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## **SANJOSE VIDYALAYA** **ANNUAL REPORT 2016 - 2017.**

I have pleasure to present this report for the 28<sup>th</sup> year in succession, ie. From starting of SANJOSE VIDYALAYA, Ettumanoor. SanJose vidyalaya is an institution for differently abled run by St. Joseph's congregation, Kottayam with the help of Govt. of India. It is affiliated to San Jose Welfare Centre.

SanJose Vidyalaya was started in 1989 with its crib of 10 students. During the year 2016 – 2017, we have a strength of 207 students. Out of them 103 were boys and 104 were girls. All of them are intellectually disabled. The Academic year started on 1st June 2016 with praveshanolsavam, prior to that the new admission began on 20<sup>th</sup> May.

The Government of India, Ministry of Social Welfare continues to support this institution financially and also we are grateful to them.

28th Anniversary of the school was conducted quite harmoniously on 18<sup>th</sup> February 2017 Rev. Fr. Luke Puthrukkayil, Vicar of St. Joseph's Church, Ettumanoor, preside over the function, Mr. Biju P. K. Headmaster, Town U.P. School, gave the Keynote address and Shri. James Plakkithottil the Municipal Chairman, Ettumanoor inaugurated the function which paved the way to a pack of activities and variety entertainment of the students. Rev. Sr. Annie John Assistant Superior General of St. Joseph's Congregation handled the Endowment and Prize distribution.

The primary aim of educating the mentally retarded children is the normalization and their consequent active involvement in the social and economic life of their families and communities and ultimately to enable them to take out their own means of livelihood for independent living as useful and productive citizens.

The year under review, showed the tremendous growth of Sanjose Vidyalaya, both quantitatively and qualitatively. The quantitative growth can be gauged from the increase in the number of children getting trained. The qualitative improvement is reflected in the progress of the children in mentally, physically and socially.

### **STUDENTS**

Till this time, we were given an admission to 450 students in this school. This institution admits boys and girls who are mentally retarded and belongs to the ages of 3 - 30. The school timing is from 10 A.M. to 3.30 P.M. According to their functional level and I.Q. divided them into groups and give classes in accademics and training in vocational and craft works to each group. So that we could understand the progress well. Their participation in appropriate games and sports, including dance & music, painting etc helped them to socialize and to have interpersonal communication. It also helped them to develop personal discipline, orientation and mobility skills. At present here are 15 inmates in the hostel. All of them are coming from financially backward families.

### **INTERNATIONAL COMPETITION**

Two of our students Rakesh Raj and Bindhu Raju were participated in the World Special Olympics at Los Angeles in USA for Volley ball and Basketball tournament by representing in the Indian team.

The team won bronze medals for both games. The central govt. gave them Rs.50,000/- each as a reward. It was a great achievement for the students personally and for our school.

### **SPORTS AND CULTURAL COMPETITION**

Sports and Cultural competitions for the children are also conducted during this period. The students won many prizes in sports and cultural competitions. The state special school Kalolsav conducted by DPI at Alappuzha, Sanjose Vidyalaya won the 1<sup>st</sup> prize and cash award for the Group Dance, group song, Patriotic song. On January 23rd 2016, Lions Club International Conducted Sports, cultural programme and Vocational skills competition our students participated and they won First Prize and got ever rolling trophy. Our students won first prize and Ever rolling trophy for AWAKE – 2017 conducted by K.E. College, Mannanam in zonal level. Our students won 18 Gold, 20 Silver and 12 Bronze among 6000 Special athletes participated for special Olympics State Meet conducted in LNCP Trivandrum. Sanjose Vidyalaya won the 1<sup>st</sup> prize for the State level Volley ball tournament. State level special school kalolsavam jointly conducted by Association for the Intellectually Disabled (AID) and YMCA Ernakulam, Sanjose Vidyalaya won the 1<sup>st</sup> prize and overall champion ship.

### **AWARDS**

*Good Samaritan award- 2015* were awarded to Sanjose Vidyalaya by Catholic Federation of India for the best social commitment to the society. Our honorable prime Minister Shri. Oommen Chandy handover this trophy to our principal.

Sanjose Vidyalaya won *the Social Commitment award* for the effort taken to the total developments and achievements for the differently abled persons and for the selfless services given to them.

### **SPEECH, PHYSIO & OCCUPATIONAL THERAPY**

In order to make it service more effective Sanjose Vidyalaya established a separate unit for Physiotherapy, Speech therapy and Occupational Therapy. And appointed specially trained staff. Totally 22 children are getting the service every day. It makes the parents happy and for the children better movement and development.

Many children with mental retardation have motor problems, delayed development, cerebral palsy, loco motor disability and other physical problems are also seen. Through Physiotherapy Detailed assessment is carried out and therapeutic programs are given for improving their posture and movements.

With the help of Occupational therapy we help in the regaining of mobility and functional status in order to perform practical tasks, such as brushing, bathing, dressing, eating and other daily activities. With the use of assessment and treatment we develop, recover and maintain the daily living and work skills of people with a physical, mental, or cognitive disorder.

Many Children with mental challenges have speech and language problems, for them we give speech training through play therapy, music therapy, storytelling, role reverse **and different exercises for the lips, tongue and cheeks.**

### **YOGA & PLAY**

Apart from the traditional therapies like Physiotherapy, Speech therapy etc, certain non-traditional forms of activities have therapeutic value, especially for the children with special needs. Yoga is a form of physical movement combined with controlling breathing. This help to improve the function of mind like attention, concentration etc. we are conducting one hour yoga for this children after prayer in the

morning session. It helps the child with associated physical problems to decrease tightness, better body balance and better relaxation. And we arranged some play way methods in the classes and outside also. A ball pool is furnished for the children at the age group of 5 -10. And also provides the **Multisensory and Resource room** facility. Every child likes to play. It gives pleasure to the child irrespective of his/her disabilities. Play is a spontaneous activity; it is a dynamic tool for learning, growing and integrating experience. Play is a natural occupation of childhood. It helps both physical and mental development of the child.

### **COMPUTER EDUCATION**

It is a special opportunity to the San Jose students that they are getting computer education. All the students from primary class get chances to go to the computer class, to learn computer and experience through audio-visual programs and develop their intellectual capacity.

### **OTHER ACTIVITIES.**

#### **ONAM**

As usual this year also, the staff and students of this institute celebrated the Onam festival with its due solemnity. On this occasion, there was a competition in flower arrangement (Pookalamalsaram). Along with this, there were also cultural programs like Thiruvathira, Onakkali, Vallamkali, Mavelivaravu etc.

#### **CHRISTMAS**

On 22<sup>nd</sup> December 2016, students and staff celebrated Christmas. One of the students acted as Christmas father. The students participated in various cultural programs. Finally, we cut the cake and thus we shared the happiest moment of Xmas eve.

#### **SEMINARS**

During this academic year, teachers participated in various courses and seminars conducted by different organizations at Angamali, Muvattupuzha, M.G. University and Trichy. Also our institute had conducted 4 seminars for parents and two seminars for the siblings of the students of this Institute. Thus they get awareness on how to deal with the mentally retarded children in the family.

#### **BAND**

For the last Twelve years, the students have been studying the Band. During this school year, the students participate for the band in different places of Kerala. This is a great opportunity for the students to earn money.

#### **PICNIC**

This year the institution organized a tour to Wonderla, Kochi with 45 children. It was an amazing trip for them. All the students enjoyed the trip. Activities in water gives the child greater range-of- motion and help to relax muscles. Moving around in water may even help increase lung capacity. Because the buoyant nature of water supports the body, it maximizes the person's abilities.

A Bombay tour was conducted for 25 students for one week and it helped the students to go through quiet different experience away from their home town. The severe and multiple disabled were taken to the children's park and joyfully they spend the full day.

#### **STAFF MEETING**

In every week, staff meetings and evaluation were held on a routine basis to read progress report of the students and discuss their development. Besides, special meetings were held before every programmes of the school. All the matters connected with the functions of the school were discussed at these meetings. Quarterly we come together for the critical evaluation. It helps the management and the staff to improve their quality.

### **EARLY CHILDHOOD DEVELOPMENT PROGRAM**

The early childhood development programme intended to stimulate language and speech development of their functions and skills using modern tools have contributed to betterment of the children within a short period.

### **H.B.R. (HOME BASED REHABILITATION)**

Our H. B. R. Project aims at bringing the light of knowledge and fruitful endeavor on development of mentally retarded children to the homes who are unknown about the need and welfare of mental retardation. We teach the parents to detect the developmental delays and importance of giving stimulation to enhance sensory motor development. The families were very responsive to the project team.

### **SENSORY STIMULATION**

One of the important specialty of Sanjose Vidyalaya is that the specially designed room for sensory stimulation. It stimulates the senses of the special child and improve concentration and get the attraction of the child. It is mainly for children below 6 years and the students having autism disorders. It encourages visual perception Auditory skill, Taste, Smell and Touch.

### **VOCATIONAL TRAINING**

As a part of our vocational training, a Printing Press named San Jose Press located near the school. One vocational instructor is giving the training in bookbinding and the other is giving the training in candle making. 25 students are taking vocational training. Also give them training in Host making, Paper bag making, card making, cover making, soap making, and other craft works. All these are found to be a good income generation programme for students.

### **PRIME MINISTER SKILL DEVELOPMENT PROGRAMME**

Prime Minister's Naipunnya Training is a new project for the adolescence of the differently abled group which enables them to be self employed and makes them to be good and independent useful member of the society. As a part of this project, we started a paper bag making unit with the support of NIEPMD (National Institute for Empowerment of Persons with Disabilities) and composite Regional centre. And we felt that it is a good income generation programme for students.

### **AMBA COMPUTER TRAINING PROGRAMME**

AMBA is a registered trust based in Bangalore, India that enables livelihood for the community of adults with moderate to severe intellectual disability through professional back and data entry jobs . In collaboration with AMBA Sanjose Vidyalaya started computer education for the students and which enables them to become hubs for learning and earning thereby enabling a fishing industry exclusive for this community.

### **EXHIBITION CUM SALE**

We have conducted exhibition cum sale of handicrafts items which is made by the vocational students of our school. This programme is very much appreciated by the public. This is not only

exhibition and sale but the people will get the idea of abilities of the students and they get an awareness of mentally disabled students.

### **Conclusion**

Sanjose Vidyalaya completed the 28<sup>th</sup> year of its selfless service to the society specially in the field of differently abled children. Let us wish that let the school strive ahead to provide useful citizens to the family and nation. The achievement of the school is the outcome of the commitment, co-operation and the hard work of the students, parents, staff and management. So Let us raise our hearts to our good lord in prayerful gratitude to have guided and blessed us in the all our endeavors. Our gratitude also goes to our benefactors, well wishers, parents and guardians of our students for their hearty co-operation in all our services. We are grateful to the Mother General of St. Joseph's Congregation. I am thankful to each and everybody who have rendered their valuable services to us.

**Yours faithfully,**

Sr. Anupama  
Principal

Ettumanoor,  
22. 03.2017