



**Asha**  
for Education  
Bringing hope through education

# Khushboo Welfare Society

## COVID-19 Response

### Asha-Austin Chapter

# About Khushboo

- ❑ Khushboo was established on 13 November 1995 as a non profit organization under the Societies Act, 1860 to provide holistic day care to people with mental and multiple disabilities.
- ❑ **Vision:** To have society where the physically and mentally challenged lead a life of care, dignity and respect.
- ❑ **Mission:** Help the physically and mentally challenged to become self reliant, realise their full potential and enhance their capabilities to the maximum possible

Khushboo Premises



Dance Performance



Medical checkup



# Holistic Education for Special Needs

Currently serves 115+ children at their main Khushboo premises

## Life Skills Development

- Activities of Daily Living
- Goal of building self-reliance and navigate with daily activities independently
- Play and outdoor time
- Working on behavioral and psychological aspects of the child
- Social aspects and interaction with peers and adults (teachers and therapists)

## Therapeutic Services

- Occupational therapy, Speech therapy, Physiotherapy
- Vocational training and computer education
- Arts and music therapy, yoga and pottery, being integrated into daily school curriculum
- Counseling and psychological services for parents
- Health checkups in collaboration with medical teams from hospitals in the region

### Computer Education



### Physiotherapy



# Covid Response

- ❑ Safety and health of children and staff as priority
- ❑ Phase 1 - Followed all recommended protocols
  - ❑ Social distancing
  - ❑ Closed operations for the school from March 23 with nationwide lockdown, children at their homes, staff working from home
  - ❑ Necessary and preventive measures in the early days - availability of sanitizers, discontinuity of biometrics, extra attention to cleanliness
- ❑ Phase 2 - Khushboo's initiatives during this pandemic
  - ❑ Home-based innovative and integrative schedule tailored to each child as per his/her needs
  - ❑ Children have been engaged in purposeful and creative activities recommended by the teachers and therapists
  - ❑ Focus on evolving issues of parents with children of mental and multiple disabilities
  - ❑ Maintain performance/activity level of the children
  - ❑ Empowered and enabled parents to handle behavioral issues of the child

## Khushboo's COVID response





# Challenges during COVID Pandemic



## Challenge of addressing daily needs of special needs children in a remote manner

- ☐ Low socioeconomic status (25% of parents do not have access to good internet connection/ smartphones)
- ☐ Siblings at home and attending online sessions from 9am to 2pm, parents are busy and not able to attend to special needs children in some cases
- ☐ Around 60% of children are severely disabled and cannot attend online sessions. *However, with parents help, Khushboo continues to interact with the children unmindful of their severity.*



## Behavioral and psychological aspects

- ☐ Our maximum numbers of children have challenging behavior. So parents are not able to make them sit in front of the screen
- ☐ *Training and counselling to mothers are given to tackle behavioral issues of the children*



## Regular therapy

- ☐ *Khushboo is guiding the parents on phone and taking online sessions on Zoom to make parents understand the therapy techniques*
- ☐ *Also working with non-equipment based techniques*

### Occupational Therapy



### Audiometry Lab



# Challenges during COVID Pandemic



## Social time

- ☐ All children need outings and center-based services, their social life is very limited with family members only
- ☐ During online sessions, focus on social is given with emphasis on small groups



## Outdoor time

- ☐ Physical conditions are deteriorating because of restrictions in outings
- ☐ Khushboo is providing different stretching exercises, walking on straight line, etc.



## Parents involvement for remote learning

- ☐ Fathers have no time to work with children
- ☐ Most mothers are involved with the children

Snack time (social)



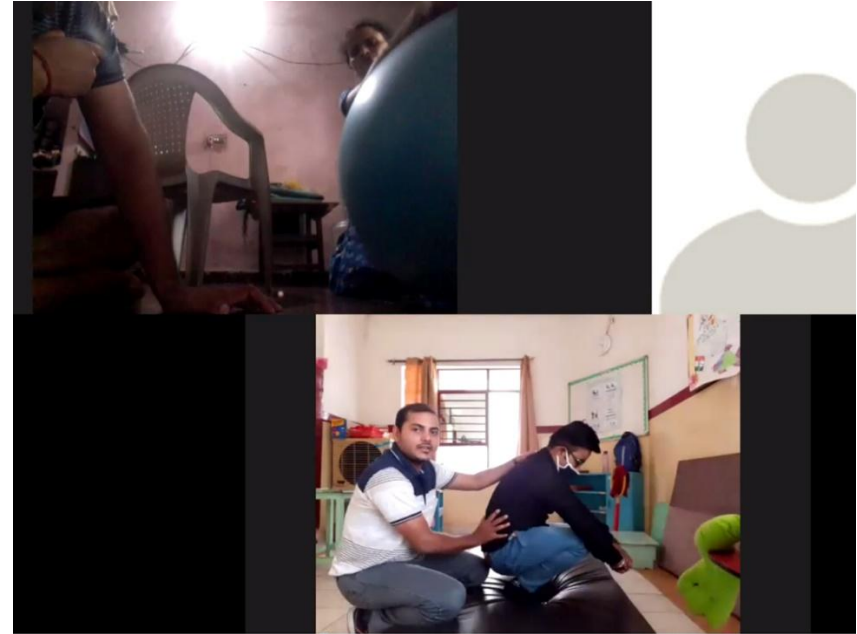
Play time (outdoors)



# Therapeutic Services Now

- ❑ Children under KWS care have serious medical afflictions
- ❑ Therapeutic services play a pivotal role for such children
- ❑ Small group/ individual sessions for physiotherapy conducted online
- ❑ In some cases, parents are taught exercises which helps to improve balance, develop muscle strength and body awareness, increase attention span, etc.
- ❑ Under occupational therapy the children along with their parents learn hand manipulation, muscles stretching, body positioning activities, sensory integration techniques, etc.
- ❑ The sessions are either individual or in a very small group of 2-3 children
- ❑ Khushboo is working on new non-equipment methods to mimic as close as possible to equipment based therapies to avoid any deterioration in the child with remote therapy

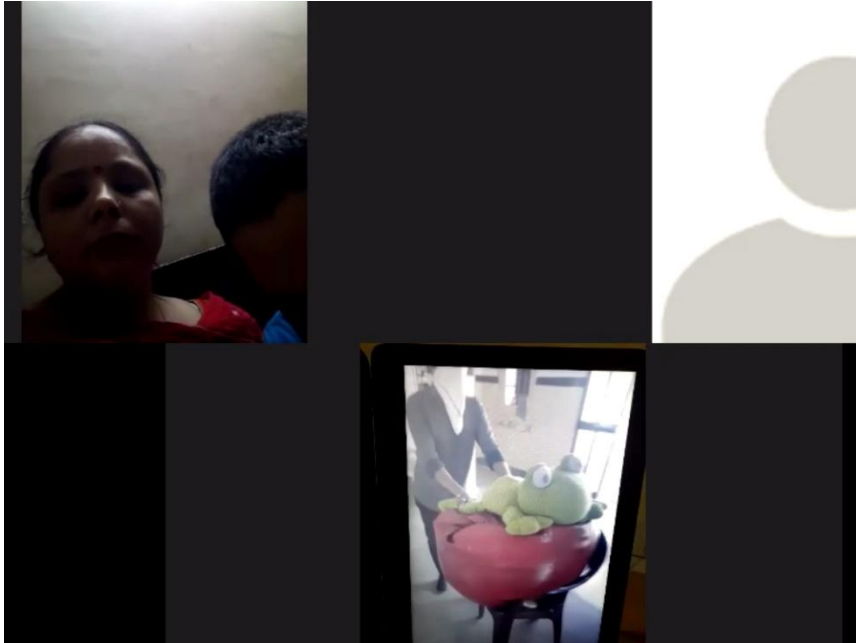
## Therapy Services Now



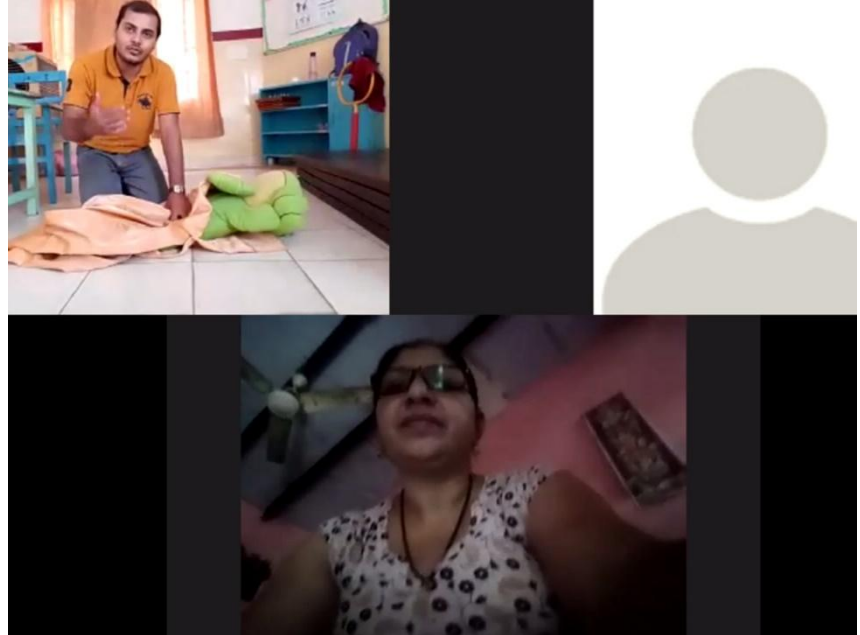
Activities of Special Children ( [Video](#) )

# Occupational Therapy Now

Remote therapy sessions



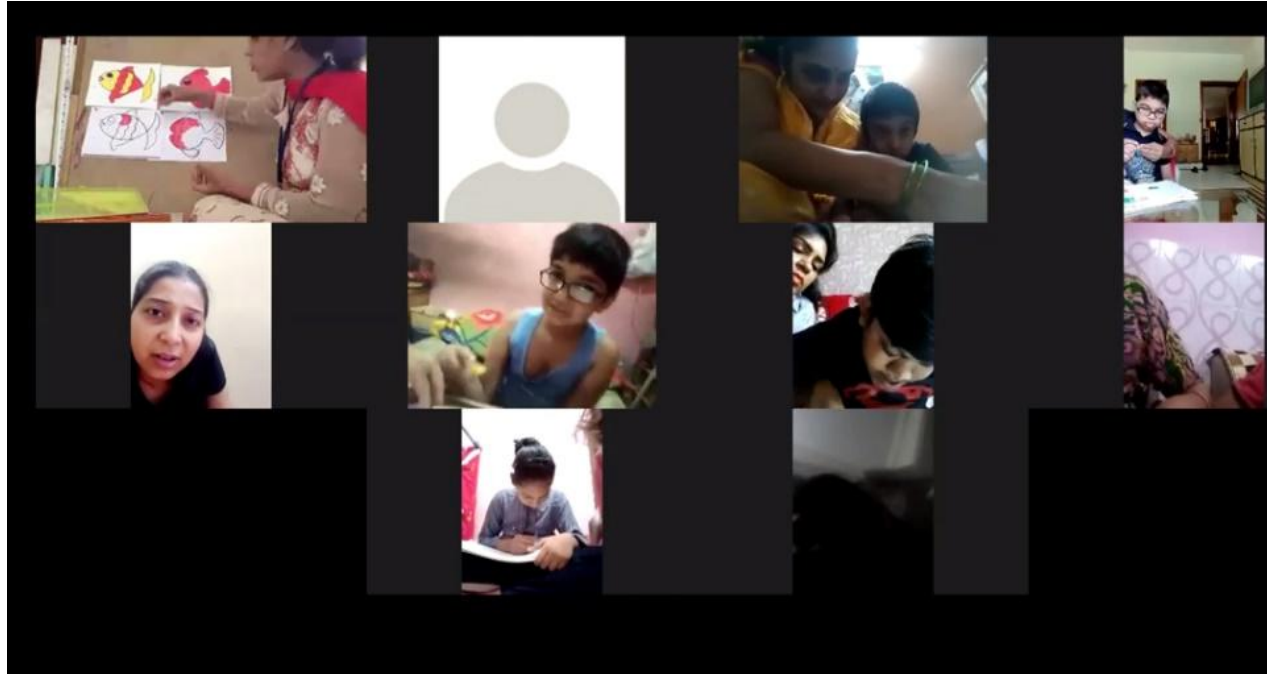
Remote therapy sessions



A glimpse of individual Occupational Therapy Session ( [Video](#) )



# Arts and Music Therapy Now



A glimpse of StoryTelling Class ( [Video](#) )

# Life Skills Development Now

- ❑ Khushboo is attempting to continue Life Skill sessions in small groups as per age via zoom calls
- ❑ This has helped parents to a large extent to take care of their children under the guidance of the experts
- ❑ Each activity performed helps the child to develop motor skills, hand eye coordination, etc.
- ❑ **Khushboo is working on improving its new online sessions real-time depending on what works well and what does not**
- ❑ There are different activities organized for different age groups under Life Skills.
  - ❑ For small children, the sessions include identification of fruits, fingerprinting, poem, motor activities, color matching, art and craft, etc.
  - ❑ For children of age group 10+, trainable activities include academics, social skill, art and craft, etc.
  - ❑ For children in the age group 14 to 18 years, they are taught time and money concepts through different activities, vocational activity with paper bag making, etc.

A mother is helping her child fold clothes

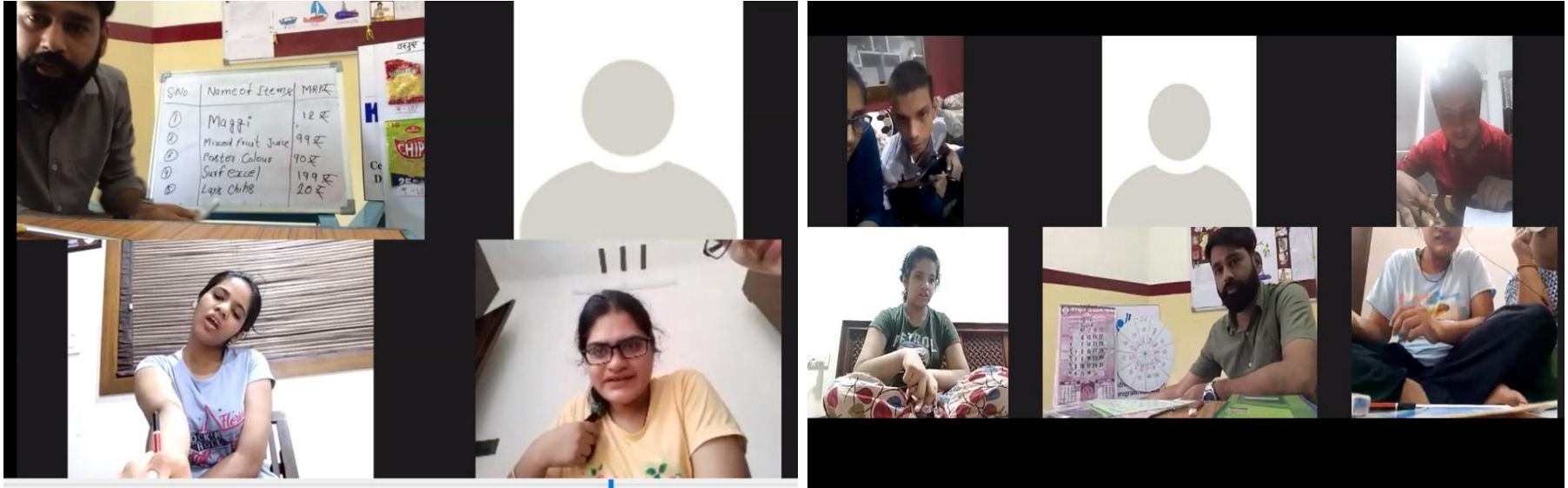


# Arts and Crafts Now



A glimpse of Art and Craft Session ( [Video](#) )

# Money Concept and Calendar



A glimpse of money concept and calendar session ( [Video](#) )



# Khushboo Online Services

Children engaged in meaningful activities at home



[Video](#)

Khushboo Online Services



[Video](#)

# Feedback of Parents



[Video](#)



[Video](#)



[Video](#)

# Links

- ❑ [Asha for Education Projects Page](#)
- ❑ [KWS Page](#)
- ❑ [KWS Facebook Page](#)
- ❑ [KWS Covid Response Page](#)

## What next for KWS ?

Khushboo is working on setting up of [a new residential facility](#) towards assisted and independent living for specially abled persons



**KHUSHBOO**  
*Concern, Care, Compassion*

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