. My hand was clutching two of these stock grains and invariably I laid it down on the dining table to freshen up and set the table for dinner. On my return I noticed the grains had made a pretty pattern on my glass topped dining table. A look of surprise and happiness burst in my inner self. I was pleased with my idea of using these grains in our jewellery products. The thought of RESIN flooded my mind. It took a while before I could drift off to sleep and share my thoughts with others in the morning.



Thus was born the idea of using Resin to make various pendants, bangles etc with embedding our produce much to our delight. Now we had mementos and tiny artifacts which we could have as keepsakes or sell.

The group was as excited as me and I decided to check out the market for sourcing out the best raw material I could find. Finally we were able to procure a box of RESIN which had a ratio of 1:1 between clear epoxy resin and hardener. We used cheap disposable plastic cup along with some icecream sticks for stirring. Every time for any project safety measures and procedures are always followed. Plastic wrap along with gloves were added to our list. Instructions were followed to the last detail and we made our first basic shapes embedding the rice grains.

They turned out to be a huge success and Pathway unit had made yet another stride in the world of Vocation for these special children. We are proud to have made quality items which will give a run to the normal community too.

After our basic trial run we have entered the RESIN WORLD to create more and more variations and unique products using this wonder material.

The staff and children of both the centres have given their team effort which makes learning a very unique and pleasurable activity.



## DENGUE: CAUSES, SYMPTOMS & PREVENTION



Dengue is caused by the bite of one of the many types of mosquitoes in the genus *Aedes Aegypti*, which has white stripes on their bodies and legs. It is caused when the mosquito has previously bitten a person who was infected. The pathway which is followed in case of the incidence of dengue is 'infected person to mosquito to another person'.

The mosquito-borne viral disease [dengue](#) has become one of the worst nightmares of the country. Also called 'breakbone fever' or 'dandy

fever', it is caused by a family of viruses and is transmitted via aedes mosquitoes. Dengue begins suddenly, with more benign symptoms at first but which may get severe with time. The symptoms of the disease show in three to seven, and sometimes fifteen, days. They include fever, headache, joint and muscle pain, swollen lymph nodes and rashes. Recovery from dengue does not take over a week unless the condition gets severe. Mostly asymptomatic, if the condition gets critical, dengue can be life-threatening. The fever of dengue can attack anyone but those with weaker immunity are more prone to the disease getting severe when they are attacked. As it is caused by any of the five serotypes of the aedes aegypti, also called the yellow fever mosquito, dengue can happen multiple times to the same person. However, the person acquires immunity to the particular viral serotype which has already attacked him. A more severe form of dengue is dengue hemorrhagic fever. The symptoms of dengue hemorrhagic fever include headache, rashes and fever besides bleeding in the body (haemorrhage), formation of red splotches on the skin, black coloured stool, bleeding in gums or nose and a weakened immunity. Dengue hemorrhagic fever is life threatening and can lead to dengue shock syndrome, which is as severe and fatal.



Hearing about this dreaded condition we at Pathway immediately set out on war footing. Basically everybody was educated on the type of mosquito which cause this deadly viral infection which when not treated could lead to death. The dengue mosquito (dengue Machar) *Aedes aegypti* is one of the only few type of mosquitoes that spread dengue disease.



Every adult staff was briefed to report any warning signs of children like –

- Refusing to accept oral fluids or vomiting
- Sleepy or restless
- Bleeding of the nose and gums, especially gastro-intestinal bleeding with fresh or old blood in the vomit or stool. Old blood in the vomit looks like ground coffee ground; in the stool may be black like coal tar.
- Abdominal pain
- Skin mottling, cold sweating skin or cold hands and feet. Absence of urine in the last 6 hours

They were also informed about the basic treatment though there is no specific treatment like most viral infections, , only simple supportive care with fluids. No antibiotics are needed to treat this viral infection.

They were advised to Bring the temperature down since a very high temperature can be dangerous and can cause fits in young children known as febrile convulsions. To bring down high fever to below 39 deg C, gently sponge the child with cloth soaked in water and give paracetamol was suggested.. Avoid certain drugs, for example, aspirin, NSAIDs (not steroidal inflammatory drugs such as ibuprofen) which can worsen platelet problems and also cause gastritis leading to bleeds.

The mainstay of treatment is timely supportive therapy with fluids, oral or Intravenous route. Shock can be detected clinically by the degree of rise in hemoglobin as the fluid leaks into body spaces. Increased oral fluid intake is recommended. Always use oral fluids if one is able to drink. Supplementation with intravenous fluids may be necessary if the patient is unable to maintain oral intake and / or is in shock.

Close monitoring in this critical period is crucial.

Blood products will be needed only if the patient is bleeding, usual site of bleed is the gut.

Our doctors were consulted and they all agreed that tests of platelets, hemoglobin, coagulation profile, liver enzymes. and some specific tests to detect Dengue can be taken for safety reasons.

Every member of Pathway was educated on keeping their environment clean, any open storage of water was discouraged. We also took upon ourselves to install steel mosquito meshes throughout all the centres to avoid any casualty.

We are proud to report that except for high temperatures that we witnessed in many children, we were able to contain this dreaded viral infection and apart from a few staff who needed hospitalization everybody scathed out without any serious damage. Keeping our childrens health priority we also got the government to fumigate our centres along with educating our kids through skits, talks and animation clips. Our children



were also educated on identifying this mosquito by way of pictures and models. During this season light color clothes with full sleeves was one more precaution taken. *Early diagnosis Early treatment with fluids and Close monitoring became our motto.*



## VEGETABLES

Vegetables are the store houses of most of the vitamins and minerals and also proteins. The nutritional value of vegetables is unsurpassed – many vegetables have a low glycemic index and high nutrient content compared to other foods. Since Tamil Nadu has varied climatic conditions, most of the vegetables available on earth are grown here. Vegetables are important constituents of Indian food and a source of nutritional security due to their short duration, high yield, nutritional richness and economic viability. They are the vital sources of proteins, vitamins, minerals, dietary fibres, micronutrients, antioxidants, phytochemicals and anti-carcinogenic principles in our daily diet. The city urbanization, increase in per capita consumption, health consciousness, growing working women, shifting of farmers to high value vegetables due to higher income and continuous demand for vegetables are the significant factors fuelling vegetable growth in the country. Traditionally, Indian life style has a predilection for fresh vegetables or those processed at home. With the ever-increasing urban agglomeration in metropolitan cities like







Chennai, that accommodates 8.65 million residents making it the fourth populous metropolitan city in India (2011 census) demands fresh green foods everyday at their doorway.

There is no comparison between the taste of a garden fresh tomato and a grocery store bought one that's devoid of flavor. We realise the number of benefits of growing our own crop for the following reasons-

It improves your health. Consuming more fresh fruits and vegetables is one of the most important things you can do to stay healthy. When you pick vegetables right from your garden, the vitamin content will be at its highest. Also, you are reducing the risk of eating vegetables that contain harmful chemicals—you know exactly what you're eating. In addition, getting kids involved in the gardening process will make it more likely for them to try the vegetables.

It saves money on groceries. One of the benefits of enjoying garden vegetables is a reduced monthly food bill. You can grow organic vegetables for a fraction of the cost in the stores.

Getting outdoor exercise. Gardening is a physical activity and pulling weeds, planting, and digging can burn up to 400 calories per hour. Gardening is also a good mental exercise and helps keep your mind sharp. Gardening is a natural stress reliever. Being outside in the fresh air and sunshine can improve mood and make you feel rejuvenated and overall happy. Growing your own produce also gives you a great sense of accomplishment. Keeping the above in mind at Sabin Centre we involved a group of ten children to tend the vegetable garden and grow their own vegetable patch. Vegetable seeds were carefully selected phased out throughout the year to decide and plan which seeds would be grown during which month. With the help of the Farm Manager we chalked out the time table depending on the soil and weather conditions. Finally we had a list of vegetables we would grow in this academic year. The list included

- ❖ BRINJAL
- ❖ OKRA
- ❖ CHILLIES
- ❖ RADISH
- ❖ BEANS
- ❖ LEAFY GREENS
- ❖ BOTTLE GOURD







The special children worked as per the timetable and with every harvest proudly presented it to the kitchen



unit not just the farm school and Sabin Centre's needs but also to the staff present there along with loads sent to Chennai Centre. It is indeed a blessing not just to be able to consume the fresh vegetables but the thought that special hands who have created and fondly raised every seedling. Their expectation was not money but the smile which said more than a picture.

## PADDY HARVESTING



Paddy is the principal crop extensively cultivated in all the districts of the state having a unique three-season pattern viz Kar/Kuruvai /Sornavari (April to July), Samba/ Thaladi/Pishanam (August to November) and Navarai/ Kodai (December to March). Rice cultivation is a complex activity that requires a series of processes to achieve the finished product. The basic stages of cultivation include- Seed selection . We selected ADT 37 during end of August .ADT 37 is moderately tillering. Its high yield potential is mainly due to high panicle weight, in turn due to high number of grains per panicle. Grains are short and bold with white rice; milling recovery is 71%. Cooking quality is highly preferred. ADT37 is resistant to leaf yellowing disease, blast, brown spot, brown planthopper, and green leafhopper, and moderately resistant

to bacterial leaf blight, rice tungro virus, gall midge, and leaf folder. It is highly suitable for direct seeding.. ADT 37 was cultivated or sown first on 31.08.2018 and then on 17.02.2018 spread totally over 2.65 acres and 3.35 acres and the transplantation was done on 26.06.2018 and 14.03.2018 respectively. We lost the first crop due to unfavourable weather conditions but the second crop or harvest yielded us nearly 68 bags with 80kg capacity each. This continues to motivate us to reach next step of self-sufficiency. The next batch of rice bearing the variety CO-51 was sown on 21.11.2018 over 2.5 acres. This was transplanted a month later and after three months this yielded us 48.5 bags with each one having a capacity of 80kgs. The major features for us to experiment this variety (CO-51) was for-

❖ Having Shorter duration





- ❖ High yielding semi dwarf rice variety
- ❖ Moderately resistant to Blast, Brown Plant Hopper and Green Leaf hopper
- ❖ White medium slender rice with high milling (69%) and head rice recovery (63%)
- ❖ Intermediate amylose content (22%), gelatinization temperature and soft gel consistency

The nutrient value and health benefits of rice are so many that it has been our staple food. The benefits are-

It's a very good source of energy

It is cholesterol free

The bran oil derived from its paddy form supports cardiovascular health

It is also a very good source of niacin, vitamin D, calcium, fiber, iron, thiamine and riboflavin Since there are thousand varieties of hybrid varieties of rice available we decided to grow ADT 37 for the given reasons-

Parentage – BG 280-12/ PTB 33

Duration (Days) –105

Average yield (Kg/ha) – 6200

1000 grain weight (g) – 23.4

Grain type – Short bold

Habit – Semi dwarf, Semi erect

Rice color - White

Special features – Resistant to many pest and diseases

Seed dormancy – 60 days

We were able to harvest 78 bags each holding 80 kgs.

The basis of seed selection was done while keeping in mind the maximum yield, improved germination, resistance to disease and pest attacks, uniformity in plant size and less weed problems.

The next stage of preparation is the land. The main purpose of land preparation is to have the soil in optimum physical condition for growing rice.







Plowing and tilling of land is done to predetermined levels that allow rice plants to develop a good root system.

The proper preparation of land for sowing is achieved via tractors (mechanical means) or with the help of water buffaloes. Land preparation also includes land levelling to ensure water reaches all areas planted. Usually it is done before the rainy season. The weeds are cleared and the field is ploughed by buffaloes or tractors to a depth of few inches. Manures and fertilizers are added to the soil. Using the Wet system of cultivation, the land is ploughed thoroughly and puddled with 3 to 5 cm of standing water. The land is then levelled to facilitate uniform distribution of fertilizers and water. After the seedlings of rice sprout its transplanted into the main fields.

The method to introduce rice plant to the soil used was the transplantation method. We used the Transplantation method which is the basic method practiced here. To begin with, seeds are sown in nursery and seedlings are prepared. After 4-5 weeks the seedlings are uprooted and planted in the field which has already been prepared for the purpose. The entire process is done by hand. It is, therefore, a very difficult method and requires heavy inputs. But at the same time it gives some of the highest yields.







Cultivated rice is extremely sensitive to water shortages and when the soil water content drops below saturation, most rice varieties develop symptoms of water stress. Good water management practices are needed to keep usage at optimum levels and to maximize rice yield. Pre-planting steps that help with water management include;

- ❖ Proper creation and maintenance of field channels for water delivery
- ❖ Land levelling that allows water to be evenly distributed and retained
- ❖ Tilling operations that include rice field bund preparation, water puddling and maintenance

Each growth stage of the rice plant has a different nutrient need. Keeping this in mind, we ensure that the rice plant gets the proper nutrients at the right time. Prolonged flooding of rice fields ensures that we are able to conserve soil organic matter and also receive free input of nitrogen from biological sources. For higher yields, more nutrients must be added to the soil. The rice plant can come under threat from different sources in the field. These include attack by rodents, insects, weeds and disease. Different strategies are used to protect and maintain crop health. A good understanding of pest behavior, natural enemies, host plants,

other organisms and the environment help determine the type of pest management required.

We usually manage weed control through water management and land preparation, by







hand weeding, and in some cases with the application of herbicides. Finally in the field it ends with the process of harvesting.

Harvesting is the process of collecting the mature rice crop (rice paddy or rough rice) from the field. Depending on the variety, a rice crop usually reaches maturity at around 115-120 days after crop establishment. Harvesting activity includes cutting, stacking,







handling, threshing, cleaning, and hauling. Good harvesting methods help maximize grain yield and minimize grain damage and deterioration. Harvesting can be performed manually or mechanically. We opted for mechanical to avoid the intensive manual labour cost which could stretch for days. After cutting, the rice was threshed to separate the grain from the stalk and cleaned using the thresher machine and then the process of winnowing. Winnowing is a process of removing the unwanted particles from the paddy grains. The simplest way is by pouring the paddy down from a height on a windy day to a large square mat on open ground. The grains fall to the mat while lighter chaff blows out.

Milling of rice is a crucial post-production step. The basic objective of a rice milling system is to remove the husk and the bran layers and to produce an edible, white or brown rice kernel that is sufficiently milled and free of impurities. Milling means removal of the yellowish husks

from paddy so that white or polished rice is obtained. In a rice mill the paddy is made to pass between varying sets of huller or rollers till it is milled or polished.

The most enjoyable part for our Sabin group comes during the harvesting time Dressed in their farm attire the entire lot troop to the paddy area. Under the guidance of their special teachers and watchful eyes of the farm helpers they set out to do their task. They enjoy the tractor ride and the excitement on their faces light up when the harvester machine pours the paddy into the dipper. The special hands gather these grains with delight and feel proud that they were a part of this entire process which would feed many a mouth.

## GROUNDNUT – STORY IN A NUTSHELL

In the mid month of December our Sabin group was involved in growing groundnuts on 1.5 acres.. Usually the season for the cultivation of groundnut crop varies considerably in India on account of variations in soil and climatic conditions in different states. In India, groundnut is cultivated in 3 seasons viz., Kharif (monsoon or rainy season), Rabi (winter season) and Summer.

In Tamil Nadu, groundnut is grown in five seasons viz., Adipattam (June-July), Karthikaipattam (Oct-Nov), Margazhipattam (Dec-Jan), Masipattam (Feb-March) and Chithiraipattam (April-May).

Here are some of the mind-blowing health benefits of groundnut

1. It is rich in antioxidant
2. Heart-healthy fats
3. It is a high source protein
4. Groundnut is a rich source of minerals
5. It is rich in vitamins







ice Groundnut seed with its high oil content is a good substrate for the development of pathogens. There are several seed and soil-borne diseases of groundnut which cause considerable damage to the seeds and seedlings emerging from soil. The pods have to be shelled only few days before sowing and the seeds be treated with fungicides. Seed treatment with any one of these fungicides is effective in protecting the seedlings against seed and soil-borne diseases resulting in higher plant stand. Good quality seed of improved varieties suitable for the area is one of the most important factors for increasing productivity. Good seed is essential for establishing the required plant population, good development and yield. Purity, good viability,







Uniformity of seed size, colour, weight and freedom from seed-borne diseases are the chief characteristics of good seed. This can be achieved by the use of certified seeds. Purity of seeds is essential because mixed seeds do not ensure a uniform crop stand and lowers the market value of the product. Germination, stand of the crop and ultimate yields depend on the viability of the seed. The seed we chose was GROUNDNUT OF VRI 2 variety. This crop had a growth of three months span

The usual methods of sowing groundnut are

- ❖ seed drill (bullock drawn or power drawn);
- ❖ sowing behind the country plough and
- ❖ hand dibbling.

The field is ploughed with the help of oxen and followed by the oxen a man manually drops the seeds on the ground, this is done until the entire field is covered. Once this process is over, the field is leveled and the pathway for the water to flow in is created.

It was also realized in our learning process that the depth of sowing of the seed influences germination and emergence through soil temperature and availability of moisture. In light soils, seeds are sown to a depth of 5-7 cm and in heavier soils to a depth of 4.5 cm. The depth of sowing should be less when the soil contains plenty of moisture than when it is moderately dry. Too shallow sowing limits germination as the upper layers of the soil dry out before radical emerges and suspend germination. Slight compaction of the soil over the seed is necessary to have good contact of the seed with soil and to ensure quicker germination and this can be achieved by drawing a beam or a blade-harrow across the line of sowing. The only pesticide we used was MIX 16 to control the pests that feeds on the roots of the plant.

The crop was observed as the harvest time neared for drying and falling of older leaves and yellowing of the top leaves which indicated maturity. A few plants at







ndom were pulled out and the pods were shelled. The inner shell of brownish black and not white indicated to us that the crop has matured.

We were ready to harvest our bountiful crop on the 4<sup>th</sup> march which yielded us around 80kgs after we sent it to the factory for de-shelling which was to be stored and used for our children's provision.



## QUEEN OF OIL SEEDS



Along with water melon after years we had also planned to grow Black sesame which also happens to be a three to five months crop. We started our sowing process on ninth February this year.

The sesame (*Sesamum indicum*) is actually a flowering plant in the genus *Sesamum* (also called benne). The plants are actually very beautiful with attractive dark-green leaves and have tubular flowers that can be of white or pale pink color. The mature plants can grow between 3 and 6 feet tall (depending on the variety).

The sesame is widely naturalized in tropical regions around the world. And the sesame is mainly cultivated for its edible seeds, which grow in pods or buns. The *Sesamum* has many other species, most being wild and native to sub-Saharan Africa.

Sesame seed also referred as 'queen of oil seeds' is one of the oldest oil seed crops known, domesticated well over 3000 years ago. It has one of the highest oil contents of any seed in view of its oil (38-54%) and protein (18-20%) contents of high quality and nearly 73% of the





oil is used for edible purposes and preferred for cooking due to zero cholesterol, 8.3% for hydrogenization and 4.2%. The sesame seed oil has a rich, nutty flavor and it is a very common ingredient in cuisines across the world.

The sesame is known by some other names in many different areas and languages. It is known as Til in Hindi, Assamese and Marathi, Teel in Bengali and Konkani, Tal in Gujarati, Ellu in Kannada and Malayalam, Rashi in Oriya, Thala in Sinhala, Ell in Tamil, Nuvvulu or NooPappu in Telugu and Edme in Tulu.

To grow sesame we located an acre where the soil was well-drained and fertile with neutral

pH. Its easy for sesame plants to do very well in dry conditions, but they can't tolerate water-logged conditions. And the plants require full sun for proper growth and maximum yield.

The uses of Sesame are many. They can be eaten either raw or toasted or in many other ways. The seed is used whole in cooking mainly for it's rich, nutty flavor. The seeds are sometimes added to breads, including bagels and the tops of hamburger buns. The sesame seed's oil is also popular in many countries. However, the uses of sesame seeds are actually many.

#### Sesame Nutrition

100 grams dried whole sesame seeds provide about 573 calories and are composed of 5% water, 12% dietary fiber, 18% protein, 23% carbohydrates and about 50% fat. The whole sesame seeds are rich in several vitamins and minerals.

#### Health Benefits of Sesame

Consuming either the oil or whole sesame seeds has many health benefits. Some notable health benefits of consuming sesame seeds are listed below.

- The sesame seeds are very good source of protein, fat, minerals and vitamins.
- Consuming the seeds or oil on a regular basis can help in lowering cholesterol and reducing blood pressure.
- Consuming sesame regularly will help in digestion and it also helps to prevent diabetes.
- Consuming the seeds or oil help in alleviates anemia.
- The seeds can protect your liver from alcohol.
- Consuming the sesame seeds or oil regularly will help in bone health (and prevent osteoporosis), and also help in preventing wrinkles.







For preparing the soil our sabin group was divided into two groups, one who were to take care of water melon field and other for the sesame field. We are aware that these plants grow best in well-drained light to medium textured soil. The ideal pH level for growing sesame plants is between 5.5 and 8.0. Acidic or alkaline soils are not suitable for growing sesame.

Manually the soil was ploughed with the help of the farm helpers and added 10-12 kg urea and 40-50 kg super phosphate per acre during this ploughing.

The weather conditions were perfect and we set out to sow the 3kg quantity of sesame F1

hybrid variety which was enough for our one acre of spread .

Though Planting seeds in rows is very good, but we opted for scattering the seeds throughout the land while the soil is moist and a bit coarse. The other method was to space the rows to about 10-12 inches apart. Mix the seed with dry sand and spread the mixture along the furrows The seeds are to be sown about 1/2 to 2/3 inch deep. And then after covering the seeds with soil after

sowing, its irrigated lightly. Before sowing the seeds, it was treated them rate of 2 grams per kg seed. This was the seed borne diseases.

Generally the sesame plants require less care other commercial crops. But taking plants will ensure good growth of the plants a good yield.

Since our soil was prepared well the use of needed. This was compensated by regular which is very important for the proper plants. Timely and adequate irrigation also Taking the help of our special gardeners we irrigation after 1 week of sowing the seeds.

These special gardeners kept vigilant guard over their fields. The moment they saw the tiny seeds germinate they would announce it with full enthusiasm and delight. It seemed like nature too felt their happiness and touched by their marvelous spirit.

They were directed to irrigate only three times in 3 critical stages. The first one at pre-flowering stage, the second one at flowering stage and the last one at pod setting stage. After around 70 days of sowing they were asked not to irrigate the plants anymore.

The other most important care was the control of weeding which was required 15-25 days after sowing the seeds. And finally another one at 15 to 20 days after first weeding.



with Bavistin at the necessary to prevent

as compared to many additional care of the one can expect to have

fertilizers were not adequate watering growth of the sesame affect total production. provided additional



Since no plant is pest free with the advise of our agricultural department we used diluted Ekalux diluted and Monocrotophos 36. This was used to control the Caterpillar and gall fly

### Harvesting

The sesame seeds will become ready for harvesting within the month of June. In most varieties, one can expect to harvest when the leaves, stems and capsules begin to turn yellow and the lower leaves of the plant start shedding. The ripe sesame plants will be cut at the ground level and will be stacked for 7 to 10 days in sun for making them ready for the threshing process.

## WATER MELON



After witnessing paddy harvest our attention was diverted to grow some fruit for the children residing at the farm. It was an unanimous decision to grow watermelon. It was years since we had grown watermelons due to various unfavorable conditions. As a nutritionist I was aware of the health benefits of consuming these fruits. The healthy or beneficial effects of watermelon are mainly derived from its unique nutrients, vitamins, minerals, and organic compounds. These include significant amounts of vitamin C, calcium, magnesium, fiber, protein, and a large amount of potassium, as per the USDA National Nutrient. Furthermore, they contain vitamin A, vitamin B6, niacin, thiamin, and a wide

variety of carotenoids and phytonutrients, including lycopene! The farm supervisor had been on a visit to Bangalore and discovered the namdhari seeds group selling some of the best seeds. We procured around 6 packs of the NS295. We decided to try out for the following reasons-

NS295 A well established medium to early hybrid (80-85 days) with good adaptability. Fruits are oval to oblong in shape, each weighing 9-10kg. Rind is light green with dark green stripes. Flesh color is deep crimson red with good testure and sweetness (TSS 12-13%). Good transport and keeping quality are other major attributes of this popular hybrid.

### Hybrid type:

Oval To Oblong Type Hybrids

### Relative days to maturity (DS):

80-85

### Rind Pattern:

light green rind with distinctive dark green stripes

### Fruit size (kg):

9-10

### Fruit shape:

oval to oblong

### Flesh colour:







deep crimson  
Flesh texture:  
very good  
Sweetness TSS (%):  
11-12  
Remarks:  
very good shipper and adaptability  
Recommended for: India



An acre was marked for this purpose and we set out to work on the same from the ninth of January this year. The harvest was due after 3 months.

We were aware that Watermelons grow well in deep fertile and well-drained soil. It gives best result when grown on sandy or sandy loam soil. Soil having poor drainage capacity is not suited for watermelon cultivation. Follow crop rotation as continuous growing of same crop on same field leads loss

of nutrients, poor yield and more disease attack. pH of soil should be in between 6-7.

Plough land and bring to fine tilth. Watermelon can be direct seeded or transplant in nursery and then transplanted to main field. We tried the direct seeding method or the Pit method.

There are different sowing methods to grow this fruit which are-

**Furrow Method:** Sowing is done on either side of furrows.



Sow 3-4 seeds (After germination keep only healthy seedling) at a time and keep plant to plant distance of 60-90cm.

**Pit Method:** Sow 4 seeds in pit. For that make pit of 60x60x60cm at distance of 2-3.5m between two rows and 0.6-1.2m between plants. Fill pit with well decomposed cow dung and soil. After germination keep only one seedling.

**Hill method:** Similar to pit method. In this, pit of 30x30x30cm pits are made at distance of 1-1.5m. Two seeds are sown per hill.

Depending upon sowing method spacing may get vary. In pit method use row to row spacing of 2-3.5m and 60 cm







between two plant. While sowing the seeds we made sure that it was atleast 2-3 cm deep. This was a fun time with the Sabin group since the entire acreage had markings of pits in their names. Each one had decided to take extra precaution and care to see that their water melon grows the best.

With the help of supervisor and farm help the special adults of Sabin group manually dug out the pits after the seed treatment was done it was sowed immediately at the seed rate of 1.5 to 2 kg. Before sowing the seeds are treated with Carbendazim@2gm/kg of seeds. After this chemical treat , the seeds are further treated with Trichoderma viride@4gm per kg of seeds. The seeds are dried in shade and then sowed immediately. A composition of DAP, Potash and Cowdung was filled in every pit and water was poured in each pit, and finally three to four seeds were buried in each pit. The most important factor in any agricultural produce is determined by the after care - meaning removal of weeds. We didn't have to worry on this area since we had a batch of most eager young gardeners who take their jobs very seriously. If the weed control measure is not in place it can lead to a minimum of 30% loss.

The weeding was done two to three times. As the time of maturity neared irrigation was done only when needed. We avoided over flooding in watermelon field. Infact genuine care was taken to see that at time of applying irrigation, care was taken not to wet the vines or vegetative parts, especially during flowering and fruit-set. For better sweetness and flavour, irrigation was reduced 3-6days before harvesting. During the period of growth we definitely did have pests which we needed to control.

The following are some-

**Aphid and Thrips:** They suck the sap from the leaves resulting in yellowing and dropping of leaves. Thrips results in curling of leaves, leaves become cup shaped or curved upward.

**Fruit fly:** It is serious pest. Females lay eggs below epidermis of young fruits. Later on maggots feed on pulp afterward fruits starts rotting.

The melons can also be affected by the following diseases like-  
**Powdery Mildew:** Patchy, white powdery growth appears on upper surface of leaves also on main stem of infected plant. It parasitizes the plant using it as a food source. In severe infestation it causes defoliation and premature fruit ripening.







Sudden wilt: It can affect crop at any stage. Plant get weak and give yellow appearance at initial stage, in severe infestation complete wilting is observed.

To avoid the same we made use of Malathion 50EC and neem oil which is a product produced at the farm. This was done to increase the flowering and controlling the pests.

Patience of three months had given fruit. Everybody was excited since the day of harvesting was drawing nearer. The tip to harvest. The special gardeners were taught some tips on how to recognise which fruit could be harvested. Their attention was drawn to the tendril near the stem. If tendril near stem gets dried also whitish color of fruit which

touch to ground get yellowish then assume that fruit is ready for harvesting. On thumping melon if it sounds hollow (usually as a dull thump or thud) then it is ready for harvest and immature fruit sounds dense. Don't pick immature fruits as they ripe only when attached to vine. Immature fruit don't have rich sugar content or color. And finally to harvest ripe fruit, cut stem 1" from fruit with a pair of sharp pruners or knife.

With all this information tucked under their belt they started the harvest procedure. The day was the 27th march. Their enthusiasm was a delight to watch.

With the help of farm helpers we were able to harvest around three and a half tonnes. Nearly a tonne found its way to the dining table for the entire pathway group, including staff and the balance found its way to the eager market. We are proud of our special group since it is they who work towards self sufficiency and make us understand the true value of ABILITY though being encompassed in the word DISABILITY





## OTHER ACTIVITIES OF SABIN GROUP



## AWARDS



Pathway has received numerous awards and prizes from various sources and institutions over the years:

- 🏆 Bharath Jyothi Excellence Award conferred on CHANDRA PRASAD IN THE YEAR 2018 by the National Integrity Cultural Academy under Global Achievers Council
- 🏆 Social Award on 107<sup>TH</sup> Birthday Anniversary of MOTHER TERESA by Justice S Rajeswaran and Justice M V Muralidharan of Madras High Court conferred on CHANDRA PRASAD in the year 2017
- 🏆 GODFREY PHILIP Social Bravery Special Award conferred on A. D. S. N .PRASAD in the year 2013
- 🏆 THE PROFESSOR RAMESH K OZA Oration Award conferred on A. D. S. N. PRASAD in the year 2013
- 🏆 "Best Employee" awarded to one Pathway employees – Hon'ble Social Welfare Minister, Government of Tamil Nadu, 2013
- 🏆 "The Noble Soul Award" - Award of Excellence in the field of Social Responsibility & for Valuable Support presented by Sathyabama University on 7th December 2013



- 🏆 Pathway Centre for Rehabilitation & Education of Mentally Retarded was awarded "  
–The Best Institution for the Disabled for the year 2009-2010 by the Hon’ble Chief Minister of TamilNadu, - Mr. M. Karunanidhi
- 🏆 “MCDS-Award for a couple rendering exceptional services to the disabled” awarded to -  
–Mrs Chandra Prasad and A D S N Prasad, 2007. Award consisted of cash award, plaque and a citation handed over by Hon’ble Shri Surjit Singh Barnala, Governor of Tamil Nadu, in the presence of many distinguished persons including Mr. Devarajan, Managing Trustee of MCDS.
- 🏆 Award for “Services Rendered to the Mentally Disabled”  
–Council of Parent's Association of the Mentally Retarded, Chennai, 2002
- 🏆 “Vocation Excellence” award to A.D.S.N. Prasad for his services to the disabled  
–Rotary Club International, 1999
- 🏆 1998 award for “Most Outstanding Institution in India Serving the Disabled” and “Most Outstanding Employer of the Disabled in India”  
–Hon’ble Prime Minister of India, Mr. Atal Behari Vajpayee, (awarded in 1999)
- 🏆 “Best Institution Serving the Disabled”  
– Hon’ble Chief Minister of Tamil Nadu, Ms. J. Jayalalithaa, 1995
- 🏆 “Best Employer of the Disabled”  
– Hon’ble Social Welfare Minister, Government of Tamil Nadu, 1995
- 🏆 “Best Employees” awarded to two Pathway employees  
– Hon’ble Social Welfare Minister, Government of Tamil Nadu, 1995
- 🏆 “Exceptional Contribution for Services to People”  
–Government of Karnataka, 1995
- 🏆 “Services Rendered to the Mentally Disabled in India”  
–Japanese SIVUS Council, 1993

