

# Disability Towards Capability

Quarterly newsletter released by the  
**Centre for Disability Studies**  
Poojapura

A Unit under the LBS Centre for Science and Technology  
Thiruvananthapuram - 695 012, Kerala.

## STEERING COMMITTEE

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## PARENTAL NETWORK WORKSHOP ON EMPLOYMENT OF DIFFERENTLY ABLED

February 21<sup>st</sup> 2015

One day workshop on Employment Coaching for differently abled children was organized for the parents of children with special needs. Dr. M.K. Jayaraj, Principal of the State Institute of Mentally Challenged gave an informative lecture on employment opportunities for the differently abled children. Dr. Beela.G.K, Director in charge of CeDS talked about employment and career prospects. The career aptitude tests done at CeDS have helped differently abled children to choose appropriate career.



Dr. M.K.Jayaraj

## WORKSHOP FOR FACULTIES ON “EMPOWERMENT OF DIFFERENTLY ABLED” March 12<sup>th</sup> and 13<sup>th</sup>, 2015

The two days Professional Development Workshop on Empowerment of Differently Abled began with a warm welcome address given by the Director in charge of CeDS, Dr. Beela. G.K. The presidential address was delivered by Dr. Mujeeb. A, Director, LBS Center for Science and Technology. Shri.L.Radhakrishnan IAS, Adviser to Chief Minister, delivered the inaugural address. The speakers emphasized on the task before the society mainly to empower the disabled and to develop a knowledge system so that further studies will gel with passion and compassion through effective problem solving systematic methods, which in future will easily help to benefit the disabled to join the mainstream.

The technical sessions were handled by experts in diverse fields of disability management. Dr. T.P. Ashraf, the Executive Director of Kerala State Social Security Mission delivered an informative lecture on “Educational Rights of Children with Disabilities”. An edifying talk on “Assistive Technologies and Devices” was delivered by Shri. Bhadrans.V.K, Associate Director, Center for Development of Advanced Computing, Thiruvananthapuram.

An inspirational lecture on Documentation of Training Programmes was delivered by Dr. C. Bhaskaran, Prof & Head (Retd.), Department of Extension, Kerala Agricultural University.

Prof.P.Jeyachandran who is the Director of Vijay Human Services, having 47 years of national and international experience in the field of Mental Retardation gave an empowering speech on Classroom Strategies for the Mentally Challenged which boosted up the self-confidence of the participants in dealing with the differently abled children in schools.

Another lecture on Teaching Computer to Children with Disabilities was delivered by Smt. Raji. N.R., a faculty from NISH having 17 years of teaching experience with the hearing impaired. Her talk motivated the participants and helped to gain knowledge on different technologies for teaching differently abled children.

These sessions were followed by PowerPoint presentations of the Assistant Directors of the regional units of LBS Centre for Science and Technology namely Kalamassery, Kannur, Thrissur, Kozhikode and Kollam. Activities and achievements of each center were highlighted in all presentations. All the technical sessions ended up with group discussions among the participants on the above said topics.

The workshop ended up with a valedictory address given by Dr. Mujeeb. A., Director, LBS Centre for Science and Technology and the thanks giving note by Dr. Beela G.K Director in charge of CeDS.



Shri.L. Radhakrishnan IAS



Prof.P. Jeyachandran



Dr. C. Bhaskaran

# PARENTAL NETWORK WORKSHOP ON LIFE SKILL DEVELOPMENT

March 28<sup>th</sup> 2015

Parental Network Workshop was conducted on 28th March, 2015 at hotel Chaitram. Shri. B. Satheesh Kumar, District Officer (Retd.), Public Service Commission addressed the session and talked about various PSC employment opportunities for the differently abled children. The session was followed by a group interactive session handled by Dr. Beela.G.K which was marked by strong participation from all. Various activities to relieve the stress of parents were imparted. The programme ended with thanks giving note by Mrs. Latha, Junior Superintendent of CeDS.



Shri. B. Satheesh Kumar

# WORKSHOP ON CHILD DEVELOPMENT THROUGH HORTICULTURE THERAPY

27<sup>th</sup>, 28<sup>th</sup> 29<sup>th</sup> April and 2<sup>nd</sup> May, 2015



Horticulture Therapy activities

Centre for Disability Studies has started the Horticulture Therapy (HT) project at 10 selected schools in and around Thiruvananthapuram district. The workshop on "Child Development through Horticulture Therapy" aimed at imparting horticulture therapy training to stakeholders of 10 selected schools. Participants included the head of selected schools, teachers in charge of the HT project, resource teachers and PTA president or representative. Hence 4 persons each from 10 schools attended the workshop. On 27<sup>th</sup> April, the programme was conducted at CeDS and the following three days of the workshop was held at Kerala Agricultural University, Vellayani..

## The Inaugural session - Day - 1 (27.04.15)

The beginning of the session was marked with an inspiring welcome speech by Dr. Beela. G.K., Director in charge of CeDS. Dr. Mujeeb. A, Director of LBS Center for Science and Technology, gave the Presidential address. Shri.L.Rajan, Additional DPI who was the chief guest of the day honored the function by delivering the keynote address. Smt. Harifal Beegum, DDE, Thiruvananthapuram district and Dr.Prakash, Professor and Head of the Dept of Extension, Kerala Agricultural University gave the felicitation. Smt. Latha.VA., Junior Superintendent of CeDS concluded the session by delivering a thanks giving speech.

## Session 1

Following the inaugural session, there were three technical sessions. Session I, a motivational session, was conducted by Dr. Prakash, Prof and Head, Dept of Extension, Kerala Agricultural University. The session aimed at motivating the participants for conducting the HT project activities in schools.

## Session 2

Session 2, Introduction to Horticulture Therapy was dealt with by Dr. Beela.G.K. The origin of Horticulture Therapy, the world scenario, the Indian scenario and the Kerala scenario were discussed in her talk. She discussed in detail about the therapy methods given to the differently abled children through horticulture activities. Different types of garden, tools and the results of previous studies on HT done in Kerala were also dealt with in detail.

## Technical Sessions

## Session 3

Session 3 was carried out by Mr. Sanjeev who talked in detail about the landscape design in HT garden and mentioned about the gardening methods in 10 selected schools. The session was followed by another session on HT activities which were dealt with by Dr.Princy Pappachan, and Mrs. Raji, Project Fellows at CeDS. The participants were grouped into 5 groups and they were asked to prepare different materials required to make a garden with the help of clay dough. Model of HT garden prepared by CeDS with clay dough, flowers, sand etc. was shown to them as a model. After that they made their own garden with these materials. The session ended with a relaxation exercise given by Dr. Beela.G.K.



Dr. Allan Thomas

## Day 2 (28.04.2015)

Venue: Kerala Agricultural University, Vellayani

Session I was on "Seed cultivation and Nursery Management" by Dr. Abdul Vahab, Prof of Horticulture (Retd). Dr. B. Reghunath, Prof. KAU delivered a splendid lecture on "Horticulture Theory and its Concepts". The lecture was followed by a vivid talk on flower arrangement, by Dr. Rari John, Associate Professor; Kerala Agricultural University who made the session more appealing by the demonstration of different methods of flower arrangement.



Dr. B. Reghunath



Practical session

## Day3 (29.04.2015)

The day started with a lecture by Dr. Geetha.D on Mushroom Cultivation. The class was followed by a practical session at the department where participants were given hands on training on the methods of mushroom cultivation. Afternoon session of day two was handled by Dr. B. Reghunath on Selection, Maintenance and Protection of crops in Horticulture Therapy.



Valedictory Function

## Day 4 (02.05.2015)

Dr. V.B. Padmanabhan, an expert in terrace farming gave enlightening lectures on organic pesticides and fertilizers and discussed about the varied methods of terrace farming and the preparation of organic pesticides. He urged the participants to cultivate crops for essential consumption at their own homes. The workshop ended with a valedictory session which was presided by the Dean of Kerala Agricultural University, Dr. Swaroop John.

## A Promising Career in Animation for Differently Abled Children

**Mrs. Jincy Jacob. Guest Faculty, CeDS**

Differently abled children have a right to suitable, effective and appropriate education. A large proportion of challenged children have 'special educational needs'. Good hand skills and a strong visual imagination are far more important than any computing experience. Animation course is the ideal one for differently abled children having a background knowledge of Graphic Design, Fine Arts, Illustration and Media.

Moreover, this course will help the differently abled students to develop their skills in art, design and literature works. Their creative ideas can be made use of in various employment opportunities. These students can be accommodated in various industries dealing with animation software, 2D and 3D animation, 3D games, character design, compositing, special effects and editing.

The overall aim of the program is to enable such children to face their life courageously and work on individual and group projects to develop a level of self confidence, thus mainstreaming them into the society.

Animation skill helps the hearing impaired students to express their emotions through their creative work and often they love to see others admiring them for something they have created. Once they have completed this course, they can enter into their own professional careers. They can also participate in competitions.

Unless and until the differently abled persons are provided with skill based education, they may not get the appropriate rehabilitation services which would in turn prevent them from becoming financially independent.

Focusing upon these problems, Centre for Disability Studies (CeDS), is conducting an Animation course that gives more importance to the topics like character design work that demonstrates successful integration of principles of animation, technology & personal aesthetic sense. s



# ATTENTION DEFICIT HYPERACTIVITY DISORDER.

*Mrs. Meharunisa Beagum N. Project fellow, CeDS*



The above signs may be observed in children frequently and usually do not mean the child has ADHD. It is when these signs become significantly more pronounced in one child, compared to other children of the same age, and when his/her behaviour undermines his/her school and social life, that the child may have ADHD.

## Management of ADHD

- behavioural intervention
- training to improve attention span
- diet counselling
- physical exercise
- motivating rather than demotivating
- relaxation

ADHD (Attention Deficit Hyperactivity Disorder) is the most common behavioural disorder that starts during childhood. ADHD in children is completely different from normal childhood excited and boisterous behavior. Many children, especially very young ones, are inattentive and restless without necessarily being affected by ADHD. Health care professionals may use any of the following terms when describing a child (or an older person) who is overactive and has difficulty concentrating - attention deficit, attention deficit hyperactivity disorder, hyperkinetic disorder, hyperactivity.

## General signs of ADHD in children

- the child is restless, overactive, fidgety
- the child is constantly chattering
- the child is continuously interrupting people
- the child cannot concentrate for long on specific tasks
- the child is inattentive
- the child finds it hard to wait his/her turn in play, conversations or standing in line (queue)

