



Society of Parents of Children with Autistic Disorders

PATRON : Ms. Shanti Ekambaram

DIRECTOR : Kotak Mahindra

ANNUAL REPORT

2007-08

MESSAGE FROM THE PRESIDENT

Dear Members,

It gives me pleasure to present the annual report to you. This is because for many of you the annual report is a means of knowing the progress SOPAN has made towards achievement of its stated objectives.

Samarpan, our major project, is steady and strong in its course. We are offering our services to children with ASD and therapists qualified to undertake this responsibility. While Yoga and physical education has been part of the children's education program for a long time, this year we added Dance and Movement in the training. A group of young professionals from Shiamak Davar's Dance academy visit us every week to conduct Dance and Movement sessions with our children. The effect of this training on children's social skills and general behavior is significant.

Till last year, the thrust of our human resource development activities was on conduction seminars and workshops on ASD and related conditions. But this year we started the Short Term Certificate Course on Autism Spectrum Disorders. This is a 3-month long training program prescribed by the Rehabilitation Council of India. The program was very successful, and had many teachers and parents from other schools and centers as participants. The positive feedback on the program entails that we conduct the course every year.

This year we registered for the Mumbai Marathon organized by Standard Chartered Bank. We were fortunate to have Kotak Mahindra Bank sponsor our cause. Our deepest gratitude to Ms. Shanti Ekambaram, our Patron for her efforts in this public awareness and fund raising initiative of SOPAN.

All of you have helped us in many ways. I thank you for the support you have given SOPAN, and hope the coming years enhance our solidarity and our commitment to make this world a warmer place for children with autism.

Best wishes

**Rubina Lal Ph.D.
President**

SOPAN
Society of Parents of Children with Autistic Disorders

ANNUAL REPORT

The year 2007-08 saw SOPAN achieving more goals and thereby fulfilling its objective of providing need-based services to individuals with autism and support to their parents and families. SOPAN undertook the following projects and activities.

Samarpan Centre for Autism Spectrum Disorders

Samarpan, a training centre for children and young adults with autism was started in the year 2003. Samarpan's activities in 2007-2008 are listed below:

i) Admissions

The centre has 40 students on its rolls. Some attend the early intervention program and others attend longer hours. All have an Individual Education Program planned by the teachers with inputs from the parents.

ii) Services

Samarpan offers a variety of services ranging from assessment and diagnosis, early intervention, remediation, pre-vocational and vocational training, related therapies including speech and language therapy, occupational therapy and adaptive physical education. The services are multidisciplinary in nature and follow autism specific and research based methods such as visual strategies, verbal behaviour analysis, sensory integration therapy and alternative augmentative communications.

Apart from these, other services are also available for Samarpan students. Psychological testing was done for few students. Home visits for students were made available to enable a better understanding of the students. A home management department was set up to help train students in life skills.

A bus service has also been provided by SOPAN for the students of Samarpan. The bus started plying in June'2005.

iii) Parent Training

- Samarpan's Parents Enrichment Program which was started in October'03 continues to train selected parents. These parents work with a set of children under the guidance of a teacher.
- Parent training is given on the HANDLE techniques to interested parents on the follow up of these techniques at home.

iv) Staff

Samarpan's staff in the year 2007-2008 comprised of 2 occupational therapists, 1, psychologist, 1 counsellor, 9 teachers including the Principal, and 5 non-teaching staff.



v) Physical Infrastructure

The centre functioned out of 5 rooms leased from a Municipal School in Vile Parle (E), Mumbai.

vi) Activities

Apart from its regular activities of assessment, intervention and training the following activities were also held:



- The Annual Sports Day was held in 2nd February 2008. The theme was “Fantasy land”. Ecole Mondiale school had sponsored the sports day and some of their students had come to help the children participate in the sports day.
- Students celebrated different festivals like Independence day, Republic day, Gokulashtami, Raksha Bandhan, Holi, Teacher’s Day, Friendship Day etc.



- Students of Samarpan participated in the sand castle competition held by Hi-Tech Foundation in the month of February.



- Samarpan held its second Annual Day on 28th October 2007 where not only each and every student of Samarpan performed but also gave a chance to other schools for children with autism to perform on a common platform. Schools which participated were Sunshine special school and Priyanj special school. The annual day was co-sponsored by the Lions club of Andheri.
- The Nascent group visited Samarpan and donated a stationary cycle and Teacher Learning aids.
- “Best Teacher Award” 2006-07 was awarded to Ms. Tarannum Jamadar.
- The Mayor of Mumbai paid a visit to Samarpan in February 2008. She was impressed with the work Samarpan does for children with autism.
- Samarpan’s annual picnic was in the month of January. The children were taken to Anand resort in Virar.
- A visit was organized to the Parle biscuit Factory at Vile Parle. The students, their parents and the staff of Samarpan went for the visit.

Disability Week Celebrations

World Disability Day falls on the 3rd of December every year. Samarpan celebrated this week with the following activities:



- Few students participated in the annual Hi-tech programme held at Dinanath Mangeshkar hall.
- A movie outing for all the children of Samarpan was organized along with their parents.

Training Programs

- SOPAN conducted a three month course on autism. The syllabus of this course is approved by the RCI and the course is open to Parents and Professionals and mainstream teachers interested in improving their knowledge about autism. It is an intensive course which gives information on autism in addition to hands on experience in teaching and training children with autism. The course was conducted in Samarpan premises and will be held once every year.
- Dr. Rubina Lal and senior members of Staff conducted in house staff development programs for teachers and therapists of Samarpan.
- Workshop on Social Skills for children with Asperger's Syndrome was held. Topics like "Mela" and "Leisure time activities" were dealt with at the workshop.
- Trainees from Spastic Society of India, Dilkush school, Mumbai came to Samarpan to take training as a part of their practicum.
- A lecture on mental retardation was given by Ms. Meeta Bali to the students of Early Childhood Education Course, Arya Vidya Mandir, Mumbai.
- A lecture on Autism Spectrum Disorders was given by Dr. Rubina Lal to the students of Early Childhood Education Course, Arya Vidya Mandir, Mumbai

- Lectures for various CRE programme at National Institute of Mental Handicap and Dilkush school, were given by Dr. Rubina Lal and Ms. Meeta Bali.
- Lectures on Autism Spectrum Disorders for Diploma in Special Education students at NIMH was conducted by Ms. Reshma Gaikwad.
- Volunteers from St. Xavier's and I-Volunteer came to volunteer their services in Samarpan and they received hands-on training with children with autism.

Outreach Programs

SOPAN, since inception has always offered services to many children and parents who could not attend its service centre regularly. A number of children came from different parts of India and from gulf countries for assessment and educational programs. The parents were advised on effective management strategies for autism.

SOPAN continued the Itinerant Teacher program this year. Samarpan assigned a trained teacher to work with such children whose parents could not bring them to the Centre. This program is running successfully.

Community Awareness

SOPAN has put in a lot of effort to spread awareness about autism in the past year.

- Exhibitions of products made by the students of Samarpan were organized during Diwali and Christmas. Decorative lamps, cards, and other craft items were sold at these exhibitions.
- Samarpan participated in the Inter-School Talent Competition for children with disabilities which is organized every year by Hi-Tech Foundation.



Activities at National Level

- Dr. Rubina Lal was invited by the National Trust to serve on the Expert Committee for Development of Helpline for Autism to be used all over the country.
- Dr. Lal developed 'Frequently Asked Questions (FAQs) with suitable answers. This has been used by the National Trust for the Autism Helpline.

Fund Raising

- SOPAN was sponsored by Kotak Mahindra Bank for the Mumbai Marathon organized by Standard Chartered in January every year. SOPAN's patron Ms. Shanti Ekambaram from Kotak Mahindra along with other employees of Kotak Mahindra Bank ran for SOPAN and raised funds.
- Trustees and Well-wishers of SOPAN have put in sincere efforts in getting donations. Many private donors and charitable trusts have given donations to SOPAN as they realize the commitment SOPAN has to the cause of Autism. SOPAN has made boxes displaying "Support Autism Now" which are displayed at prominent outlets in Mumbai. These boxes help towards spreading awareness on autism and fund-raising also.

SOPAN

Society of Parents of Children with Autistic Disorders

Society Reg. No. 1129/02/GBBSD/Mum./Mah.
Public Charitable - Trust Reg. No. F-24585

SOCIETY OF PARENTS OF CHILDREN WITH AUTISTIC DISORDERS

SCHEDULE - I

FIXED ASSETS AS ON 31ST MARCH, 2008

ITEMS	W.D.V. as on 01.04.2007 Rs.	Addition during the year > 180 Days	Addition during the year < 180 Days	Deletion during the year	Value as on 31.03.2008 Rs.	Depreciation %	Depreciation Rs.	W.D.V. as on 31.03.2008 Rs.
Furniture & Fixtures	241,717.50	-	19,400.00	-	261,117.50	10%	25,142.00	235,975.50
Equipments	39,374.00	-	6,838.00	-	46,212.00	15%	6,419.00	39,793.00
Cycle	2,717.00	-	-	-	2,717.00	15%	408.00	2,309.00
Computer	15,720.00	-	24,990.00	-	40,710.00	60%	16,929.00	23,781.00
School Bus	368,657.00	-	-	-	368,657.00	15%	55,299.00	313,358.00
Fan	8,217.00	4,125.00	-	-	12,342.00	10%	1,234.00	11,108.00
Lamination Machine	4,675.00	-	-	-	4,675.00	15%	701.00	3,974.00
OHP Machine	11,460.00	-	-	-	11,460.00	15%	1,719.00	9,741.00
Psychological Testing Machine	26,666.00	-	-	-	26,666.00	15%	4,000.00	22,666.00
Teaching & Learning Equipments	3,960.00	-	2,522.00	-	6,482.00	15%	783.00	5,699.00
Camera	-	-	8,295.00	-	8,295.00	15%	622.00	7,673.00
Cubbord	-	-	4,500.00	-	4,500.00	10%	225.00	4,275.00
DVD	-	-	5,595.00	-	5,595.00	15%	420.00	5,175.00
Locker	-	-	4,800.00	-	4,800.00	10%	240.00	4,560.00
Printer	-	-	990.00	-	990.00	60%	297.00	693.00
Television	-	-	10,000.00	-	10,000.00	15%	750.00	9,250.00
TOTAL	723,163.50	4,125.00	87,930.00		815,218.50		115,188.00	700,030.50