



**Program providing rehabilitative services to children with intellectual disabilities  
Samerth Talim Kendra – Day Care Centre  
Proposal for January to December 2026**

**Background:** Samerth works within Ahmedabad Municipal Corporation limits, primarily in the South-West zones of Vejalpur, Makarba, Sarkhej, Fatehwadi, and Canal, and in the rural periphery. The area hosts large vulnerable communities—daily-wage earners and migrants from UP, Bihar, and smaller towns/villages of Gujarat—skilled (plumbers, carpenters, construction workers, artisans), semi-skilled, and unskilled, many without proper housing or documents. Samerth also operates in the rural vicinity of Sanand and Daskroi blocks, covering seven villages with semi-rural, agricultural laborers and other vulnerable groups.

In underserved settlements where basic services and infrastructure are lacking, Samerth runs an inclusion, disability, and education program for children. Through Samerth Talim Kendra, we provide essential rehabilitation for children with special needs across an 18–40 km radius. Consanguineous marriages, poverty, and malnutrition contribute to higher rates of genetic birth defects in the area.

**Samerth’s presence:** Early field surveys uncovered unusually high disability rates in the target areas, prompting the launch of the Samerth Talim Kendra (STK). What began with two children now serves more than 564, underscoring strong community demand. Local residents were trained—through vocational, disability-focused courses—as teachers, gaining credentials and the skills to work effectively with children and adults with disabilities.

At STK, children benefit from a **comprehensive range of therapies and educational interventions**, including:

- **Physiotherapy, speech therapy, sensory therapy, and special education**
- **Vocational training** to support long-term independence and skill development

Beyond these core services, innovative therapies are integrated into the program. Twice a week, 40 children participate in animal-assisted therapy, music therapy, sports therapy, art-based therapy, and gardening activities in collaboration with the *Qi to Happiness* initiative. Children are also encouraged and trained to take part in drawing competitions, Nagar Ramotsav celebrations, and Khel Mahakumbh sports events, fostering confidence, creativity, and social inclusion.

From January to December 2025, Samerth Talim Kendra is serving 177 children. Launched as a daycare due to limited resources, the center shifted to structured, concept-based interventions after support from Asha for Education in 2017–18, adding physiotherapy and speech equipment, vocational machines, and a sensory room. Currently, 102 children receive physiotherapy, 118 speech therapy, 99 sensory therapy, and 40 take part in animal-assisted therapy. The center marks festivals with awareness activities and sends children to state and municipal events, including Khel Mahakumbh, Ahmedabad civic sports meets, and SWMR art and cultural programs. Specialists—neurologists and pediatricians—conduct regular health check-ups

**Details of the 177 children are provided below:**

Sr N.	Disability	Girls	Boys	Total
<b>STK</b>				
1	Intellectual Disability	17	34	51
2	Cerebral Palsy	0	7	7
3	CP/ MR	3	1	4
4	Down Syndrome	4	5	9
5	Delay Development	4	11	15
6	Autism	2	0	2
7	Visually Impaired (Low Vision)	1	1	2
8	Loco Motor Disability	1	2	3
9	CP With Delay Development	0	2	2
10	Delay Speech	4	5	9
11	Physically Handicap	0	2	2



12	Microcephaly	0	1	1
13	Hearing Impairment	1	1	2
<b>Sub Total</b>		<b>37</b>	<b>72</b>	<b>109</b>
<b>CBR</b>				
1	Cerebral Palsy	5	4	9
2	Intellectual Disability	5	5	10
3	Delay Development	1	1	2
4	Delay Speech	1	0	1
5	Loco Motor Disability	1	2	3
6	Down Syndrome	0	1	1
7	Cerebral Palsy with Intellectual Disability	1	4	5
8	Intellectual Disability with Loco Motor Disability	0	1	1
<b>Sub Total</b>		<b>14</b>	<b>18</b>	<b>32</b>
<b>Spoke Center</b>				
1	Delay Development	2	1	3
2	Microcephaly	0	1	1
3	Cerebral Palsy	2	1	3
4	Hydrocephaly	0	1	1
5	Intellectual Disability	2	1	3
6	Hearing Impairment	1	0	1
7	Autism	0	1	1
<b>Sub Total</b>		<b>7</b>	<b>6</b>	<b>13</b>
<b>Government School And Community</b>				
1	Intellectual Disability	6	5	11
2	Cerebral Palsy with Intellectual Disability	0	1	1
3	Delay Speech	3	0	3
4	Cerebral Palsy	2	1	3
5	Hearing Impairment	2	0	2
6	Physically Handicap	1	2	3
<b>Sub Total</b>		<b>14</b>	<b>9</b>	<b>23</b>
<b>Total</b>		<b>72</b>	<b>105</b>	<b>177</b>

Livelihood support: Samerth linked families to banks and gave small grants to 11 households (₹10,000–₹25,000) to start or expand microenterprises. Ventures include women's dress materials, cutlery/cosmetics, Diwali firecrackers, second-hand auto-rickshaws, festival food stalls, and bulk-to-retail grocery sales. The vocational centre also creates opportunities for young adults. Many beneficiaries are single mothers or have spouses on daily wages.

Example: The mother of Ashaina—a 9-year-old with cerebral palsy who has attended the centre for six years—now earns about ₹12,000 a month, helping expand her small enterprise. Many beneficiaries are single mothers or have spouses on daily wages, making the support crucial. Grants of ₹10,000–₹25,000 are targeted to the most vulnerable, helping families move out of poverty and live with dignity—part of Samerth's local, holistic development approach.

**Proposed Next Year's plan:** In planning for the services to be offered during 2026–27, Samerth has identified several critical needs and priorities. A significant requirement is the introduction of occupational therapy, which will necessitate the recruitment of trained occupational therapists. Alongside this, Applied Behavior Analysis (ABA) therapy, also known as behavior modification therapy, will be implemented to support individuals requiring behavioral interventions. To address learning difficulties, remedial education will be provided at both spoke centers. Furthermore, to enhance the learning environment and improve engagement, smart classes equipped with technology will be introduced.



Looking ahead to the period from January to December 2026, the programme will expand its outreach to 109 Anganwadis. Within these centers, focused work will be carried out with pregnant women on health, hygiene, and nutrition, while also raising awareness about disability prevention, particularly in relation to nutritional deficiencies in children. Services will also extend to children in need across government and private schools. To strengthen inclusion, teacher training sessions will be conducted on disability awareness and the provisions of the Persons with Disabilities (PWD) Act.

At the community level, focus group discussions (FGDs) will be organized to encourage dialogue, and collaboration will be deepened with government systems, including the Composite Regional Center (CRC), Ahmedabad. In addition, a documentation campaign will be undertaken in Samerth's operational areas to facilitate access to essential documents such as civil certificates, Ayushman cards, Unique Disability ID cards, Aadhaar cards, proof of date of birth, bank accounts, and election cards for children turning 18 years of age. Special sessions will also be conducted for adolescent girls, focusing on Good Touch and Bad Touch awareness, as well as menstrual hygiene education for those who have reached puberty.

In addition, both the spoke centres based closer to the community will require speech therapists to support children facing communication challenges. To strengthen service delivery, emphasis will also be placed on comprehensive team training, encompassing capacity-building in gross motor exercises as well as remedial education techniques.

**In the upcoming phase**, Samerth will continue its work by providing need-based intensive rehabilitative services, including special education and therapies, to 200 children at the center, alongside community-based rehabilitation. Clinical and functional assessments will be conducted, and therapies will be delivered according to individualized timetables developed for children attending the center.

Therapy Support: Each child's Individual Education Plan (IEP) will guide the design and implementation of therapies such as speech therapy, physical therapy, sensory therapy, animal-assisted therapy, and psychotherapy. This structured approach enables close monitoring of progress and timely adjustments. The program also emphasizes training in daily living skills, social skills, functional skills, and ensures regular health check-ups. All therapies are goal-oriented and monitored for measurable impact.

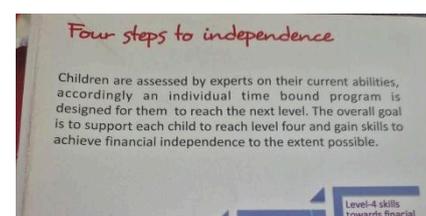
Clinical Assessments: Regular assessments conducted by neuro-pediatricians, neuro-ENT specialists, and other experts have yielded excellent outcomes, and these practices will be sustained through the 2026–2027 year.

Family and Caregiver Engagement: Monthly meetings and home visits with parents and caregivers address critical topics such as nutrition, hygiene practices, and therapy guidance. These sessions have grown in popularity and demand, reflecting their value to families. Long-term, impact-based individual plans remain focused on fostering maximum independence in children.

Convergence with Government Programme: Samerth is deepening integration with government programs and partner services to improve access to entitlements for people with disabilities, leveraging both public and NGO schemes for aids and appliances. Through alliances with Prabhat, Sense India, and the Blind People's Association, the initiative has reached 564 families and will engage 500 more to secure benefits.

To date: 184 children have UDID cards; 564 have disability certificates; 69 receive pensions; and Aadhaar has been issued to 564 children—bringing them into core social security systems.

**Helping Children Grow Through Four Key Steps:** Our program supports children in becoming more independent and confident through a clear four-step process. Each child is assessed by experts, and a personalized plan is created to help them move forward at their own pace. The goal is to guide every child toward learning useful skills for future work and life.





**The Four Levels:**

*Level 1 – Physical Independence:* Children learn basic self-care and physical skills to manage daily tasks on their own.

*Level 2 – Confidence and Communication:* Activities focus on building self-esteem and improving how children express themselves.

*Level 3 – Basic Literacy Skills:* Children are taught reading, writing, and simple math to support learning and understanding.

*Level 4 – Vocational Training:* Children are guided to learn simple practical skills that help them become more independent in daily life.

This program uses simple activities that help children learn step by step and feel proud of their progress.

*“At present, 72 students are working on Level 1 (Physical Independence), 44 students are progressing through Level 2 (Confidence and Communication), 26 students are engaged in Level 3 (Basic Literacy Skills), and 35 students have reached Level 4 (Vocational Training).”*

**Approach**

- a) Centre and community based approach: Samerth is adopting a dual approach—center-based care paired with community outreach—to strengthen support for persons with disabilities. At the center, children and young adults receive structured therapies, special education, and individualized rehabilitation. In the community, awareness drives challenge stigma and build inclusion, while a network of trained volunteers extends services to the grassroots. The team will focus on migrant settlements, helping identified children access government schemes, register for UDID, and enter public systems. At least 50 children with diverse disabilities will be identified, with families receiving information, counseling, and services through a community-based spoke center.
- b) Accessing Benefits: Samerth will focus on streamlining access to government schemes and programmes designed for Persons with Disabilities (PwDs), their families, and caregivers. By providing targeted support and facilitation, the initiative aims to ensure that individuals with disabilities are able to fully avail the benefits and services to which they are entitled. This effort is directed towards strengthening their overall well-being and enabling greater inclusion within social security and welfare systems.
- c) Caregiver Training: As part of its holistic model, Samerth will run regular trainings for caregivers—parents, extended family, and older siblings—equipping them with practical skills to provide effective care. By building caregiver capacity, the program aims to improve quality of life for both caregivers and the children they support.
- d) Creating parent groups: Forums for mutual support and collective action, where members share experiences, and build solidarity.

**Activities and Outcomes**

Sr. no	Activities	Outcomes at the End of 2026
1	Provide need-based services, including special education and therapy, to 200 children at the center and two spoke centers.	200 children receive structured educational and therapeutic support, resulting in measurable



Sr. no	Activities	Outcomes at the End of 2026
		improvements in developmental milestones, school readiness, and long-term independence.
2	Train 200 school teachers from 25 schools in disability awareness and collaborate with 109 Anganwadi Centers (AWCs).	Teachers and Anganwadi workers become more aware of disability issues, creating inclusive classrooms and early support for children.
3	Assist siblings (mothers, grandmothers, and caregivers) with yoga and Meditation Therapy	Caregivers feel healthier, less stressed, and more capable of supporting children with disabilities.
4	Empower children through vocational training and help them connect with banks and financial institutions for soft loans.	Improved vocational skills among children, fostering their independence and allowing them to financially support their own initiatives.
5	Provide individualized vision therapy to 12 children/young adults based on their needs.	Children improve their vision, daily functioning, and confidence, leading to a better quality of life.
6	Collaborate with Composite Regional Centre (CRC), involve fellows during internships, and include them in parent meetings.	Strong institutional partnerships bring specialized expertise, innovative practices, and deeper family engagement, enriching program quality and sustainability.
7	Conduct impact assessments considering the needs, abilities, and developmental levels of children.	Evidence-based evaluations guide program refinement, ensuring interventions remain responsive, child-centered, and outcome-driven.
8	Join networks and facilitate children's participation in Khel Mahakumbh, Nagar Mahotsav, and cultural programs.	Children gain visibility, confidence, and social inclusion through active participation in sports and cultural events, reducing stigma and fostering community acceptance.
9	Collaborate with CRC for specialized support and resource sharing.	Access to advanced therapies and expertise improves services for children with disabilities.
10	Access to documents and schemes.	Clear documentation and enterprise activities will validate the abilities of children and young adults with disabilities, enabling them to access government welfare schemes, financial assistance, disability certificates, and social security benefits—ensuring recognition, inclusion, and equal opportunities.
11	Conduct awareness programs with adolescent girls on disability, health, marriage practices, nutrition, and pregnancy care.	Adolescent girls are sensitized about disability issues, the health and social risks of marrying first cousins, appropriate marriage practices, nutrition, and pregnancy care. As a result, they gain greater awareness of critical health and social concerns, make informed decisions, and actively contribute to building healthier, more inclusive communities.

**Request grant amount:** Samerth is seeking a grant amount of ₹34,85,860 for its 12-month operation. The details are attached in the Excel sheet for your review.

<b>Figure 2: Budget 2026</b>			
<b>To provide educational &amp; rehabilitation services for 200 children with intellectual &amp; developmental disabilities in Ahmedabad, Gujarat</b>			
<b>Particulars</b>			

	Total Y1	Request from Asha for Education	Other donor's + Samerth's contribution
<b>Equipment's</b>			
<b>Human Resource Costs</b>			
1-Disability Specialist working with children on AAC ( Augmentative Alternative Communication)-Rs 44,000*12*1	528,000	264,000	264,000
1- Centre Assistant to support the children carry out assisted living activities Rs 15,400*12*3	554,400	184,800	369,600
4- Honararium to Therapists3 (Physio) & 3 Speech and sensory Rs. 29700*11*6	1,960,200	980,100	980,100
2- Trained Community Based Rehabilitation Workers working with children with severe disabilities at their homes- Rs 19,800*12*2	475,200	237,600	237,600
2- Special Educators working directly with children with severe intellectual & physical disabilities-Rs 26,400*12*4	1,267,200	633,600	633,600
<b>Human Resources Total (B)</b>	<b>4,785,000</b>	<b>2,300,100</b>	<b>2,484,900</b>
<b>Travel</b>			
CBR Worker- Rs 3500*12*2	84,000	16,800	67,200
Travel of Children from home to care center by van(1320 per day, 24 days and 11months)	348,480	174,240	174,240
Travel of 40 children for AAT to Qi to Happiness(11000 per trip of 20 children, 2 trips a week, 88000 per month)	968,000	484,000	484,000
<b>Activities Total (C)</b>	<b>1,693,280</b>	<b>795,040</b>	<b>898,240</b>
<b>Admin Expenses</b>			
Rent for centre- Rs. 57200*12*1	686,400	205,920	480,480
Rent for spoke centres 7700*12*2 including electricity + water supply	184,800	184,800	-
<b>Admin Expense Total (D)</b>	<b>871,200</b>	<b>390,720</b>	<b>480,480</b>
<b>Total</b>	<b>7056680</b>	<b>3366000</b>	<b>3690820</b>



Year	Budget	Amount Disbursed by Asha SV
2024	Proposed : <b>INR 2932200</b> Approved : <b>INR 2675000</b>	<b>USD 32472</b>
2025	Proposed / Approved: <b>INR 3124000</b> (16.79% increase from previous year)	<b>USD 36135</b> (11.3% increase from previous year)
2026	Proposed : <b>INR 3485860</b> <b>Approved: INR 3366000</b> (7.7% increase from previous year)	

One time Funding ( :			
<b>Project Activities</b>			
Once in quarter visit by psychologist, paediatrician and neurosurgeon(29700 per visit)	118,800	-	118,800
Train 200 school teachers of 25 schools in disability awareness - Rs 24,000*1*2	48,000	24,000	24,000
Replace the new supplies for therapists and classroom with old and break equipment and materials Rs. 60,000*1	60,000	30,000	30,000
Organise camps to identify children with disabilities - Rs. 15,000*2*1	30,000	30,000	-
The government entitlement process for persons with disabilities and others - Rs. 18,000*2*1	36,000	36,000	-
<b>Bucketed for 1 time funding</b>		<b>120,000</b>	