## DR DATHU RAO MEMORIAL CHARITABLE TRUST





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

Agili, Sendhivakkam Post-603 319 Chengalpattu District

Mobile : 9840121859, 98948 03599

www.pathway.org.in

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## FROM THE CO-FOUNDER-HON.DIRECTOR'S E DESK

This financial year started with a totally new perspective of life. We are indeed grateful that we managed to be shielded from Covid-19 wrath and once again have been blessed by the Almighty. Though the online classes were in full swing by the staff who started attending regularly from April we were praying for things to get back to normalcy and feel the physical presence of children. The joy was eminent when we were given permission to allow the children to attend physically from the

month of October . Though many parents hesitated to send their wards the silver lining was evident. The joy to see their smiling faces as they trickled back to school was a marvel. Everybody felt the gracious hand and this only further strengthened the caregivers and staff determination to work towards a better today and tomorrow. With great sadness I need to report that we lost one day care child to Covid.

This year also marked the first Election duties set for the staff by the govt and our first time Intellectually Disabled voters exercised their rights. It sure is a milestone in not just in their lives but in our lives too. The highlight was for most of our staff to be honored under Mother Teresa award category by the former judge of High Court. We are extremely proud of our talented and dedicated staff. Another milestone was achieved by the Vocation group which bagged the order for newspaper nativity internationally by Dallas Arboretum. With this Pathway has forever etched their mark of quality in terms of product in the international arena too. We indeed salute all those responsible.

Still facing Covid virus the centre with the help of the government machinery got all the kids in our care along with the staff vaccinated. We went all out to help the government in completing the formalities for UDID cards to the tune of 8000 and also were a part of drive for various vaccination camps in our centres and for thousands of public too. We also pride in saying that we covered nearly 200 children and adults under the Nirmaya Health Insurance scheme which is a part of our Government's drive by National Trust

Our desire to magnify our endeavor to serve many more "poorest of the poor" through our outreach program in remote villages was executed. This academic year we had partnered with Chennai and Chengalpattu govt officials to help more than 2000 PWD families as covid support and nearing thousand families at Maraimalai Nagar. During the lockdown period we reached to many remote areas around our farm and helped more than 700 families along with providing provisions to more than 150 PWD at rural area and 2600 families in urban areas and four village schools by way of help in kind. At this juncture I convey our continued gratitude to all our supporters and benefactors and pray for their continued love, munificence, and association. This year also marked the first medical camp conducted to help patients with cataract surgeries which fortunately brought light in their eyes and new hopes for future.

This period has also allowed us to share our blessings in form of provisions to more than 5000 families which includes our children and staff too. The areas covered were in Chennai and Chengalpattu. We have also been fortunate to receive a hat trick award for creating an impact on the society for covid work in the name of Mahatma Award for Social Good 2021. This year also

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we were able to rope in the prestigious MSME- time2leap award. Public recognition by way of CSR coverage too has been given by corporate.

We are indeed grateful for all those souls and every well wisher who stood by our side. Because of the lock-down many events have been postponed indefinitely. We are grateful to have been blessed with courage, strength, and above all with mercy of God to overcome these daunting challenges.

We are indeed very grateful to Sabin Foundation, Mr Gary and Valerie Sabin, Mr Eric Otteson, A Brighter Path - Mr Alex and Mrs Pamela Martinez, Judge William Sheffield, Mr and Mrs William P Benac, Mr Bill Benac Jr, Mr Tim Fewkes, Mr BJ Butel and Mr John-Luc Butel, Drawing & Sponsership Emmaus, Mr Jim and Karen Dosdall, Mr Michael Ang and family, Mr Jim and Gemie Martin, Mr Keyne Monson 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 Chengalpattu 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 BOARD

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

### 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. Due to Covid we had tohold some meets through onlinem



DHULI PATNAIK PRESIDENT



SHANTH JAIN RUSTEE



VICE PRESIDENT

M A RAMAR

TRUSTEE





SANTHANAGOPAL ACHUT

TREASURER

thway Ind

CHANDRA PRASAD GEN SECRETARY





DR K N JAYALAKSHMI TRUSTEE



R SUNDAR 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.

USHA RAMMOHAN TRUSTEE





## **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. SANTHANAGOPALAN ACHUTAN TREASURER

### EXECUTIVE MEMBERS Mr. M A RAMAR

MR. SHANTH K JAIN

### MRS USHA RAMMOHAN

GENERAL BODY MEMBERS DR JAYALAKSHMI

MR R SUNDAR



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 Defense, 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 TN 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- CHENNAI** \*

Recognised by Commissioner For Welfare Of The Differently Abled, Chennai As Special School Cum Vocational Training Centre For The Intellectual Disabled For The Period 07.04.2020 To 06.04.2023

### **CERTIFICATE OF REGISTRATION- CHENNAI**

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### Recognised by **Commissioner For Welfare Of The Differently Abled**, Chennai As Special School Cum Vocational Training Centre For The Intellectual Disabled For The Period **07.04.2020 To 06.04.2023**

### <u>CERTIFICATE OF REGISTRATION UNDER JJ ACT -Chennai</u>

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, Thiruvanmiyur, 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

### ★ <u>CERTIFICATE OF REGISTRATION-PATHWAY-SABIN CHENGALPATTU</u>

Registration is renewed to **"SABIN/ PATHWAY HOME FOR PERSONS WITH INTELLECTUAL DISABILITY AND ASSOCIATED CONDITIONS – REHABILITATION CENTRE**, No:1 A.D.S.N Prasad Street, Agili Village, Sendivakkam Post, Via Sothupakkam, Maduranthakam Taluk, Chengalpattu District – 603319, 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 01.09.2021 TO 30.06.2024**.

### ★ <u>CERTIFICATE OF REGISTRATION UNDER JJ ACT -PAMELA MARTINEZ/PATHWAY</u> <u>MATRICULATION SCHOOL CHILDREN'S HOME</u>

This Certificate of Registration renewal is awarded to – PAMELA MARTINEZ PATHWAY MATRICULATION SCHOOL CHILDREN'S HOME, (Dr. Dathu Rao Memorial Charitable Trust) No:1 A.D.S.N Prasad Street, Agili Village, Sendivakkam Post, Via Sothupakkam, Maduranthakam Taluk, Chengalpattu District - 603319 of Tamil Nadu as an institution for children in need of care and protection vide SI.No.1285/DSD/2020 under section 41(1) of the Juvenile Justice (Care and Protection of Children) Act 2015, therein valid from 29.01.2020 to 29.01.2025

### ★ <u>CERTIFICATE OF REGISTRATION UNDER DEPT OF SCHOOL EDUCATION-</u> PAMELA MARTINEZ/PATHWAY MATRICULATION SCHOOL CHILDREN'S HOME

This Certificate of Recognition renewal is awarded to – **PAMELA MARTINEZ PATHWAY MATRICULATION SCHOOL CHILDREN'S HOME**, (Dr. Dathu Rao Memorial Charitable Trust) No:1 A.D.S.N Prasad Street, Agili Village, Sendivakkam Post, Via Sothupakkam, Maduranthakam Taluk, Chengalpattu **District - 603319 of Tamil Nadu -**

1.Chief Educational officer proceedings SL NO 3833/A1/2021 dated 29.10.2021 as per RTE act(Right to Education Act) 2011 ,Recognition for the LKG TO VIII grade from **01.09.2021 to 30 .06.2024** 2.As per Matriculation School regulations, Chief Educational officer proceedings SL NO 3833/A1/2021 dated 29.10.2021, Recognition for the IX TO X grades from **01.09.2021 to 30 .06.2024** 

## ★ <u>CERTIFICATE OF REGISTRATION (UNDER SECTION 12 (4) OF THE ACT)</u> ★ <u>REGISTRATION NO. TDRD16513235267</u>

PATHWAY CENTRE FOR REHABILITATION AND EDUCATION FOR MENTALLY RETARDED a unit of DR. D. M. C. TRUST, 12TH WEST, STREET, CHENNAI, Chennai, Tamil Nadu-600041 (SR/Company Act/ Public Charitable Trust : S.No.7 of 1985) Voluntary Organisation is registered with The National Trust. The Registration shall remain valid from 15/05/2021 to 14/05/2026

### <u>CERTIFICATE OF REGISTRATION FOR CSR ACTIVITIES FROM MINISTRY OF</u> <u>CORPORATE AFFAIRS, GOVT OF INDIA</u> <u>Pagistration No. CSP00015023</u>

Registration No. CSR00015933

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



## SABIN-PATHWAY HOME AGILI, CHENGALPATTU DT. INDIA

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SABIN-PATHWAY REHABILITATION BLOCK AGILI, CHENGALPATTU DT. INDIA

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# AGRO FARM – SUSTAINABILITY

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

- PADDY- RICE
- ✤ RAGI
- ✤ SESAME
- BLACKGRAM DHAL
- ✤ GROUNDNUT
- ✤ CHILLI PEPPERS
- ✤ MOSAMBI
- ✤ CUSTARD APPLE
- ✤ COCONUTS
- BANANAS
- ✤ JACKFRUIT
- ✤ PEANUTS
- MANGOES
- ✤ LEMONS
- ✤ POMEGRANATES
- ✤ 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 AgroFarm is food to the destitute instill a sense responsibility, community, that the poor can become sufficient and society. With the children of inaugurated "Poor Helping Brethren" in which will and any regularly to



goal of the provide to surrounding villages, to of duty, and show and and disabled selfcontribute to this in mind, Pathway the program Their Poor August 2002, donate rice surplus crop needy persons each month. In addition to this during the pandemic period we decided to share our agricultural output with the most needy ones. Vegetables, paddy, fruits were all distributed to our surrounding villages as well as in the community especially the CBR beneficiaries. The Almighty had blessed us with wonderful harvest in spite of the many challenges we went through but in the end we were satisfied that we could be a conduit to downsize the hunger around us

Gary B. Sabin is a General Authority Seventy of The Church of Jesus Christ of Latter-day Saints. He was sustained on April 2, 2016.

He was born on April 7, 1954, in Provo, Utah. He earned an associate degree in language and a bachelor's degree in university studies/finance from Brigham Young University. He received a master's degree in management from Stanford University. He was founder/chairman/CEO of several companies, including Excel Realty Trust, Price Legacy, Excel Realty Holdings and Excel Trust.



He has served in the Church as bishop, stake president, and Area Seventy. He served a full-time mission to the Belgium/Holland Mission. He was serving as a member of the Fifth Quorum of the Seventy at the time of his call as a General Authority. Gary and Valerie Sabin, parents of five children themselves, formed The Sabin Children's Foundation at the time Gary established his first publicly traded real estate company in 1993. They determined to use a portion of the profits received from the transaction to create a foundation dedicated to relieving the distress of children around the world. Over the last 25 years, SCF, along with the help of our partners, has been able



to help more than 500,000 children in need. We are indeed fortunate to be under their grace to help more number of children which led to forming the Sabin-Pathway Centre. 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:

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- SPECIAL EDUCATORS
- ✤ PHYSIOTHERAPIST

- ✤ OCCUPATIONAL THERAPIST
- ✤ MEDICAL SOCIAL WORKER
- ✤ VISITING DENTIST
- PSYCHOLOGIST
- ✤ VISITING SPEECH PATHOLOGIST
  - & AUDIOLOGIST
- ✤ VISITING PHYSICIAN
- ✤ VOCATIONAL TRAINERS
- WARDENS
- ✤ HOUSE MOTHERS
- ✤ COOK
- SECURITY STAFF
- FARM WORKERS





GARY SABIN Chairman & CEO

VALERIE SABIN Director

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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, prevocational 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 Cement cloth pots
- 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'



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- 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. Fifteen new children were identified in a nearby village and qualitative rehabilitation services are being provided to them.

## **AUTISM AWARENESS DAY 2021**



It is estimated that worldwide about one in 100 children has autism. This estimate represents an average figure, reported prevalence and varies substantially across studies. Some wellstudies have. controlled however, reported figures that are substantially higher.



The prevalence of autism in many low- and middle-income countries is unknown.

In India, according to the 2011 census, there are 78,62,921 children with

disabilities below the 19 year age group, out of which 5,95,089 have an intellectual disability. The study also revealed that one in 66 children was autistic in India. Since 2012, every year the UN has given a theme for the celebration of the World Autism Awareness Day. For this year 2021, the theme is 'Inclusion in the Workplace: Challenges and Opportunities in a Post-Pandemic World'.





Every year on April 2, the United Nations celebrates World Autism Awareness Day with the sole motive to spread awareness among the people about autism. Raising awareness will help people understand and accept those who are suffering from autism, support them, and spread kindness.

The key facts regarding Autism are as follows

Autism – also referred to as autism spectrum disorder-constitutes a diverse group

of conditions related to development of the brain.

- About one in 100 children has autism. 0
- Characteristics may be detected in early childhood, but autism is often not diagnosed until 0 much later.

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- The abilities and needs of autistic people vary and can evolve over time. While some people 0 with autism can live independently, others have severe disabilities and require life-long care and support.
- Evidence-based psychosocial interventions can improve communication and social skills, with a positive impact on the well-being and quality of life of both autistic people and their caregivers.
- Care for people with autism 0 needs to be accompanied by actions at community and societal levels for greater accessibility, inclusivity and support.

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Autism spectrum disorders (ASD) are a diverse group of conditions. They are characterised by some degree of difficulty with social



interaction and communication. Other characteristics are atypical patterns of activities and behaviours, such as difficulty with transition from one activity to another, a focus on details and unusual reactions to sensations. The abilities and needs of autistic people vary and can evolve over time. While some people with autism can live independently, others have severe disabilities and require life-long care and support. Autism often has an impact on education and employment opportunities. In addition, the demands on families providing care and support can be significant. Societal attitudes and the level of support provided by local and national authorities are important



factors determining the quality of life people with autism. of Characteristics of autism may be detected in early childhood, but autism is often not diagnosed until much later.

People with autism often have cooccurring conditions, including epilepsy, depression, anxiety and attention deficit hyperactivity disorder as challenging well as

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difficulty behaviours such as sleeping and self-injury. The level of intellectual functioning among autistic varies widely, people extending from profound impairment to superior levels. It is estimated that worldwide about one in 100 children has autism. This estimate represents an average figure, and reported prevalence varies substantially across studies.

Some well-controlled studies have, however, reported figures that are substantially higher. The prevalence of autism in many low- and middle-income countries is unknown.

Children at Pathway were not to be left behind in supporting this day though COVID had restrained their activities to work from home. Through online they sent their drawings and clay models to share their views and support their peers.



## WORLD ENVIRONMENT DAY 2021

Every year, World Environment Day is observed on June 5. This day is celebrated to encourage awareness and environmental protection. According to United Nations, *"The celebration of this day provides us"* 



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### REIMAGINE. RECREATE. RESTORE. This is our moment.

We cannot turn back time. But we can grow trees, green our cities, rewild our gardens, change our diets and clean up rivers and coasts. We are the generation that can make peace with nature. Let's get active, not anxious. Let's be bold, not timid.



With the coronavirus outbreak and people being confined indoors, environment and mother earth seem to have benefitted slightly. In the absence of human activities amid the coronavirusinduced lockdown, nature is getting

time to clean itself and reclaim its space. Being covid period

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TREE SAPLING PLANTING DRIVE

# continued our education through online classes. We are proud to state that our children participated with full enthusiasm and following the teachers instructions displayed their work through drawings,

writings and other events. Their enth usiasm spurs us to do much more and acts as a motivator.

The main idea behind celebrating World Environment Day is to highlight the importance of the environment and to remind people that nature should not be taken for granted. According to the UN, this day provides us with an opportunity to broaden the basis for an enlightened opinion and responsible conduct by communities, enterprises and individuals in preserving and enhancing the environment.



### SPEECH AND AWARENESS VIDEO PRESENTATION (LIVE ON ZOOM)





This year the World Environment day (WED), the kids at the Pathway- Sabin had done various activities to create awareness about our environment and our role in restoring the ecosystem for our future generation.

The program included:

- Awareness Speech by special educator (Mr. Thirukumaran)
- Drama by Sabin kids
- Speech by Sabin kids (video) (Live on zoom)
- Video presentation (Live on zoom)
- Pledge
- Tree sapling planting

### <u>Drama:</u>

The dram was enacted by

- Citi babu-farmer
- Dayalan and Muthu -House doors
- Arumugam and Aranganadhan- trees
- Siva- water hand pump
- Zahir-Merchant

The farmer wakes up every morning and he would happily go to the water hand pump to fetch water for his tree saplings. The trees started growing slowly as the farmer waters it each and every morning without fail. By looking at the growth of the trees the farmer was very happy. Years had gone by; the trees were very taller than the farmer. One fine day a wealthy merchant came by and saw these trees and he wanted to buy them for the construction of new house. He gave a good ransom for the trees; the farmer was convinced. He brought an axe from his house and without mercy he knocked the trees to the ground, poor trees were carried by the merchant. few years gone by the farmer realised that the was no water coming from his hand pump, the helpless and greedy farmer then understood that it was the consequence of his action in the past. The drama was concluded by saying that "let's grow trees and let's receive rainfall."

## GLOBAL HAND WASHING DAY -"Our Future is at Hand – Let's Move Forward Together."

Global Handwashing Day was founded by the Global Handwashing Partnership, and is an opportunity to design, test, and replicate creative ways to encourage people to wash their hands with soap at critical times. Global Handwashing Day is celebrated every year on October 15th. Global Handwashing Day is an annual global advocacy day dedicated to advocacting for handwashing with soap as an easy, effective, and affordable way to prevent diseases and save lives.

The first Global Handwashing Day was held in 2008, when over 120

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million children around the world washed their hands with soap in more than 70 countries. Since 2008, community and national leaders have used Global Handwashing Day to spread the word about handwashing, build sinks and tippy taps, and demonstrate the simplicity and value of clean hands. Since then, Global Handwashing Day has continued to grow. Global Handwashing Day was endorsed by partnering with the government and other schools at Pathway since our education was

online platform because of Covid-19. The 2021 Global Handwashing Day theme is "OUR FUTURE IS AT HAND – LET'S MOVE FORWARD TOGETHER."

The COVID-19 pandemic provides an important reminder that one of the most effective ways to



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## Pathway India

stop the spread of germs and stay healthy is also one of the simplest — handwashing with soap and water. Keeping hands clean can prevent 1 in 3 diarrheal illnesses and 1 in 5 respiratory infections, such as a cold or the flu. Due to Corona this current year the staff emphasized more on topics related to curb the effects of the virus. The idea was to create awareness regarding the importance of hand washing. Handwashing with soap is an easy, effective, affordable do-it-yourself practice that prevents infections and saves lives.

Everyone can protect themselves, their families, and their communities through handwashing with soap. Though it requires few resources—soap and a small amount of water—the benefits are significant. Handwashing with soap is effective.

When handwashing with soap is practiced regularly at key times, such as after using the toilet or before contact with food, it can dramatically reduce the risk of diarrhea and pneumonia, which can cause serious illness and death. Handwashing with soap also helps prevent the spread of other infections, including influenza and Ebola. Handwashing with soap is affordable. Most individuals around the world can afford multipurpose soap bars, or detergent to make soapy water. Many households that do have access to soap often use it for laundry, dishwashing or bathing, rather than handwashing. Investments in handwashing promotion are highly cost effective, and can maximize the health benefits of other interventions—from access to clean water and sanitation infrastructure to nutrition promotion.

## LEGISLATIVE ASSEMBLY GENERAL ELECTIONS

The Sixteenth Tamil Nadu Legislative Assembly Election was held 2021, to April elect representatives from the 234 on 6 constituencies in the Indian state of Tamil Nadu. The Dravida Munnetra Kazhagam (DMK) won the election, ending the decadereign of the All India long Anna Dravida Munnetra Kazhagam (AIADMK). The DMK's leader M. K. Stalin became the eighth Chief Minister of Tamil Nadu, and the 12th Chief Minister since the 1956 reorganization. He replaced Edappadi K. Palaniswami of the AIADMK.





We were given an opportunity to aid our first time Intellectually Disabled voters to exercise their rights for voting. This information dissemination was a sheer task for the educators since it involved getting the voter's id card and teaching the adult group the various nuances, rules and conditions which was topped with social distancing too. For the young voters it was a sheer excitement since it instilled confidence in their ability and the knowledge to be accepted with par to their peer groups.

All eligible person with disability or reduced mobility / physical functions could get enrolled in electoral roll by filling Form 6 inclusive of information about one's disability online at www.nvsp.in and uploading the necessary documents.

Persons with disabilities are given priority at polling stations and they can enter the same without waiting in the queue. Polling personnel are briefed about the provisions of Rule 49 N of the Conduct of Election Rules, 1961, for permitting a companion to accompany a blind/infirm elector. Poll personnel are trained & sensitized regarding special needs of persons affected by various disabilities. Special Directions of the Commission were given for Signage Parking for Persons with Disability (PwD) coming on wheelchairs or other vehicles (to be visible from the road)



This was followed by the staff who were placed on duty to visit various schools for three days for a survey of the venues. The provision of clean water, ramps, wheelchairs, saniti zers, medical aid, gloves, masks etc were to be reported to the authorities for a smooth voting. They diligently made sure that the polling station was on the ground floor. The other factors looked into were-

- Temporary ramps to be installed at the polling station location where permanent ramps have not been provided for access by wheelchair bound persons.
- Access to ramps has been made smooth in places of sandy and slushy pathways.
- ▶ Wheelchairs to be provided at identified polling stations.

- > Facility to take wheel chairs inside polling stations to be granted.
- Entrance door of polling station to be kept wide open and adequate space to be provided around the voting compartment to ensure easy movement for wheel chairs. The pictures depict the happiness of these young voters.
- Legislative assembly general elections took place in our state, Tamil nadu on the 6th of April. We thank the government for providing the persons with disabilities the equal right to vote. We thank the officials in charge of the disabilities department and our staff for making this campaign a total possibility with care and efficiency.

## **COVID-19 RELIEF SUPPORT BY PATHWAY - IN** PARTNERSHIP WITH STATE GOVERNMENT BOTH IN RURAL AND URBAN TAMILNADU

Realising that we have been a very blessed lot every member of Pathway family including our wonderful supporters, well wishers pitched in to help more than 5000 families in kind by providing essentials and provisions during this pandemic period.

## PATHWAY JOINDS HANDS TO HELP IN THE FACE OF COVID-19 THROUGH TAMIL NADU STATE **GOVERNMENT MACHINERY**

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As our drive to help people in dire need at this time of Covid we decided to hold hand with the state help around a thousand families by govt to

way of provisions. People with various disabilities including leprosy were supported. Kannagi Nagar has over 23,700 tenements which is home to many families that were resettled there post the tsunami of 2004 and various other eviction that drives were carried out along the water bodies of the city. Kannagi Nagar, originally 3 resettlements Kannagi Nagar, Ezhil Nagar and Tsunami Naga - is often likened to the Dharavi slum in Mumbai due to its population density and socioeconomic parameters. The area has a total of 23,700 houses and a population of around one lakh.

Covid relief help supported at KANNAGI NAGAR

Most of the people living in the tenements are slum dwellers who were rehabilitated between 2000 and 2010 by the state government.

We at Pathway decided to support more people who were in need of food basic and the essentials. After scouting we found that the neighbourhood known as Semmencherry whom we had helped previous year was once again in dire need of the above. It situated in Chennai is district, located south of the city about 18 km from the city centre. along the Old Mahabalipuram Road, Rajiv Gandhi Salai. Semmencherry is located between Sholinganallur and

Navalur, Perumbakkam, one of the largest slum 'rehabilitation' projects in the world. Being approached by Community of Disabled Rights Details which has been in existence from last seven years led by Mr S Maan Kumar Association President has been helping the transformational disabled people without getting any money or material.

Pathway decided to provide some relief

Covid relief help supported at SEMMENCHERRY



by way of providing essential groceries worth Rs.1000 each for 50 needy families. We are just glad that we could be a tiny part of support at this crucial juncture for them. Our reward was the smile s which spoke a thousand words. Thousands who were relocated to remote areas after last year's floods have a tough time finding jobs and accessing basic infrastructure.

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Our other area of doing Covid relief programme was put into effect after the then DCPU Mr Ramesh approached us for aiding support for marginalized children. We were very happy to share our resources to feed these children after preliminary examination of their whereabouts. Considering this as a call of humanity to help people in distress our Special children who are first time wagers added their mite too which made it more special and blessed.

## **OTHER COVID RELIEF ACTIVITIES**



Apart from sending monetary help to every child under our care from the start of Covid-19 in March 2020 till date we have also spread our help to the District Child Welfare committee in a small way. The centre has donated masks made by our children and medical masks along with sanitisers. This also includes helping the Govt RMD hospital where we donated bread, biscuits and masks along with sanitisers . We aim to do more with the help of our great supporters and dedicated staff. Along with this the 20 families of the children have been helped by way of provisions. Regarding our centres the children that

we serve are below poverty level. It has been a real challenge for the parents to keep their kids at home during this most trying period. The untold miseries of not being able to go for jobs and and feed their children has made them lose their sleep. At this juncture Pathway has stepped in and from the start of covid has hand held with all the parents who needed help to feed their children. Particular care was taken to see that the basic necessities were included along with quality provisions which would be refilled every second month. The parents heaved a sigh of relief and were motivated to think more positively. It



was definitely a challenging task for the organization too since the time period of covid virus was not known. Faith in our work made us continue this humane work. The very smile of the child and parent were the treasurable gifts we received. Most of the pictures depicted here are a witness of their appreciation. We value this more since it has stemmed from the heart.

We also took care of children from Sabin centres and supported them during this period by supplying provisions at their doorstep, by online bank transfers and those who stayed close by collected their provision requirements as and how needed.





## NATIONAL DOCTOR'S DAY 2021



India celebrates National Doctor's Dayon July 1, the birth anniversary of Dr Bidhan Chandra Roy, an eminent physician, academician, freedom fighter and politician. Dr Bidhan Chandra Roy was the first Chief Minister of West Bengal after India gained Independence. Dr Bidhan Chandra Roy was awarded the Bharat Ratna in 1961. This year, the National Doctor's Day is very significant as doctors continue to fight the Covid pandemic day and night. This is the second doctor's day amid the pandemic.

Prime Minister Narendra Modi, in his Mann Ki Baat on Sunday, remembered Dr BC Roy.

Speaking about doctors in the backdrop of doctor's day, PM Modi said, "On July 1, we will celebrate National Doctor's Day. We must pay tribute to our doctors who ensured that India did not succumb to the challenges posed by COVID-19."

At the time of the ongoing pandemic, doctors are at the forefront and leading the battle. Their commitment to keeping the nation safe and healthy in these challenging times is truly exceptional.

Doctor's Day is celebrated on different dates in different countries across the world. Several governments and non-government healthcare organisations celebrate this day. No doubt the doctors play an important role in our life. The day raises awareness about the roles, importance, and responsibilities of doctors and promotes the medical profession.

We at Sabin are aware of the various challenges during this period and are indeed grateful to the doctors and nurses and all the therapists who have attended to every emergency and kept us safe

during this pandemic. We are indeed very proud of them and salute them from our heart and soul.

The educators helped their wards to draw posters, rangoli cards and to appreciate the life savers. They also staged a skit to share the awareness and presence of this most admired group.





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## **COMMUNITY-BASED REHABILITATION PROGRAM-**2021-2022



As per WHO the meaning of Rehabilitation is defined as "a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment". Rehabilitation is an essential part of universal health coverage along with promotion of good health, prevention of disease, treatment and palliative care.

Our team of physiotherapists, and home trainers along with nurses. the doctors have conducted community-based rehabilitation in various in and around two districts Villupuram and Chengalpattu covering 17 villages like -----



Villupuram district Village

- 1. Tindivanam
- 2. Thenpasiyar
- 3. Naduvanathal
- 4 Asur

- 5. Peramandur
- 6. Jakkampettai
- 7. Kattusiviri
- 8. Nedumozhianur

Chengalpattu district

- 1. Vaippanai
- 2. Theetalam
- 3. Alapakkam
- 4. L.Endathur





- 5. Kadamboor
- 6. Pasuvangaranai
- Semboondi 7.
- 8. Kiliyanagar
- 9. Ottakovil village







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Every beneficiary selected has been assisted with the required therapies which are being continued. Their families are supported by way of provision, medical need, and basic personal necessities covering more than 200.

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We at Pathway are committed to uplifting and providing the best in the education and rehabilitation process.

Globally, an estimated 2.4 billion people are currently living with a health condition that benefits from rehabilitation. The need for rehabilitation worldwide is predicted to increase due to changes in the health and characteristics of the population. For example, people are living longer, but with more chronic disease and disability. Currently, the need for rehabilitation is largely unmet. In some low- and middleincome countries, more than 50% of

people do not receive the rehabilitation services they require. Rehabilitation services are also amongst the health services most severely disrupted by the COVID-19 pandemic.

In actual terms rehabilitation helps a child, adult or older person to be as independent as possible in everyday activities and enables participation in education, work, recreation and meaningful life roles such as taking care of family. It does so by addressing underlying conditions (such as pain) and improving the way an individual functions in everyday life, supporting them to overcome difficulties with thinking, seeing, hearing, communicating, eating or moving around.

Anybody may need rehabilitation at some point in their lives, following an injury, surgery, disease or illness, or because their functioning has

declined with age.

Some examples of rehabilitation include:

- Exercises to improve a person's speech, language and communication after a brain injury.
- Modifying an older person's home environment to improve their safety and independence at home and to reduce their risk of falls.
- Exercise training and education on healthy living for a person with a heart disease.
- Making, fitting and educating an individual to use a prosthesis after a leg amputation.
- Positioning and splinting techniques to assist with skin healing, reduce swelling, and to regain movement after burn surgery.



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- > Prescribing medicine to reduce muscle stiffness for a child with cerebral palsy.
- > Psychological support for a person with depression.

> Training in the use of a white cane, for a person with vision loss.

Rehabilitation is highly person-centered, meaning that the interventions and approach selected for each individual depends on their goals and preferences. Rehabilitation can be provided in many different settings, from inpatient or outpatient hospital settings, to private clinics, or community settings such as an individual's home. Our rehabilitation workforce is made up of different health workers. like physiotherapists, occupational therapists, speech and language therapists and audiologists, clinical psychologists, doctors and nurses . The benefits of Rehabilitation can reduce the impact of a broad range of health

conditions, including diseases (acute or chronic), illnesses or injuries. It can also complement other health interventions, such as medical and surgical interventions, helping to achieve the best outcome possible.

We try to reach out to the most vulnerable group and try to support them with our limited resources. A bond of trust is formed between the health worker and the beneficiary. This allows us to serve and reach out to the most needy and disadvantaged group. Our mission is to help as many as we can not just in numbers but qualitatively too.

### COVISHIELD VACCINATION DONE BY THE GOVT FOR OUR SPECIALADULTS OF SABIN ON 22.05.2021

science that has been in the books for ages. These vaccines are not experimental. They have been the through all stages of development for any new scientific breakthrough. In addition, Covid-19 specific vaccinations are constantly monitored 💦 by

health



## VACCINATIONS

Vaccinations against Covid-19 were developed using



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Covid-19 Vaccines are effective -

Covid-19 vaccines have been tested by multiple drug administration authorities in the world. They are proven to be effective in reducing your probability of contracting COVID-19. You are contributing to mass wellness by getting vaccinated –

Once you are vaccinated, your body is much better prepared to shield off more viruses by making your immune system stronger. At the same time, when you are protecting yourself, you are also protecting those around you. A safe way to build your immune system: Vaccinations are known to boost your immune system by teaching your body how to



affects a body and hence you are in no danger by being infected with the disease of the vaccine. Covid Vaccines are certified by multiple bodies. The Covid Vaccinations that are available by societies, governments and other people-body, are all certified by multiple certification organizations purely because of all the pandemonium this virus has caused across the world. Hence, it becomes crucial for every citizen to take part in the vaccination drives organized their local by governmental bodies and other bodies offering the vaccine officially. Here's a list of important details about vaccinations that made it absolutely necessary for us to NOT miss vaccination against Covid-19.



fight

threats. Therefore many consider vaccinations as a way to build up your immune system and the manner in which your body reacts to foreign bodies. Many believe falsely that since the vaccine includes a strand of the virus, you may actually get infected by it. That is not how a virus



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authorities that have very stringent measures of success. If a vaccine is certified, you can be certain it has been tested through proven methods. There are no reasons for any individual to avoid a Covid-19 vaccination and it is the responsibility of the labs to dismiss any fears anyone has of the vaccination. There are no reasons to avoid a covid-19 vaccine and many reasons to not miss it. India began its vaccination programme on 16 January 2021, operating 3,006 vaccination centres on the onset. Each vaccination centre will offer either Covishield or Covaxin, but not both. 165,714 people were vaccinated on the first day of availability. Difficulties in uploading beneficiary lists at some sites caused delays. In the first three days, 631,417 people were vaccinated. Of these, 0.18% reported sideeffects and nine people (0.002%) were admitted to hospitals for observation and treatment. Within those first days, there were concerns about low turnout, due to a combination of vaccine safety concerns, technical problems with the software used, and misinformation.

The first phase of the rollout involved health workers and frontline workers, including police, paramilitary forces, sanitation workers, and disaster management volunteers. By 1 March, only 14 million

healthcare and frontline workers had been vaccinated, falling short of the original goal of 30 million.

The next phase of the vaccine rollout covered all residents over the age of 60, residents between the ages of 45 and 60 with one or more qualifying comorbidities, and any health care or frontline worker that did not receive a dose during phase 1. Online registration began on 1

March via the Aarogya Setu app and Co-WIN ("Winning over COVID-19") website. Amid the beginnings of a major second wave of infections in the country, vaccine exports were suspended in March 2021, and the government ordered 110 million Covishield doses from SII. The company aims to produce 100 million doses per month, but by May 2021 its production capacity was only 60–70 million doses. Following the conclusion of its trial, the DCGI issued a standard emergency use authorisation to Covaxin on 11 March 2021.

From 1 April, eligibility was extended to all residents over the age of 45. On 8 April, Prime Minister Narendra Modi called for a fourday *Teeka Utsav* ("Vaccine Festival") from 11 to 14 April, with a goal to increase the pace of the program by vaccinating as many eligible residents as possible. By the end of the *Utsav*, India had reached a total of over 111 million vaccine doses to-date.

At Pathway we ensured that our children and staff were vaccinated safely and then with help of the corporation we held the vaccination drives for public in and around us. Nearly 2000 people were benefitted by this drive.





## 2021 THEME: "YOGA FOR HEALTH - YOGA AT HOME"



In this century we realise that Yoga has united the world

-PM Narendra Modi

International Day of Yoga 2021, was observed on Monday (June 21), carrying the theme "Yoga for well-being", much relevant for our times in a society still recovering from the impact of the coronavirus disease (Covid-19) pandemic. The children at PATHWAY-INDIA took part in this

event from their home with the help and guidance of our dedicated staff and parents. On International Yoga Day on Monday, Prime Minister Narendra Modi said yoga became a source of inner strength for people and a medium to transform negativity to creativity amid the coronavirus pandemic.

"Yoga shows us the road from stress to strength and from negativity to creativity. Yoga tells us that so many problems might be out there, but we have infinite solutions within ourselves. We are the biggest source of energy in the universe," PM Modi said as he addressed the nation on the seventh International Yoga Day. "Today even medical science lays emphasis on the healing process, besides medical treatment. Yoga helps in the healing

process," PM Modi added.

Centuries ago one of the most popular Sanskrit poets Bhartrhari, while highlighting the specialty of Yoga, said: धैर्यं यस्य पिता क्षमा च जननी शान्तिश्चिरं गेहिनी सत्यं सूनुरयं दया च भगिनी भ्राता मनः संयमः। शय्या भूमितलं दिशोऽपि वसनं ज्ञानामृतं भोजनं एते यस्य कुटिम्बिनः वद सखे कस्माद भयं योगिनः।।

An invaluable gift of ancient Indian tradition, Yoga has emerged as one of the most trusted means to boost physical and mental well-being. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite", symbolizing the unity of mind and body; thought and action; restraint and fulfillment; harmony between human and nature, and a holistic approach to health and well-being.

Due to Hon'ble PM Shri Narendra Modi's relentless efforts, June 21 was declared as the International Yoga Day by the United Nations General Assembly. In its resolution, the UNGA endorsed that "Yoga



provides a holistic approach to health and well-being apart from striking a balance



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between all aspects of life. The wider dissemination of information about the benefits of practising Yoga would be beneficial for the health of the world population." This infused an era of holistic health revolution in which attention was given more to prevention rather than the cure.

Meaning that by regularly practising Yoga, a person can imbibe some very good qualities like courage which protects like a father, forgiveness as possessed by a mother & mental peace which becomes a permanent friend. Through regular practise of Yoga truth



becomes our child, mercy our sister, self-control our brother, the earth becomes our bed & knowledge satiates our hunger. Here are some benefits of Yoga:



-Boosts immunity

-Relieves depression, anxiety

-Strengthens bones, relieve joint pain and spinal pain

-Weight Loss

-Increases muscle strength and helps in weight gain/loss

-Helps fight infections and respiratory

## INDEPENDENCE DAY CELEBRATION

The Independence Day of India, which is celebrated religiously throughout the Country on the 15<sup>th</sup> of August every year, holds tremendous ground in the list of national days, since it reminds every Indian about the dawn of a new beginning, the beginning of an era of deliverance from the clutches of British colonialism of more than 200 years. It was on 15th August 1947 that India was declared independent from British colonialism, and the reins of control were handed over to the leaders of the Country. India's gaining of independence was a tryst with destiny, as the struggle for freedom was a long and tiresome one, witnessing the sacrifices



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of many freedom fighters, who laid down their lives on the line. We were able to listen to our PrimeMinister's speech which has been summarized as below –

Prime Minister Narendra Modi touched upon a range of topics -- the Covid-19 pandemic, vaccines, Aatmanirbhar Bharat, welfare of small farmers, infrastructural development and India's Olympics performance -- in his address to the nation from the ramparts of the Red Fort on 75th Independence Day.

In his eighth consecutive Independence Day address, PM Modi laid the roadmap for the country for the next 25 years, saying "Sabka Saath, Sabka Vikas, Sabka Vishwas and Sabka Prayaas" was very important for the achievement of the nation's goals.

The following are a summary of his action plan on various agendas ---

### He announced the GATI SHAKTI PLAN

In a big infrastructural development push, PM Modi

announced a Rs 100 lakh crore 'Pradhan Mantri Gati Shakti National Master Plan'. PM Modi said the initiative, besides bringing employment opportunities for the youth, would help local manufacturers become competitive globally.

### His take ON ROADMAP FOR NEXT 25 YEARS-

Wearing a traditional kurta and churidar and his trademark headgear, PM Modi spoke of building "Aatmanirbhar Bharat" when India celebrates 100 years of Independence. "A time comes in the development journey of every country when that nation defines itself from a new end, when it takes itself forward with new resolutions. Today, that time has come in India's development journey," PM Modi said.

### His thoughts ON COVID-19 AND VACCINES-

PM Modi said today India doesn't need to depend on any other nation for Covid-19 vaccines due to the "strength of our industrialists and scientists".

"Indians have fought this battle (Covid-19) with a lot of patience. We had many challenges but we worked at an extraordinary pace in every area," PM Modi said.



His mention on J&K AND NORTHEAST- Jammu and

Kashmir and the Northeast region found special mention in PM Modi's Independence Day speech. PM Modi said a new history of connectivity was being written in the Northeast while development of J&K was visible on the ground.

His decision ON OPENING SAINIK SCHOOLS FOR GIRLS-Prime Minister Narendra Modi also said girls would now be given entry into Sainik schools across the country.

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His opinion ON FARMERS AND POLICIES-At a time when farmers have intensified their protest against the contentious farm laws, Prime

Minister Narendra Modi said small farmers were not given enough attention in policies by earlier governments.

"Our mantra is 'Chhota kisan bane desh ki shaan'. It's our dream. In the coming years, we will have to increase the collective power of the small farmers of the country. They have to be provided new facilities," PM Modi said.

His announcement on HYDROGEN MISSION -

Announcing a National Hydrogen Mission in view of climate change, PM Modi said the government would aim to make India a hub for production and export of green hydrogen.

Giving a clarion call to make India self-reliant in energy production, PM Modi said, "Today, we have to pledge to make India energy independent before completing 100 years of Independence. India has moved towards electric mobility and work is underway on 100% electrification of Indian Railways

with the aim of becoming a net-zero carbon emitter by the year 2030." His opinion regarding the **OLYMPICS** PERFORMANCE the Indian Lauding athletes, who were invited for the Independence Day ceremony, PM Modi said "they have not only won our hearts but also inspired

At Sabin-Pathway we celebrated this 75<sup>th</sup> Independence event with great

future generations".



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respect. Our Principal hoisted our prestigious national flag with great reverence followed by our national anthem. Our kids at Sabin-Pathway who had started attending the residential put up a performance on this special day. With the help of the staff they participated in various cultural like dance, skit, and singing etc. The other children along with the parents attended the online sessions regarding the same. Many of them had sent in their drawings and posters for the above event

athway In

At the end of the event the entire team was served chocolates and cake along with special lunch .

## **MSME-TIME 2 LEAP AWARD**



## **BEST SEVA RATNA AWARD**

Dr Chandra Prasad - Cofounder of Dr Dathu Rao Memorial Charitable Trust received the BEST SEVA RATNA AWARD in the field of Social Good for the Intellectually Disabled children and adults 2021 by Kovai Express and You Tube channel



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## **KRISHNA JAYANTHI**

Janmashtami, the birth date of Lord Krishna, is widely celebrated across the country. This year, the auspicious day fell on August 30 (Monday). At Pathway though most of the kids were attending online their spirit was not dampened by it. With the guidance of the teachers the kids and parents got involved in various activities to mark



this event. Many of them with relation to the above mentioned festival were absorbed in making craft items, drawings and fancy dress competitions. Their talents definitely astonished our educators too.

Krishna, believed to be the eighth *avatar* of Lord Vishnu, was born on the eighth day (*ashtami*) of the Krishna Paksha (dark fortnight) of the month of Bhadrapad. The day is known by different names like 'Gokulashtami', Krishnashtami', Ashtami

Rohini', Sree Jayanthi' and Srikrishna Jayanti.

Janmashtami is especially marked with much enthusiasm in Mathura (which is believed to be the birthplace of Lord Krishna), and in several parts of Rajasthan, Gujarat. The festival is also celebrated

in the northeastern states like Assam and Manipur.

The origin of the festival is rooted in mythology. According to several stories, Lord Krishna's uncle, King Kansa, wanted to kill him as the former was told that Krishna would kill him. Thus, as soon as he was born, Krishna's father Vasudeva took him across the Yamuna to Gokul. In here, he was raised by foster parents Nanda and Yashoda. Janmashtami, therefore, not just marks Krishna's birth but also his triumph over King Kansa.







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# SPECIAL SURPRISE BIRTHDAY CELEBERATIONS



to cater to needs of so many lives.

The children's pure love and their smiling faces resolved my motivation to do much more for them. The messages written so carefully by those tiny hands are indeed a wonder. Each card has become a source of treasurable item which will always be in my treasure trove.

It was indeed a great honor for me as the Cofounder to realise the impact I had made on the children in all the centres. The kids amazed me with their love by showering greeting cards and messages online to say how much they value me in their journey of life. I am truly humbled and grateful for the opportunity provided by the Almighty with whose blessings I have been able



#### **TEACHER'S DAY**

#### Happy Teacher's Day



From giving us a purpose to setting us up as successful citizens of the world, teachers inspire in us a drive to do well and succeed in life and to recognise this hard work of our mentors and gurus, Teachers' Day or Shikshak Divas is celebrated in India with great pomp and show. World Teachers' Day is celebrated on October 5, but every country celebrates the day on different dates. In India, Teachers' Day is celebrated annually on September 5 to mark the birthday of the country's former President, scholar, philosopher and Bharat Ratna awardee, Dr Sarvepalli Radhakrishnan, who was born on this day in 1888.

When Dr Radhakrishan took the office of the second President of India in 1962, his students approached him to seek permission to c elebrate September 5 as a special day. Dr Radhakrishnan instead made a request of them to observe September 5 as Teachers' Day, to recognise the contribution of teachers to the society.

Last year, owing to the Covid-19 pandemic, most of the schools and colleges were shut and the annual celebrations at schools were







replaced with virtual ones. With the ongoing Covid-19 pandemic and a threat of Delta variant spreading, many schools continue to operate their online classes like us. Keeping social requirements in place we had invited some parents and their

guardians. Some of the residential Sabin adults honored their teachers with wishes and greeting cards. Small fun games for the adults was organized which brought lot of joy in the kids since they were witnessing





their parents and teachers participating in the games jointly. To mark this occasion many pictures were taken along with a group photo to mark this wonderful day.

For the kids who attended on online the virtual wishes and greetings were a perfect way to tell their teachers about their care and love. This becomes essential since teachers are the bedrock upon which any quality education is built and they are perhaps the few people in our lives who rejoice when we, their student, outdo them.

# **RECEIVING THE MAHATMA AWARD FOR SOCIAL** GOOD FOR THE YEAR 2021- A HAT TRICK INDEED



An initiative of Aditya Birla group headed by the CSR man and founder of Mahatma Award Mr. Amit Sachdeva has honoured and selected us from 891 application entries for the third time. Our organisation was represented by Dr Chandra Prasad, Cofounder of "Dr Dathu Rao Memorial Charitable Trust-Pathway" who received the award from "Dr. Kiran Bedi. 24th Lieutenant Governor of Puducherry" under the "Social Impact

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#### Pathway India

Category" for Covid-19 Humanitarian Efforts on the 1st October 2021, at India International Centre, Delhi, India. Our special product, a garland made out of satin ribbon, and newspaper by the Special children was presented at the award ceremony. It has caught the eyes of many and was admired by the chief guest Dr. Kiran Bedi and the founder of Mahatma award- Mr Amit Sachdeva.



Mahatma Award for Social Good and its Impact to put a public spotlight on amazing efforts done by Nonprofits, NGOS. Foundations, Charitable Organizations and Social Entrepreneurs to bring about change. The award under this category is aligned with United Nation's Sustainable Development Goals. Mahatma Award recognize and celebrate impact leaders and change makers across the globe, who are making social impact and leading the way to a sustainable future. Since its inception, the Mahatma Award has honored the most accomplished social and community

initiatives within the private and public sector, from sustainability to philanthropy to shared value to corporate social responsibility. Mahatma Award honor individuals and

organizations that leverage their resources, expertise, and talent to make a positive impact for larger good. The Mahatma Award exist to put a spotlight on the most remarkable change makers of our Winners recognized time. The are addressing the incredibly complex and equally severe problems, we face today in our society. Their efforts span global poverty and hunger, disease, education,



climate change, disaster response and preparedness and health care accessibility and much more. The Mahatma Award is founded by social entrepreneur and philanthropist Amit Sachdeva, who is also



known as the CSR man of India for his advocacy for Corporate Social Responsibility (CSR) Bill in India. The award is hosted by Liveweek Group.

We received a letter which said as follows- On behalf of the Steering and Selection Committee of Mahatma Award, let me congratulate you on being your entry chosen for India Mahatma Award 2021 India. On behalf of team Mahatma Award, please accept my appreciation for

the excellent work you are doing, which is making an enormous social impact.

You have been selected because you have demonstrated excellence and the highest standards of ethical conduct, integrity, civic and social responsibility. As you may know, many other businesses, organizations and individuals were nominated and, because of the high caliber of the nominated individuals and organizations, the Selection Committee deliberated long hours and considered all nominees before making the selection of your entry and other recipients, who stood out as impact leaders and change makers, and exemplify ethical standards and responsible behaviors in these difficult times of Covid-19 pandemic.

### GANESH CHATURTHI



Ganesh Chaturthi, also known as Vinayaka Chaturthi, or Vinayaka Chaviti is a Hindu festival celebrating the arrival of Lord Ganesh to earth from Kailash Parvat with his mother Goddess Parvati/Gauri.

People celebrate Ganesh Chaturthi with a lot of enthusiasm in India. This 11 day festival starts today on September 10,

and ends on September

21. L his day.

worshiped this Ganesh is on To celebrate Ganesh Chaturthi, also known as Vinayaka Chaturthi, devotees bring home idols of Lord Ganesh to worship the deity, eat good food, enjoy with friends and family, and in the end, immerse the idols. Additionally, temples offer prayers and distribute sweets such as modaks because it is Lord Ganesh's favourite. The festival marks the birth of Lord Ganesh, the god of wisdom and prosperity. It falls in the Bhadrapada month of the Hindu calendar, which falls in August-September.



Lord Ganesh is considered a symbol of wisdom, writing, travel, commerce and good fortune. He is also called Gajanana, Gajadanta, and Vighnaharta. These are few names among his 108 other titles. The Indian mythology tells the legend of





Goddess Parvati creating baby Lord Ganesh

using sandalwood paste and asking him to guard the entrance while she took a bath. When Lord Shiva arrived at the entrance and told Ganesh that he wanted to visit Goddess Parvati, Ganesh refused to allow him to pass through. This made Lord Shiva angry and enraged he severed the child's head. When Goddess Parvati realised what had happened, she was heartbroken.

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# Pathway India

Seeing Goddess Parvati overwhelmed with grief, Lord Shiva promised to bring baby Ganesh back to life. He instructed his followers to search for the head of the first living creature they could find. However, they could only find a baby elephant's head. That is how Lord Ganesha came back to life with the head of an elephant.

Every year, Ganesh Chaturthi is celebrated in a large way. But this year, due to the coronavirus pandemic, the festival was a low-key affair. 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 etc of Lord Ganesha on online

#### STAR OF EXCELLENCE AWARD

**DR CHANDRA** PRASAD, CO-FOUNDER PATHWAY **CENTRE FOR** REHABLITATION AND **EDUCATION OF THE INTELLECTUAL** DISABLED **RECEIVING THE** STAR OF EXCELLENCE AWARD at Rajaratnam Kalai Arangam on 20.03.2021 from the NATIONAL INTEGRITY CULTURAL ACADEMY.



# MAHATMA GANDHI 152nd BIRTH ANNIVERSARY 2021

October 2, 2021, will mark the 152nd birth anniversary of Mahatma Gandhi, who taught Indians the values of truth and non-violence during the



freedom movement. His ideals also made it possible for other countries in Asia and Africa, where Mahatma Gandhi spent a big part of his life, to free



themselves from colonial rule without bloodshed. He inspired generations to think of "Swaraj" and struggle for it peacefully. To him, Swaraj did not only mean "self-rule" but it encompassed all spheres of life.





Born in a middle-class family in Porbandar, Gujarat, Mohandas Karamchand Gandhi moved to Rajkot at the age of 7, when his father became the dewan of the area. He did his schooling in Rajkot. Multiple accounts of his life have described him as an average student who was shy and timid in those years. When he went to study in England, he adapted himself to the new lifestyle. But when it came to food, he preferred his Indian roots.

His struggle with the authorities in South Africa, where he had gone to help a client as a lawyer, and the racial biases he and other

Indians were subjected to brought a considerable change in him. This paved the way for him to become a Satyagrahi. On his return to India, he had already left the suit he wore as a barrister for khadi and resorted to minimalism.

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wore as a barrister for khadi and resorted to minimalism. Mahatma Gandhi launched his first civil disobedience movement in Champaran district of Bihar in 1917 to protest the injustice meted out to tenant farmers.

Mahatma Gandhi was imprisoned several times in his pursuit of non-cooperation. He sat on fasts to protest the oppression of the downtrodden. His path of peaceful resistance and mass civil disobedience was later emulated across the world. His selfless love for the poor and his desire to help them have a dignified life made him the "Mahatma" we call him today.



Pathway India

The kids at Sabin centre staged a drama and also submitted their drawings on the Mahatma

# AYUDH POOJA AND NAVRATHRI CELEBERATIONS-



On 13th of October NAVRATRI FUNCTION was celebrated. It was wonderful to see all children dressed up in their informal neatly to attend the function organized at the centre. Our educators had beautifully arranged all their innovative teaching materials, along with painting of Goddess Saraswathi and decoration materials.

Being a vocational unit they also were guided to collect all their tools and instruments which they used on daily basis for worship. The They also made a list of the offerings which was to be offered to their deity. In its modern form Ayudha Puja has become Vahana Puja when people worship their vehicles including cars, scooters, and motor bikes. During this Ayudh pooja also known as Vahana Puja all sort of vehicles, which are in use, are decorated with vermilion, garlands, mango leaves and banana sapling and worshipped. Most significantly during Vahana Puja a white pumpkin is decorated with vermilion and turmeric and smashed in front of the vehicle as a custom to get rid of all sorts of evils. The kids under the guidance of the staff helped out in the kitchen too to make their favourite





sweets and savories. Other groups were assigned for the special festival lunch to help in the pre preparation.

At the end of this celebration the educators distributed the offerings to all the personnel present at the venue and then marched over to the dining hall to have their special lunch which they were looking forward to..

#### DIWALI

Diwali is the festival of lights which and the eradication of dark from our lives. It is a which people give gifts to their sends the message of with clarity and positivity . peace and joy, the victory of darkness every day. It is one of festivals, and all the communities in the

signifies the victory of good over evil shadows, negativity, and doubts celebration of prosperity in loved ones. The festival also illuminating our inner selves The festival of lights signifies good over evil, and light over the most symbolic Hindu

festivals, and all the communities in the country celebrate it with much pomp. During this festival, people clean their homes, decorate every corner with lights, lamps, diyas, flowers, rangoli, and candles. Families also perform Lakshmi Puja and pray to the Goddess of wealth to bless them with health, wealth, and prosperity.

According to Hindu mythology, the Prince of Ayodhya, Lord Rama, returned home with his wife Mata Sita and brother Lakshmana on the auspicious occasion of Diwali. They came back to Ayodhya after spending 14 years in exile and defeating the King of Lanka, Ravana. People of Ayodhya had celebrated their return with great enthusiasm by lighting rows of lamps and diyas. The tradition has continued till date and is celebrated as the festival of Diwali.

All the centres from Pathway celebrated 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 children handiwork. They also were involved in making the diyas with their bare hands which was lovingly lit around their campus. Crackers being a



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part of this festival it was kept minimal to sparklers and safe flower pots with a display of few fancy fireworks.

The children with the help staff made paper of sparklers, flowerpots chakras etc. they finally colored them and displayed to the gathering with pride. The sweets which are a part and parcel of this festivity were also displayed using paper models in form of Indian sweets like kajukattli, laddus. murukku, adhivasam etc. Though it was an activity

but this was inherently a teaching method to educate the kids too. This was followed by the educators giving a speech on the importance and the safety methods involved in bursting the crackers. The kids listened with rapt interest to their teachers.



start. He believed it was children for a new India and in 1964, India began to not on the International forth by the United Nations on the birth anniversary of November 2021.

While this day is not a gazetted

### CHILDRENS DAY CELEBERATION

"Chíldren are líke buds ín a garden and should be carefully and lovingly are the nurtured, as they future of the nation and the citizens of tomorrow."

- Pandít Jawaharlal Nehru Pandit Nehru was a firm believer of children's education right from the





imperative to educate thus after he passed away celebrate children's day Children's day date set (20 November 2021) but Pandit Nehru. 14

holiday in India, people still

remember Nehru fondly and his innumerable contributions to the welfare of Indian society. He was often called 'Chacha Nehru' as well by children for they adored him wherever he went.

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Nehru" by children because he believed that children were the strength of India. However, as another story, the former Prime Minister was called "chacha" because of his closeness with Gandi, whom all referred to as 'Bapu'. Hence, people suggested the nickname 'chacha' for Jawaharlal Nehru as he was seen as the younger brother of the father of the nation.

Nehru, under the guidance of Gandhi, turned out to be a leader of India's struggle for independence in 1947. He laid the foundation of independent India as sovereign, socialist, secular, and a democratic republic. For this, Nehru is credited as the architect of modern India. After the death of



India's first Prime Minister Jawaharlal Nehru was born to a family of Kashmiri Brahmans on November 14, 1889. His family, who were noted for their administrative aptitude and scholarship, had migrated to Delhi early in the 18th century. He was a son of Motilal Nehru, a renowned lawyer and leader of the Indian independence movement, who became one of Mahatma Gandi's prominent associates. Jawaharlal was the eldest of four children, two of whom were girls. A sister, Vijaya Lakshmi Pandit, later became the first woman president of the United Nations General Assembly.

It is believed that Nehru was known as "Chacha



Jawaharlal Nehru in 1964, a resolution was passed in the parliament unanimously to honor him, declaring his birth anniversary as the official date of Children's Day. India used to celebrate Children's Day on November 20 every year before 1956 as the United Nations, in 1954, had declared the day as Universal Children's Day. Therefore, each year since then, November 14 is celebrated as Children's Day in India to commemorate the birth anniversary of the country's first PM.

Teachers and parents on this day also shower their love and affection towards the child by distributing gifts, chocolates, and toys. Schools also organize

various talk shows, seminars where inspirational personalities from various fields like sports, education, cultural and entertainment sector come and deliver motivational speeches to the students. Children are the ones who light up our world, the ones who have the potential to put a smile even on the chronically sad faces, the one whose hugs can melt anyone's heart, whose one wail can cause all the members of a family to panic, and whose innocence give people the hope that the world still is a good place; children are like the ray of sunshine. Without them, this world would be nothing but a dull and boring place!

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At Pathway there was a turn of roles between the teachers and children. This was the time for the children to sit back and enjoy the programme that was conducted and performed for them by their educators. The children's laughter and smile was evident when they saw them dance, present a comedy skit and singing songs for them. It was indeed a beautiful sight to watch so many happy faces.

The staff in turn conducted a musical chair, bursting balloon competition and fun games like eating the biscuit without using their

hands. At the end of the programme they also treated the kids to a sumptuous sweets and savories. It was a contented staff and children who left the venue totally exhausted but very happy.

We do believe in the following quote made by our great writer -

"The greatest legacy one can pass on to one's children and grandchildren is not money or other material things accumulated in one's life, but rather a legacy of character and faith." - **Billy Graham** 

# WORLD DISABILITY DAY 2021



"I do not have a disability, I have a gift! Others may see it as a disability, but I see it as a challenge. This challenge is a gift because I have to become stronger to get around it, and smarter to figure out how to use it; others should be so lucky."-Shane E. Bryan

Today, the world population is over 7 billion people and more than one billion people, or approximately 15 per cent of the world's

population, live with some form of disability; 80 per cent live in developing countries.

observance of The annual the International Day of Disabled Persons was proclaimed in 1992 by United Nations General Assembly resolution 47/3. It aims to promote the rights and well-being of persons with disabilities in all spheres of society and development, and to increase awareness of the situation of persons with disabilities in aspect of political, social, every economic and cultural life.

The theme for IDPD this year is "Leadership and participation of



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# persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world."

On December 3 this year, during the annual celebration of people with disabilities, the 2021 theme is 'Fighting for rights in the post-COVID era."

This year, we are celebrating the challenges, barriers and opportunities for people who live with disabilities, in the context of a global pandemic. Since March 2020, every person on earth has been impacted by drastic political, social and economic change as a result of domestic and international responses

to COVID-19.

This year, International Day of People with Disabilities should be used to recognise that people who live with disabilities are among the most affected populations amid the COVID pandemic. Where marginalization, discrimination, vulnerability and exploitation are every day factors for many people, the increased risk of poor outcomes have been magnified with the reduced access to routine health care and rehabilitation services, more pronounced social isolation, poorly tailored public health messaging, inadequately constructed mental health services, and a lack of emergency preparedness for people with special needs.



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After working in the field of disability or decades, the Convention on the Rights of Persons with Disabilities (CRPD), adopted in 2006. The CRDP advanced the rights and well-being of persons with disabilities in the implementation of the 2030 Agenda for Sustainable Development and other international development frameworks. The main purpose was to increase the participation of disabled people in society, end discrimination towards them, and create equal opportunities for them

Disabled people suffer from poor health, lack of equal opportunities in education and sometimes in work too. This also in turn affects their lifestyle as well as physical well-being. Hence, the day is observed to aware the world about their issues and to make it a better place for them.

On 3<sup>rd</sup> December 2021, we celebrated the world disability day program in our VOCATION CENTRE, by conducting many indoor and outdoor games ,the SABIN group were honored by their

normal counterparts and they staged a mime depicting AWARENESS OF CORONA SPREAD for which they were felicitated by their educators

The children were very enthusiastic about their part in the competitions. Their cheerful and happy faces added cheer to the programme

On the eve of 29th of November



**ELEPHANTS AND GARLAND** 



in preview of the world disability day , a districtlevel cultural program was conducted online by the govt. Around 200 schools had participated in the above competition. Out of these 200 schools 40 schools were selected where our school was one among them to receive the award.

We also were delighted to receive the award from the collector Dr J Vijaya Rani IAS- who graciously accepted the special newspaper -satin garland and beaded elephants as memento. Our vocational group was thrilled to the fact that our work had been recognized by the authorities.

# CHRISTMAS CELEBERATIONS

MAY THE CHRISTMAS SEASON FINISH THIS YEAR ON A HAPPY NOTE AND MAKING ROOM FOR A NEW YEAR THAT IS FRESH AND LIGHT. SEASON'S GREETINGS TO ALL OF YOU......

all grateful members of PATHWAY family "Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmastime." – Laura Ingalls Wilder



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Every year the month of December is a very awaited month since it brings out in each one of us the best spirit by ringing out the old & ushering of the new year. It is definitely the busiest time of the year where last minute shopping, wrapping gifts and planning the programme takes place.

This is a festival which actually you can feel days before in the air. The whole being of oneself seems to get soaked in helping others and to share the joy & peace one observes in giving than receiving gifts. For children it is the most wonderful season to wear and don new clothes, creating special

Christmas cards for their friends & families and to take part in the cultural activity depicting the birth of Christ. This year too has been no different for the children who awaited the great day to bring the joy & peace message to the world in their own special way. Compared to last year where this festival was conducted online we are blessed to celebrate it this year with the kids. It was indeed a hectic period wherein the staff had put in their sincere





dedication and efforts to conduct various programmes like nativity drama, with other cultural items. The delight of the children and their joy was very evident when they were given permission to decorate their venue and participate in making the decorations desired for their Christmas tree. a It was a real joy to watch the kids immersed in the activity and trying their best to produce results to gladden their teachers' hearts. One could observe their tendency of helping their peer group which gladdened many a heart. The true meaning of

Christmas could be seen here. The joy was pure and the air around was filled with the beauty of their innocence and smiles.

The highlight of the programme was the family of our President who had travelled all the distance from Dubai to be a part of this wonderful season festival. They sincerely applauded the children's programme and felt honored to be a part of presenting gifts to the children present which was

sponsored by our wonderful supporters. The remaining children and staff were given Christmas gifts

either their a cou p for cou

ther through their bank accounts, courier or physically for those who could travel.

We take this opportunity to thank all our wonderful well wishers and supporters who every year make our Christmas a most memorable and treasurable day.



### PONGAL



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Pongal is one of India's most popular festivals, which is widely celebrated by the Tamil community across the globe. Celebrated in the Tai month of the Tamil solar calendar, the multi-day festival is one of the biggest harvest festivals, along with Makar Sankranti. The four-day event, dedicated to the Sun God, marks the beginning of Uttarayan, the sun's journey northward. This year, Pongal will be observed from January 14-17, 2022, according to the Gregorian calendar. The first day is celebrated as Thai Pongal.

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This festival is named after the traditional sweet dish Pongal ("boiling over") made with rice boiled in milk with jaggery. It is first offered to the gods and goddesses and then enjoyed by the family. The the origin of the Pongal dish can be traced back to the Chola period; it appears in a lot of texts and inscriptions.

It is believed that Lord Shiva once sent his bull, Basava, to the world to remind people that they should eat once a month, get an oil massage, and bathe every day. Basava made the mistake of recommending that everyone take an oil bath once a day and



subsequently lifted by Lord Krishna on his little finger, and all the inhabitants were saved. Indra recognised Krishna's power as a result of this, and understood his error. Finally, he brought the rain to a halt and begged Krishna's pardon.

#### Importance

This celebration is all about expressing gratitude to the natural elements that help us exist, therefore farmers honour the rain, sun, and animals, which



eat every day. Lord Shiva became so upset that he banished Basava to Earth for all eternity in order to help the inhabitants of Earth produce more food. This is thought to be the reason behind cattle's presence on Earth. In the other story, according to mythology, Lord Krishna recognised Lord Indra's arrogance and asked the people of Gokul to stop worshipping him. This enraged Indra, who started torrential rains for three days on the Gokula village. The Govardhan Parvat was







are all necessary for farming. People perform a puja on this day, and also visit their family and friends.

#### Significance

Pongal conveys the notion of letting go of the past and welcoming new beginnings. It is believed that receiving the Sun's blessings results in good crop, as well as prosperity and happiness in people's lives. The celebrations run for four days, each with its own importance.

# **REPUBLIC DAY CELEBERATIONS**



India marks January 26 as its Republic Day every year. In 2022, the country is celebrating its 73rd Republic Day. While India gained independence from the British Raj in 1947, it wasn't until January 26, 1950, that the Indian Constitution came into effect, and India became a sovereign state, declaring it a republic. Dr BR Ambedkar headed the Drafting Committee of the Constitution. Additionally, Constitution Day is celebrated in India on November 26 every year, as on 1949, November 26. the Constituent Assembly of India adopted the Constitution of

India.

Every year, 26 January is celebrated with festivities and patriotic fervor all around the country. To commemorate the Azadi ka Amrit Mahotsav, several activities were initiated in the run-up to Republic Day celebrations 2022. The main component of Azadi ka Amrit Mahotsav is to connect the youth to our rich cultural heritage. The purpose of the activities is to find out the best talent across the country. Also, to provide an opportunity to be a part of Republic Day celebrations 2022.

This year also on the Republic Day parade, India will not have a chief guest due to the global situation arising out of the COVID-19 pandemic.

Republic Day is celebrated with much pomp all across the country. The main attraction of Republic Day celebrations is the annual parade which begins at Rajpath, Delhi, and ends at the India Gate. On

this day, the country's President hoists the flag at Rajpath, New Delhi. The ceremonious event also showcases India's cultural and social heritage, parades and airshows by the Indian Army, Indian Navy and Indian Air Force

Additionally, the President of India distributes Padma Awards to the deserving civilians of the country to honour their contribution to the nation. Brave soldiers are also awarded Paramvir Chakra, Ashok Chakra and Vir Chakra. Live webcast of the Republic Day Parade is also



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made accessible every year to millions of people who wish to view the parade over the Internet or TV.

We celebrated this particular day with enthusiasm which included full children participating online as well as children at the centre with the staff supporting them. 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, Dhuli Patnaik our President was requested to unfurl the national flag. With this the children, staff and everyone assembled sang the national anthem in unison. This was followed by special treats and a luncheon for all present.

Children who were not able to attend participated through online by marking their respect to the nation via drawings and posters.



### INTEGRATION OF THE ABLE AND THE DISABLED



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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. An important aim of society is to integrate persons with disabilities so that they actively participate in the opportunities afforded to them and are able to lead normal lives. Giving equal opportunities to people with disabilities will make them a part of the social mainstream. The initial stigma and hostility has certainly

reduced with children and they now readily accept their disabled counterparts in their everyday

ANNUAL REPORT 2021-2022  life. The disabled children and adults now situations such as recreational and together, during their assembly and functions. Some children with certain areas of learning along This is particularly true when dysfunction are grouped in an

well accepted several are in play situations, having meals prayer, during events and disabilities also attend classes in with their able counterparts. borderline children with average class room.

ASES ASSISTED FOR 2021-2022- 295

During the year 2007-2021 the following cases were evaluated and assisted

CASES EVALUATED 2007-202	2 - 1082	C
TTERFECTURE DESARIED, 600 (DESAL, 1092	AUTOM, 92 OTTOR, 140	CEFEBRA PA
INTELLECTUAL DISABLED	660	INTEL
CEREBRAL PALSY	185	CERE
AUTISM	92	AUTIS
	92	OTHE
OTHERS	145	CASE



INTELLECTUAL DISABLED	75
CEREBRAL PALSY	15
AUTISM	20
OTHERS	35
CASES IN OUT REACH PROGRAMME	150
TOTAL	295

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

TOTAL

- 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

1082

- 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

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.

# AZADI KA AMRIT MAHOTSAV





Azadi Ka Amrit of the Government of commemorate 75 years connection, The Coastal Research. Sciences. NIOT had conducted various all Pathway centres to the oceans and seas. The exhibit regarding the part was that the kids



Mahotsav is an initiative India to celebrate and of independence. In this National Centre for Ministry of Earth Campus, Pallikaranai, activities for children at create awareness about children put up an same. The interesting were able to identify

many of the marine life and were curious to know more about the marine life. Their drawings and clay models including posters were very well appreciated by the visitors. A small cultural event marked the proceedings

# CREATIVE VOCATIONAL WORK - NEW IDEAS AIR DRY CLAY

We are always on the lookout for new vocations to break the monotony of work. After being successful in making our newspaper nativity regarding the faces that we designed we decided to venture furthermore with this material. The idea was to create something new from paper clay which dries lightweight

the paper clay which dries lightweight and the fevicol and varnish adds lustre to the beauty of the product. This is a water-based, air dry, modelling clay



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made in Japan. It should not be confused with paperclay, a term typically applied to a mix of ceramic clay and paper fibers that are fired in a kiln to create a light ceramic form. It is non-toxic and air dries to the hardness of soft wood that can be sanded silky smooth. It dries lightweight and is archival: art made from this material can last over a 100 years.

It handles similarly to stoneware clay: You can soften and smooth it by adding water, and if it becomes a little too dry, spritzing it with water brings it back to life.

It blends easily, but it's also stiff enough to allow for gestural work as well as details. It can also be carved and drilled once dry. While not unbreakable by any means, CPC is surprisingly resilient. Depending on the object, it can survive a drop, which is not something that can easily be said for ceramics.

This paper clay holds details very well and it has the best adhesion from all the other air dry clays we have tried. It sticks to all sorts of materials including aluminum foil, wood, and Styrofoam.

It only comes in one colour, a sort of off-white, but once dried it can be painted with almost anything.



Creative Paperclay allows for techniques that would not be possible with traditional ceramic due to the requirement for firing.

This material we felt was the most ideal type since its-

- Approx. 1/8 weight of conventional paper clay and 1/20 weight after dries.
- Least sticky to hands, feels extremely smooth and very easy to mold, extra light ,dries quickly. AP approved.
- Can make colored clay with paint.

Easy to paint while modeling and also after drying
Can be applied to cans/plastic bottles etc to make vases

### Pathway India

These positive features spurred us to create new products in form of flowers. Teaching aides, and methodology was discussed and formed. We were surprised to see our final outcome which had brought applauds from our group. The idea of flowers was to reduce the buying of fresh flowers in bouquet form and the vases were replaced by using eco friendly and recycled material. We are indeed proud of our vocation group which sought to not just indulge in making new products but maintains high standard of quality too. We have included some pictures to give an idea to our readers.

### SHRINK PLASTIC MAGIC



Our Vocation Classes are always buzzing with new activities, new ideas and new products. To make our Vocations mosrt interesting we continue to update our knowledge and try to tailor it to our needs. The most essential tool we research most is on the teaching aid process and tools for it. Most of the time is spent on finding the best methodlogy to teach these special kids to turn out the best products which are highly competitive I n the market.

One such we found was

the shrink plasric sheets. Though this has been in use in other countries we have found its utility only now here. Months of pondering and working over its benefits and uses we decided to add this feather to our cap. We found that Shrink Art is an easy and safe craft activity.

Shrink Art is a polystyrene plastic sheet that is designed to shrink to lone seventh its original size whilst still retaining the same shape and colour.

It is sometimes called shrink film, shrinkies,

polyshrink, or shrinky dinks. Our finished shrink art product provides a shiny, durable finish that will last for years. With adult supervision, shrink art is suitable for kids at any age.

The students who were eager to try out this novel technique were given the following instructions-Step One:

Place the rough side up. Either trace or draw freehand your favourite pictures or images on to the plastic using good quality pencils or permanent markers. Do not use



crayons, they may be flammable during the heating







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process! Draw the outline in black, before colouring the rest of the artwork in. Use of shading and patterns will add dimension and class to your art. For an easier and professional looking result, you can use pre-printed shrink art designs and simply colour on the design! **Step Two:** 



Cut the artwork out using craft scissors. It is usually easier to cut roughly first before cutting more accurately around your artwork. The shrink art is quite strong and firm, and being patient will produce the best results. You can also decide to use the paper punches especially the flowers and leaves.

#### Step 3:

If turning into a key-ring, jewellery or a Christmas decoration, punch a hole for the key-ring or hook. The hole will also shrink to a perfect size. Remember - you can't add a hole after you've shrunk it!

#### Step 4:

FOR ADULTS ONLY (Kids will love to watch): Finally the magical part. The shrink art piece is to be placed on a material like tile and to be held with a wooden skewer. on a piece of baking paper on a metal tray. Bake at 160 degrees for 30-60 seconds. The shrink art will curl and then will then go flat when readywhich is the most magical part. The wonderment in the eyes of the kids sure affirms that.

Step 5 : Using the craft heat tool the shrink art piece can be heated.

Step 6: Attach your key ring or string to complete your shrink art masterpiece! Great for key-rings, bag tags, necklaces, bracelets and ear-rings!



### COCO PEAT

The first commercial use of coco peat was done in Holland during the 1980s, where roses and lilies



medium, which gives exceptional results. After that coco peat is regularly used in gardens and indoor plants.Coco peat is a by-product dusty obtained from coconut husk, during the process of preparation of coconut coir. Coconut coir is the

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fibers present in the husk of coconut and the remained dusty part is the coco peat. It is also called as coir dust or coir pith.

As we all know coconut is a fruit having all its part actual usage in our daily lives. May it be the coconut oil obtained from coconut, or it may be the white flesh (solid endosperm) or coconut milk (liquid endosperm), which are both rich sources of energy and both are very nice hydrating agents. Similarly, the external covering i.e. the shell or the coconut husk is having great economic importance.

As we all have experienced during the process of removal of husks from the coconut, small powdery particles fall down. Also, if we hammer the husk or grind the husk, then also we can get a good amount of such dust. This dust is called coco peat or coir dust. The reason why we need to use Cocopeat is based on its efficacy. The many advantages one can summarise are as shown below. 

# It has high water holding capacity

Coco peat is characterized by very high-water holding capacity when compared to any other medium. A single KG of cocopeat can hold up to 8 to 12 liters of water. Therefore, if watered once, it does not require watering for a long period of time, even in the hot summer months.

 It has Rich Nutrients Contents
It contains nitrogen, phosphorus high amount of potassium, zinc, magnesium, etc. Therefore, it is the readymade source of nutrients for the plants.

It works as a good aerator

As a growing medium, they provide good aeration to the plants. Which enhances root respiration and therefore builds a healthy plant.

- It provides a Proper Drainage medium
- It does not allow to create a water stagnant condition or waterlogging condition at the base of the plant. It prevents the rotting of the stem and develops a healthy plant by absorbing the water.
- The longevity factor is visible Coco peat can be used and reused again and again. It can be used up to 4 long years and after that, it starts to disintegrate, and then it should be replaced by new coco peat.

Its cost is feasible for all

- It is one of the cheapest media available, for our home gardens and hydroponics.
- Being light in nature it is Easy to store and handle
- Since it is highly compressible and can be stored for a long time, it is somehow easier to store it and handle it.
- In comparison to other growing media this is Contamination Free
- Coco peat has anti-fungal and anti-bacterial properties.
- By only washing the coco peat with water it is contamination-free. made Coco coir is rich in various salts, which may be harmful to the plants. Therefore, it can be only rinsed with water and used as a growing medium. It allows to Keep The Soil

Loose And Airy

Since the coco peat has low bulk density when mixed with soil, it keeps the soil loose and airy and promotes root respiration.









- Has a very High CEC (Cation Exchange Capacity)
- Since coco peat has a high cation exchange capacity, it prevents the leaching loss of nutrients as nutrient retention is more.
- The biggest advantage is that its Eco Friendly

The use of coco peat is an eco-friendly method as no harmful chemicals are being used in the entire process.

# **VERMICOMPOST PROJECT**



The objective main of vermicomposting project is to produce organic manure of exceptional quality for the organically starved soil. Agricultural wastes, wastes from dairy and animal farms are usually dumped into at places resulting in a foul mess. By vermicomposting these wastes, they are not only utilized efficiently but also help in making a value-added product. Farmers' best friend, earthworm has been existent at least since the past 20 million years. Needless to say, they have been faithfully releasing the organic nutrients from the dead tissues back into the soil and thus making it

available to the living organisms. They have an important roll in organic farming. Earthworms feed on the decaying organic matter and survive in soil. During digestion in the alimentary canal, all the organic waste gets transformed into natural fertilizer. The pH is neutral and it is an odorless organic matter. After digestion, the undigested food is excreted. There is a thin oily layer on the excreted material or casting which takes as much as two months to erode. In other words, the castings that are rich in plant nutrients are made available gradually since they are released slowly into the soil. Hence they last longer. These castings also contain microbes and hence the process of decomposition is continued through microbial action outside the body of the earthworms.

Biologically, it is defined as the process of turning organic debris into worm castings that play a

crucial role in increasing the fertility of soil. These castings contain seven times more potash, five times more nitrogen and 1.5 times more calcium than what is found in the topsoil. In addition they have better moisture retention capacity, aeration, porosity and structure than the topsoil. The water absorption capacity of the soil is enhanced thanks to the burrowing action of the earthworm, and the organic content in the castings. Research has shown the castings to hold nine times their weight in water.

Study of earthworms was pioneered by Charles Darwin. Taking the cue, Barrett and George Oliver carried out an extensive study and demonstrated the





benefits of earthworms in agriculture. Barrett was the first person to grow earthworms on a commercial scale. Totally there are 386 different varieties of earthworms that have been identified that are broadly classified into 3 categories, viz. epigeic, endogeic and diageic. This classification is based on their feeding habits, habitat in soil strata, response to the soil conditions and defecation activities.

The base materials needed for vermicomposting must be organic and biodegradable. They include:

Cow dung from dairy farm Goat and sheep dung

- Organic sludge
- Tree leaves
- $\square$  Crop residues
- Saw dust
- Sugarcane trash
- ☑ Weeds

- Coir waste
- Slurry from the biogas plant
- Poultry droppings from poultry farming
- Vegetables wastes

Poultry droppings being high in nitrogen must be added in small quantities. Hotel refuse and organic wastes from agro or food industries can be also included in the compost material as feed for earthworms.

While preparing the compost for earthworms some basic considerations must be made such as moisture content, aeration, source of food, the thriving environment and protection from the extreme temperature swings. Of these, the thriving environment or the 'bedding' is of prime importance. It is any material that serves as a habitat for the earthworms. It must have the following features:

There are different methods of vermicomposting. However, the bed and pit method are the most commonly followed among them. In the bed method, a bed of organic mixture is made on the floor. The dimensions of the bed are 6ft \* 2ft \* 2ft. It is an easy to practice and maintain method.

Vermicompost preparation in cemented pits

In the pit method, cemented pits of 5ft \* 5ft \* 3ft are used for composting. They are covered with local materials like thatched grass, dry leaves, twigs, etc. However, aeration and water logging is a major problem in this method. Therefore, most farmers do not prefer this method of composting.

When tanks are prepared, there must be enough holes to aid excess water drainage. The bedding for the earthworms generally comprise of saw dust, sand, broken pieces of bricks and soil. The worms are first released into



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the bedding followed by the feed material. The depth of the feed material must not be more than 2 feet deep. For the initial 2 months, the tank must be sprinkled with water from time to time and it should be well-aerated. The weight, size and cocoon producing capacity of the worms increase and is at optimal level when the temperature, moisture and organic matter content are at optimum.

It has been observed that a kilogram of worms can convert 25-45 Kg of wet waste on weekly basis. In other words, there can be a compost recovery of at least 25 Kg per week with a kilogram of worms that number to about 1000 worms. They can produce 2000-5000 cocoons on weekly basis. The incubation period of the cocoons is 2 weeks and their rate of survival is 60%. They are sexually mature within 6-8 weeks. In case of optimal growth conditions, the rate of growth is very high. The mature worms lay eggs at an interval of 7-10 days. They produce 247 worms annually. It is observed that 1 Kg of earthworms multiplies to 20 Kg within 4 months!

### INTERNATIONAL WOMEN'S DAY



The United Nations started celebrating women's day in 1975 and in 1977, the UN General Assembly proclaimed March 8 as International Women's Day for women's rights and world peace. The UN has been

celebrating the day since then, setting up a theme every year.



This day holds significance

because the world celebrates women's achievements on this day, raises

awareness about women's equality and accelerates gender parity, along with fundraisers for various female-focused charities. The theme for International Women's Day 2022 is 'Gender Equality Today for a Sustainable Tomorrow'. The United Nations looks forward to highlighting the contribution of women and girls around the world who are volunteering in promoting their communities or working on climate change adaptation, mitigation and in general working in building a more sustainable future for everyone.

We at Pathway salute these wonderful women force who selflessly have dedicated their lives to improve the quality of the most deserving special group of children and adults braving all the challenges. Recognizing this group only further motivates them to give their best .The staff highlighted the various achievements of our women in form of skits, posters, dances etc.

This year our Director has been featured by the corporate social



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responsibility group by publishing a special article on her during this most special day of which an excerpt has been shown below.



The below is a note from Editor-in-Chief & CEO of CSR magazine where our article of our Co-Founder and Director has been honored and published. This magazine issue was released by the Secretary, Govt of Karnataka.



Hau In

#### Dear Readers,

Every year, March 8 is celebrated as International Women's Day. This year, the goal is to create a genderequal world. It is about celebrating a woman's success and raising awareness against bias As every year, we

continue the tradition of covering the International Women's day/month of March 2022 by selecting Women in Leadership positions in our own Country.

International Women's Day has been celebrated every year since 1911 - that's over 100 years. And its two-fold message now remains the same as when it was started - to celebrate the social, economic, cultural and political achievements of women, but also to mark a call to action for accelerating gender



parity. In this year's Special Edition, We have covered Women Achievers exceling in their own fields setting an example of Women Empowerment. We have covered Ms. Swayantani Ghosh, VP, Communications & CSR Head of Technip Energies India, Ms. Gazala Paul - Managing Trustee & Founder Member of Samerth Charitable Trust, Dr Meera Asmi - Global Green Ambassador and Ms. Aparna Anand -Managing Trustee of We Grow Foundation, Dr. Bollineni Keerthi, -President of Vasavva Mahila Mandali,

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Mrs.. Prasanna Rajan - Trustee & Manager of Gandhibhavan International Trust, **Dr. Chandra Prasad - General Secretary & Hony. Director of Pathway India** and Mr. Bhuvan Purohit - Whole Time Director of Rubamin which is doing exponential good work in Smart anganwadis with Gujarat CSR Authority.

We are quite sure, that the case studies covered in this Special Edition exhibit the best practices of CSR.

# MEDICAL UNIT-SPREADING AWARENESS AND PRECAUTIONERY MEASURES TO MINIMISE COVID-19

The following were the activities undertaken during the above pandemic period as shown below-

- Nursery and vegetables garden
- Cleaning house keeping
- Agriculture
- Production of dried petal powder
- Weaving mat from coconut leaves
- Bakery

- Talking to the special children's parents
- Yoga classes
- ☑ UDID uploading
- Sports / online competition
- Personal hygiene
- Awareness and training for hand washing and use of mask
- Providing medical checkup and counselling

#### Mursery and vegetable garden:

The Sabin kids that are staying in the home were taught and trained by the special educators to work in the nursery to collect the seeds and plant them in the grow bags as a part of their vocational activity. The kids also work in the vegetable garden to remove the weeds and to fertilize the plants and harvest the vegetables and use them in our kitchen for cooking. These vegetables include brinjal, lady's finger, tomato, ridge gourd, pumpkin and French beans.

#### Cleaning and housekeeping:

The special educators also help and guide the kids at the Sabin home to clean their dormitory and the schools by sweeping the classrooms and watering the plants and weeding the courtyard. The special educators teach the children to use the gardening tools and their purpose.



#### Agriculture:

Since the government has not put up any restriction for agriculture during this lockdown the special children living at the farm trained to working in the agriculture as a part of their vocational activity and it helps the child to exercise his strength. The kids have successfully tasted the harvest groundnut, sesame, mango, sapota and watermelon. the transplantation of paddy is also impossible without the touch of these special hands. This big process is made to look simple only by these kids with the help of trained vocational staffs.

#### **Production of dried petal powder:**

Another interesting activity taught by the special educator and vocational trainer is the making of flower petals powder. The flowers that are used in the garland were collected and they are safely dried and then they are grinded to form a nice powder. This powder is used to make statues which are extremely strong and rigid.

#### Weaving mat from coconut leaves:

The new activity that was introduced to the special children is the weaving of coconut leaves to make mats out of it. This delicate process requires a trained professional to teach this work. The leaves from the coconut trees are cut by the worker and they are let dry for a day or two, then the special educators will teach the children to weave the leaves in crisscross pattern. Then the kids arrange the leaves in the sun to let them dry.

#### **Bakery:**

An ongoing activity for the Sabin kids as a part of their vocational training is the bakery, the kids along with their vocational instructor and the bakery staff bake bread and buns. This bread and buns are used for their snacks and are also given to the nearby communities during the corona virus pandemic. This is the part of our "Have the poor help the poor".

#### Talking to the special children's parents:

We have not left the kids who have went to their homes during this pandemic holiday, every parent was contacted by our special educators and required therapy and guidance was provided. The kids and their families were also supported with medical and financial aid.

#### **Yoga classes:**

The work of the special educators also teaches the inmates their regular yoga classes. This yoga session was also conducted as an online session for the kids staying at their homes, the class was conducted once in every week and the same was advised for the parents to follow.

#### **UDID uploading:**

Our school staffs were request to help the government in the process of generating the UDID for the pwd's. Around 800 applications were uploaded by our staffs from the Sabin center during this lockdown. Our staffs at the Chennai center has uploaded and corrected more than 6000 applications for the pwd's.

#### **Sports/ online competition:**

Several sports activities were conducted and monitored by the special educators; the same sports activities were also taught online for the kids staying at their homes. The kids were also trained for an online competition conducted by various foundations during the Independence Day. The kids

showed their talents and the photos were sent through mail to the them. We got a huge support from the parents and staffs during this competition.

#### Personal hygiene:

The daily activities include the personal hygiene of each and every individual, the warden and the special educators also look after the child's hygiene. The list of things that are done for a child are shaving, trimming of nails, washing of clothes, bathing, etc. the above said activities are not only



OUR MEDICAL DOCTORS WORKING DURING COVID PERIOD



followed for the inmates but also for the parents that have special children at their home and are studying and working with us.

#### Awareness and training for hand washing, use of mask and Social distancing:

According to the governments instruction to stay at home and be safe at home, we at Sabin-pathway are abiding to it. During our online classes we advise our special children's parents and family not to go out of their houses unnecessarily. Our special educators demonstrated multiple times to our inmates and the kids staying at homes, how to wash/sanitize their hands, how to wear a mask and the importance of social distancing is also explained to every parent and child. 

# Providing medical checkup and counselling:

At Pathway, we never compromise when it comes to a physical or mental health of a child. That is the reason why we have a visiting doctor to assess the child's physical health. We also have a social worker who constantly provides counselling and will look after the

mental state of each and ever child that are studying in our home. The doctor visits thrice a week and the social worker will provide counselling daily over the phone.

The medical centre runs now with the help of a doctor namely- Dr Dinesh Kumar and Dr Gayathri nurses-Nishanthi and Physiotherapist Mr Karthikeyan and CBR work- Ms Amudha .

#### The other measures taken were the following -

1 Staff and children staying in our centre have been educated to prevent spread of COVID-19 by giving the following instructions such as-

- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- ♦ Wear a mask when physical distancing is not possible.
- Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, to report immediately
- ✤ 2.Wearing of masks
- ✤ 3. Proper use of sanitisers
- ✤ 4. Teaching and online classes conducted on the above
- ✤ 5. Physically training the kids to make their masks with proper instructions
- ✤ 6.Discussed the advantages of not meeting and shaking hands with anyone
- ✤ 7. Looking into their personal hygiene and safety
- ✤ 8.All therapies are being conducted online for the kids
- Conducting daily visit by medical doctors, checking their temperatures and bp.
  Instructing parents of day care children to avail our medical facilities.
- Provisions and monetary assistance given to all our day care and temporary custodial kids

- Any kind of emergency and help can be reported to the concerned staff and immediate action taken on that.
- The centre also has enrolled all the children irrespective of ages in government Insurance scheme known as

#### SPRAYING OF MEDICINE DONE EVERY WEEK DURING THIS



NIRMAYA for a period of April 2021 to March 22

- Corporation has been instructed to spray medication outside the building and wash rooms, corridors etc every week
- ✤ Garbage refuse is collected everyday by the corporation
- ✤ Maintenance and cleanliness is maintained on daily basis
- Fresh food is supplied daily, vegetables are ordered every week and provisions for a month.
- ✤ No refrigerated food is offered to any one
- Phone facility is offered and Counselling is done by their special educators
- $\checkmark$  To keep them active online classes are being conducted
- Therapeutic work like gardening, TV, bakery and handicraft making is introduced with proper instruction



### 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

- \* BITTER GOURD \* SNAKE GOURD
- RIDGE GOURD •••
- **CUCUMBER** \*
- **BRINJAL** \*
- **OKRA** \*\*

- FRENCH 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.

#### GOURD **SNAKE** Snake

scientifically gourd, termed Trichosanthes cucumerina, goes by several vernacular names such as Chichinda or Padwal in Hindi, Potlakaaya in Telugu, Chichinga in Bengali, Pudalankaai in Tamil and Padavalanga in Malayalam.

The goodness of this green coloured vegetable has been well-regarded for its significant medicinal value since ancient times and is widely documented in Ayurvedic texts. Today, it continues to be heralded for its immense health



benefits and is widely incorporated, in popular local cuisine across India, as well as in alleviating illnesses of the stomach, liver and skin, to name a few.

Snake gourd naturally grows in the wilderness in South-East Asian countries such as India, Sri Lanka, China, Nepal and Indonesia, as well as in the warmer southern regions in Australia.

The snake gourd plant is a vine that has threadlike stems called tendrils. The leaves are shaped like the palm of a hand with branches called leaflets. The immature fruit is green and elongated, with a soft, fleshy texture and bland flavour, while the mature fruit is more longer, red in colour and inedible, due to its bitter taste.

The edible green fruit derives its name of snake gourd, due to its characteristic coiled appearance with light white stripes. It is commonly considered a vegetable, which is used in cooking a variety of staple Indian dishes such as kootu, curry, sabzi and dal. The therapeutic and remedial traits offered by the vegetable, as well as snake gourd seeds and leaves are extensive. Moreover, the roots and juice of snake gourd also have applications in skin and hair care.

Snake gourd supplies plenty of nutrition, being inherently high on water content vegetable, it provides a cooling effect on the body, having zero cholesterol thereby augmenting heart health and abounding in a plethora of vitamins and minerals to facilitate key metabolic functions in the body. This remarkable natural wonder, which belongs to the cucumber and squash family, also provides valuable curative properties for conditions such as fever, jaundice and diabetes. This is

### Pathway India

owing to its noteworthy antioxidant and anti-inflammatory qualities, due to the presence of beneficial plant compounds like flavonoids and carotenoids. In addition, the juice of snake gourd also heals hair and scalp disorders like various types of dandruff and bald patches.

Snake gourd is being eaten to a great extent nowadays and not just in its native milieus in Asia and Australia. The crop is, in fact, naturalized and propagated all over the world in tropical environments, so that people can procure its marvelous merits, for complete wellness.

Like most flora of the gourd family, the snake gourd vegetables, seeds, leaves and juice extracts are enriched with a multitude of crucial fundamental dietary components like carbohydrates, fats, proteins and fibers, vital trace compounds such as Vitamin A, Vitamin B6, Vitamin C and Vitamin E and minerals and a host of plant substances including phenolics and cucurbitacin.

Snake Gourd Health Benefits:

- Accelerates Weight Loss
- Augments Heart Function
- Detoxifies The Kidneys
- Enhances Digestive System
- Strengthens Respiratory Processes
- Complements Ketogenic Diet

We were able to grown in ten cents which was harvested after a period of 3 months. This sufficed for all our centres along with helping people around us in villages as covid support



products like chips, sago and vermicelli made of tapioca are also popular in the country.

5. Being easily digestible, it forms an important ingredient in poultry and cattle-feeds.

6. It is also widely used for production of industrial alcohol, starch and glucose. Among the different tropical root and tuber crops grown in India, cassava is of significance as it can produce more calories per unit area. Its importance in tropical

### TAPIOCA

1. Cassava is the most important starchy root crop grown in the tropics and is mainly cultivated in southern peninsular India.

2. Introduced during seventeenth century by Portuguese, the crop played a significant role to overcome food shortage among the low income group of people in Kerala.

3. Underground tuber is rich in starch and mainly consumed after cooking.

4. Processed



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When the rain comes it rains it draws on its root reserves to form a new leaf canopy and later fills its roots. Hence, cassava can readily be grown in areas of rather uncertain rains that prevent the successful cultivation of other crops. As cassava has

agriculture is due to its drought tolerance/drought avoidance, wide flexibility to adverse soil, nutrient and management conditions including time of harvest.

The drought tolerance is mainly due to its inbuilt mechanism to shed/drop the leaves under adverse soil moisture conditions to facilitate slow down of all the vital activities of the plant.



determined harvest time after which it spoils, farmers can have a staggered harvest rather than a set date. This adds to the

advantage in cassava based cropping system.

It is based on the concept that once the bud sprouts, the roots developed would start drawing nutrients from the soil and no more from the mother planting material and therefore the size of planting material actually does not matter as far as sprouting is concerned.

## RAGI

Also known as 'Ragi' in India, Finger Millet. This is a robust, popular food and marvellous grain crop in India with wheat, maize and rice. Article mentions millet varieties, climatic requirements, soil requirements, land preparation methods, sowing methods etc. for Finger Millet farming.

'Ragi' also known as Finger Millet, is a robust, popular food and marvellous grain



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crop in India. It is called dry land crops, mostly cultivated by the people of Andhra Pradesh, Karnataka and Tamil Nadu & Kerala, both tropical and sub-tropic region

For both rainfed and irrigated conditions, the land preparation technique is different. The primary field should be ploughed 2 or 3 times deeply for rainfed plantation (crop with 80 cm rainfall) in order to maintain the moisture content in the soil. If the same is an irrigated one, the field must be ploughed till the fine tilth upon monsoon arrival.

The sowing method and propagation is done by

using seeds in finger millet agriculture. In rainfed cultivation the following sowing methods are employed:

- Broadcasting: The Finger Millet seeds are immediately sown in the field by broadcasting, which is the most common method used.

- Line Sowing: Finger millet seeds are planted in lines, which is a better approach than broadcasting. Line spacing should be 22 cm to 30 cm between lines and 8 cm to 10 cm inside lines when using this method. Finger millet seeds should be put in the soil around 3 cm deep. We used the broadcasting method.

Drilling method was used to sow seeds. Though in line sowing, seed cum fertiliser drill planting is highly advantageous.

- Seedling Transplantation: The procedure of raising seedlings in nursery beds and transplanting them to the main field is known as transplanting. During transplanting, the beds were levelled and watered. Seedlings were transferred into the field when they are four weeks old. Seedlings were later transplanted at  $25 \times 10$  cm. Planting was placed at a depth of 3 cm in the soil. The seed rate

was around 10 to 15 kg per hectare. Farmyard manure (FMY) was used for our soil which was followed by Irrigation at different intervals. The weed control was done by hand thinning method which is commonly used.

In around 4 months, the harvest of finger millet was ready and mature. This crop was cut above ground level and dried for 2 to 3 days in the sun. Separating the seeds from the plants was done by sticks. We had grown this first time in just 25

cents for our centre's use

# SESAME SEEDS-BLACK VARIETY

Sesame seed is considered to be the oldest crop among oilseeds known for humanity. The historic origin of sesame was favoured by its ability to grow in areas that do not support the growth of other crops. It is also a robust crop that needs little farming support—it grows in drought conditions, in high heat, with residual moisture in soil after



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monsoons are gone or even when rains fail or when rains are excessive. It was a crop that could be grown by subsistence farmers at the edge of deserts, where no other crops grow. Sesame has been



called a survivor crop.

The sesame (*Sesamum indicum*) is actually a flowering plant in the genus *Sesamum*. The plants are actually very beautiful with attractive dark-green leaves and have tubular flowers that can be of white or pale pink colour. 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 it's 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 is one of the ancient oil seed crops domesticated well over and around 3000 years ago. It is one of the oilseed which has the highest oil content in oil seeds. The sesame seed oil has a rich, nutty flavour 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 3 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.

### 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.

- 1. Good Source of Fiber
- 2. May Lower Cholesterol and
- Triglycerides

- 3. Nutritious Source of Plant Protein
- 4. May Help Lower Blood Pressure
- 5. May Support Healthy Bones
- 6. May Reduce Inflammation
- 7. Good Source of B Vitamins
- 8. May Aid Blood Cell Formation
- 9. May Aid Blood Sugar Control
- 10. Rich in Antioxidants
- 11. May Support Your Immune System
- 13. May Support Thyroid Health
- 14. May Aid Hormone Balance During Menopause



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### 15. Easy to Add to Your Diet

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 with Bavistin at the rate of 2 grams per kg seed. This was necessary to prevent the seed borne diseases. Generally the sesame plants require less care as compared to many other commercial crops. But taking additional care of the plants will ensure good growth of the plants one can expect to have a good yield. Since our soil was prepared well the use of fertilizers were not needed. This was compensated by regular adequate watering which is very important for the proper growth of the sesame plants. Timely and adequate irrigation also affect total production. Taking the help of our special gardeners we provided additional 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. 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 generally become ready for harvesting within 3-5 months after planting the seeds. But 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. One need not wait until the crop becomes dead ripe (because it will cause the shedding of the seeds). The ripe sesame plants are cut at the ground level and is stacked for 7 to 10 days in sun for making them ready for the threshing process. We cultivated sesame on 1.4 acres which was harvested after 3 months.

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 for four seasons this year along with Ponni variety .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 leaffolder. It is highly suitable for direct seeding.. ADT 37 was cultivated or sown first on 02.05.2020 spread totally over 5.75 acres and the transplantation was done on 28.05.2020. We harvested nearly 80 bags. The next batch of rice bearing the variety CO-51 was sown on 07-04-2020 over 5.75 acres. This was transplanted a month later and after three months this yielded us 160 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

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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 120 bags each holding 80 kgs for the entire year. We are proud to say



that we were able to provide these to numerous families during the covid pandemic period in rural and urban areas

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 3to 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 are 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

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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 postproduction 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.

## OUR DELICIOUS MANGOES



Mango farming is one of the leading crop and considered to be the king of fruits. Besides its wonderful delicious taste. excellent flavor and its haunting aroma it is loaded with vitamin a and C. In South India, mango usually gives two growth flushes, one in February-June and the other in October-November. In mango about 8-10 months old shoots under certain conditions cease to grow at least 4 months prior to blossoming. These shoots are capable of producing flower buds. Other shoots, which appear in flushes subsequent during late

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monsoon, do not come to flowering. These shoots flower during the next season after accumulating sufficient metabolites necessary for fruit-bud differentiation. Thus the fruits will be ready for harvest in April-May from a plant flowered during October-November. The major harvesting seasons in Tamil Nadu April-May The mango fruits should be harvested at green mature stage. The best way to observe maturity in mango is the colour of the pulp, which turns cream to light yellow on maturity and hardening of stone. Mangoes are generally harvested at physiologically mature stage and ripened for optimum quality. Fruits are hand picked or plucked with a harvester. During harvesting, the latex trickles down the fruit surface from the point of detachment imparting a shabby appearance to it upon storage. Therefore the fruits should be harvested with a 10-20cm stem attached to it.

The fresh mangos and mango pulp are the important items for exports from India. Realising this we at Sabin centre decided to maximize our efforts more for better production of our mangoes so that the excess could be marketed to a factory nearby. We have been very fortunate to have a buyer in a nearby town known as Krishnagiri where are mangoes are converted into pulp and exported to other

countries. To maintain our trees Every year Sabin Centre is involved in spraying and maintaining the mango groves. The children as usual are happy taking care of the trees with unconditional love. The first schedule of spray in December was done using Isabion which activates plant potency, regulates plant metabolizing, increases plant vigor and safeguards plant functioning to maximize plant's capability. It is a natural biological activator. Isabion facilitates vegetative growth, induces flowering, pollination and fruit setting to improve fruit quality and enhance risk-resistant capacity



against harmful environment. It also

alleviates damages from pesticide and fertilizer to certain extent.

During the month of Februaury Nimbecidine was applied which exhibits multiple modes of action. Its benefits are listed below

- It effectively controls the economically important pests such as Whitefly, Aphids, Thrips, Mealy bugs, Caterpillars and Leafhoppers in a wide range of crops.
- Does not affect the natural enemies. Safe to use with beneficial parasites and predators and thus offers long-lasting pest control.
- > Helps to increase productivity by controlling the pests and improving crop health.
- > It is eco-friendly and helps to maintain the Ecological Balance.
- > Insects cannot develop resistance against Nimbecidine.
- No residue.

The varied form of natural calamities have given us a great challenge which is loaded with monkey menace. Our group tries to drive them away with the sound of crackers for a short period of time. We still have no knowledge as how to overcome this issue. Inspite of these major hurdles we have been able to get some yields from our trees.

The various varieties that we have been able to collect this year has been the Sendura and Tothapuri variety to the tune of ten to twelve





tonnes. The other varieties we harvested were the Banganpalli, Mulgoba, Rumani and Neelam which amounted to two tonnes. Mulgova is considered as the "Alphonso of South India" is considered

The Sabin group while harvesting these mangoes take special care since the market acceptable fruit has to be devoid of any bruises. It's a wonderful sight to watch our children do this task with diligence along with the experienced labourers. At the end of each day they vie with each other for the most

number of mangoes harvested. The fun

part is rolling these mangoes into the dipper attached to the tractor which proceeds to the mango pulp factory since the shelf life is quite short.

The remaining raw mangoes which don't make it to the market are used for preparing various traditional products like raw slices in brine, amchur, pickle, murabba, chutney, juices etc. The fruit is consumed raw or ripe. Children are allowed to pluck the mango and consume it fresh. Its always a feast time during the mango harvest season.

Raw fruits of local varieties of mango trees are used for preparing various traditional products like raw slices in brine, amchur, pickle, murabba, chutney, panhe (sharabat) etc. Presently, the raw fruit of local varieties of mango are used for preparing pickle and raw slices in brine on commercial scale while fruits of Alphonso variety are used for squash in coastal western zone.

The other crops we were able to cultivate with the help of this wonderful Sabin group was vegetables like the Okra, Bottle gourd, chillies, tomatoes, greens, herbs, pumpkins, water melons, sapota,

jackfruit and ofcourse the versatile coconuts. Their whole year of activity bore fruits to feed all the centres seasonally. We are proud to say that some portions we were able to sell which were in excess. More than the money profit the praises from various quarters brought laurels to these children.





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# OUR PEANUT STORY



In the mid month of December our Sabin group was involved in growing groundnuts on 2.50 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), 83

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

**Since** 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 V6 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.

# Pathway India

We 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 DAP and Complex to control the pests that feeds on the roots of the plant like roller and baux

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 random 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 4th march which yielded us around 320 kgs after we sent it to the factory for de-shelling which was to be stored and used for our children's provision.

# OUR LATEST ACQUISITION THREE TYNE AGRICULTURAL RIDGER

A ridge is used in traditional farming all over India. Ridge tillage (a technique that consists of preparing a seedbed that is elevated above the mean land surface of been suggested as a better alternative to no-till, as it enhances soil water management, reduces water and wind erosion control conventional tillage), facilitates multiple cropping, enhances rooting depth, and improves pest management.

The formation of the ridge is a laborious and time-consuming process done by hand and farming tools.

The necessity of the ridge are as follows:

• It helps in irrigation of water to the plants in an easy and efficient way.

It enhances the root growth of the plant.

• Vegetable plants like radish, beetroot, onion, carrots get better penetration.

• In vegetable systems, raised beds and wide ridges provide better drainage and warmer temperature. In ridge-tillage, crop residues accumulate between the ridges, and in general, this increases water infiltration and reduces erosion.

## Why a tractor attached ridger is required?

Usual method done by hand is not straight and is not of the same height and size.



The ridger attached to a tractor is more efficient and is time saving. Its also gives a straight line and only one person is required for operating. It's risk free as there are no moving parts.

It is also maintenance free, except for the types.

The cost of making a three tyne ridger is approx. ₹.60,000/-which is equivalent to \$. 806/-

## OUR FOUNDER'S DAY-MEDICAL CAMPS

At Pathway we undertook a new different project to celebrate our Founder's birthday by conducting a medical camp. This medical camp was conducted in rural area in Chengalpattu in a village known as Unamalai village which was in our vicinity. and has approximately a population of nearly 3000.

Our team was headed by our dedicated doctors like general physicians, dentists, ophthalmologists, nurses, therapists, and medical lab technicians. To add value to the above our senior staff of Pamela Martinez





School, student team and helpers were a part of this valuable service which served more than 200 villagers. We as a team would like to thank the Deputy Director of Health Services of Chengalpattu district, The President- Mr. Rajaram of Unamalai Village, the Councilor-Mr. Silambarasan, and his team for enabling us to conduct the camp for benefit of the villagers. We are indeed grateful for their support and

help.

We celebrated our Founder's Day in all our three centres with cultural activities. To highlight this event we planted coconut and mango saplings in four village schools and supported one of them by donating a teacher's table, chairs, and floor mats. We also undertook 8 cataract surgeries after compiling the medical details obtained during the medical camp as per our team of doctors suggestions.

The people who were wheeled into the surgery have successfully been operated on and we feel blessed that we could be a part of their recovery

We are extremely proud to share that the surgeries were successful which was conducted at ARVIND EYE HOSPITAL. We are grateful for all those beautiful souls who volunteered to achieve the same. Cataract is one of the most common causes of visual impairment in the world. According to the World Health Organisation (WHO), cataract is the leading cause of blindness all over the world,

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contribution in the service of the disabled has been many fold. As an young man of 21 years when he started Pathway in a humble circumstances in a rented building he started serving children with mental retardation and cerebral palsy as inmates. Perhaps Pathway was the only centre available at that time apart from another facility that was admitting children through police and courts. Right from that time Prasad was able serve children single handedly with various other problems that included speech and hearing problems, autism besides mental disability. On an average over 100-120 children were being assisted by him directly every day, where he used to spend his time administering therapy and total care. For years from April 1975 till 1985, Pathway was run entirely from his personal contribution. At today's costs the

responsible for 47.8% of blindness and accounting for 17.7 million blind people. In India, 80% of the blindness is due to cataract. Various modifiable risk factors associated with cataract include UV exposure, diabetes, hypertension, body mass index (BMI), drug usage, smoking and socioeconomic factors; but advancing age is the single most important risk factor for cataract.

The prevalence of cataract in a rural population ( $\geq 40$ years) of Southern India was studied and it was reported that the prevalence was less in men compared to women. In India, a very few population based studies have been undertaken to explore the risk factors for cataract in older age group, especially since the proportion of the elderly has been significantly increasing in the country; the 60 + population which stood at 56 million in 1991 is now estimated to be 138 million in 2021. Prasad's







fanned out to different cities and districts of Tamil Nadu and Andhra Pradesh and conducted diagnostic and rehabilitation camps for the disabled, hundreds of children with various disabilities were examined and offered intervention programme. Right from that day till today Prasad has been serving children with poverty and disability free of cost. After 1984-85 Pathway started soliciting support from individuals, organizations and government More than 46500 children have been examined by Pathway over

thway In

the years and nearly 45,000 children with various disabilities have been assisted. The Centre opened its door in offering primary medical care to the neighboring poor men, women and children, till now over 5.3 Lakh adults and children have been assisted with medical, pediatric and dental care. In addition to this Pathway has also initiated primary literary programme for poor slum children, every year the organization assists over 150 children in their everyday studies offering them free tuition and other support.

Prasad with the aid of munificent support received from highly loyal and committed donors established a large Agro farm for Children in a large agricultural tract of land about 90 Kms from Chennai. This agro farm is one of its kind that offers top notch facilities for the integrated education and rehabilitation of able and disabled children and adults. The organization has constructed large well planned buildings to offer high class education for orphan, destitute and poor children. Disabled friendly buildings have been built to offer services to the disabled, without any bias to their religion caste or any other consideration. This facility is offering support for nearly 300 children and adults every day. In addition to this Pathway has initiated community based rehabilitation programme (CBR) in several villages serving scores of disabled children and adults with various disorders, right at their door steps.

Prasad right from the beginning has been challenged with health issues, he as a student in the ALL India Institute of Speech and Hearing met with an accident when he suffered considerable injury to his face , jaws and teeth, which caused continuous and chronic issues. He also underwent a surgery to correct an anomaly in his coccyx. When he was 22 years old he was diagnosed to have had Psoriasis and this became a huge and dreaded challenge for him life along. Drugs such as high dosage of steroids used caused irreversible problems all his life, at the age of 43 years Prasad developed bilateral cataract, he developed severe osteoporosis leading to four fractures in his spine, severe endocrinal disorder. He also developed obesity, diabetes and hypertension. His weight from 65 Kgs increased to 110 Kgs. As he was receiving high dosage of steroids he developed severe problems in immunity, leading to constant abscess formation that required repeated surgical intervention. His challenges continued with detection of cancer in vocal chords which required immediate micro laryngeal surgery with radiation. On top of all this now Prasad has been diagnosed with cancer In his bladder that require immediate major surgery that was being performed at the Cancer Institute.

Prasad has won several state, national and international awards for the services rendered to disabled. He received the Japanese SIVUS Award for Exceptional Services for Intellectually Disabled, The Tamil Nadu Government awarded best institution awards for Pathway's services and Prasad received national award from Prime Minister A B Vajpayee for outstanding services rendered to the disabled. In addition to this he has received many other awards from national and state bodies for the services rendered towards the disabled. Prasad was a visionary leader who left a legacy of service. He was anxious to find and serve the poorest of the poor in any way he could and inspired those around him to do the same. Today it is seven years of his leaving this earthly abode.

We will continue to carry his legacy and mission of serving the most needy. Over days and months to come our work will be further intensified to reach out to more people in the rural areas and try to ease human suffering as much as we can.

We thank each individual soul paid or volunteer who are a part of our journey in helping the community. Their selfless courage and positive attitude we salute.









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

DR DATHU RAO MEMORIAL CHARITABLE TRUST-(NGO) has won the award for Best NGO of the Year - INTELLECTUALLY DISABLED CHILDREN AND ADULTS at **Time2Leap National Awards - MSME Edition** 2020-2021.

Trust-Pathway" Preceived the award from "Dr. Kiran Bedi, 24th Lieutenant Governor of Puducherry" under the "Social Impact Category" **MAHATMA AWARD** for Covid-19 Humanitarian Efforts on the 1st October 2021 by Amit Sachdeva, Founder of Mahatma Award

Director & Co-founder, Dr. Chandra prasad has been awarded the BEST SEVA RATNA AWARD by the Kovai express YouTube channel and Thaitamil academy on 28.08.2021

Eight staff members from Pathway India-Chennai center were given MOTHER TERESA AWARD by former judge-High Court of Madras, Justice S.Tamilvanan on 26.08. 2021.

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DR CHANDRA PRASAD, Co-Founder Pathway Centre For Rehabilitation and Education of The Intellectual Disabled receiving **the STAR OF EXCELLENCE AWARD** at Rajaratnam Kalai Arangam ON 20.03.2021 from the NATIONAL INTEGRITY CULTURAL ACADEMY.

THIS YEAR, **MAHATMA AWARD FOR SOCIAL GOOD 2020** IN 'DISABILITY AND INCLUSION' was presented to CHANDRA PRASAD, Co-Founder And Honorary Director of Dr.Dathu Rao Memorial Charitable Trust, On 30th January 2021.by Amit Sachdeva, Founder of Mahatma Award

**CERTIFICATE OF APPRECIATION** FOR PATHWAY-SABIN CENTRE for rendering unparallel service to Differently Abled during pandemic period of COVID 19

INTERNATIONAL UNICEF COUNCIL -ACCREDITED BY INTERNATIONAL COUNCIL, USA has conferred the **GLOBAL BEST SOCIAL WORKER AWARD** to DR CHANDRA PRASAD in recognition of her outstanding excellence, superior performance and accomplishments in the field of Social Work for the year 2020 and appointed her as **SENATOR** for INTERNATIONAL UNICEF COUNCIL.

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Our organisation has been nominated for receiving a Trophy for 2019-20 in the Category of Charitable Association from CFBP JAMNALAL BAJAJ UCHIT VYAVAHAR PURASKAR - 2019-20

The NATIONAL AWARD FOR THE EMPOWERMENT OF PERSONS WITH DISABILITIES in the category of BEST INDIVIDUAL – PROFESSIONAL FOR THE YEAR 2019 is conferred on DR. CHANDRA PRASAD for her achievements.

Receiving the **MAHATHMA GANDHI AWARD** on Oct 1st 2019, on the 150th Anniversary of our Father of the Nation for SOCIAL GOOD

The Global Peace University has conferred the HONORARY DOCTORATE in the degree of - DOCTOR OF SOCIAL WORK on CHANDRA PRASAD on the first of September 2019.

**BEST SOCIAL WORKER AWARD** conferred on CHANDRA PRASAD in the year 2019 by the Hon'ble Chief Minister Mr Edappadi K. Palaniswami, Govt. of Tamilnadu

On 19th January 2019 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

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 2 -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

2 "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

