Merry Christmas AND Happy New Year 2010
December 07, 2009

To, Vera Foundation, the Netherlands

May this

Merry Christmas

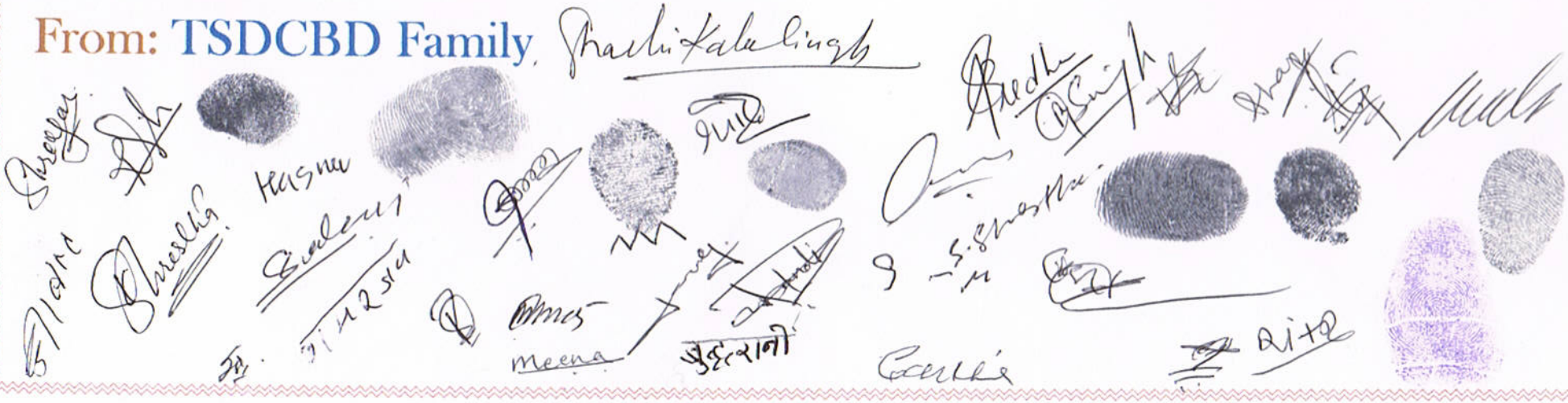
be bright and cheerful

and may the

Happy New Year

begin on a prosperous note!

From: TSDCBD Family



Interim Report 2010

To

Vera Foundation, NL

Technical & Skill Development Centre for Blind & Disabled

Nagaun, Kirtipur, Kathmandu

Nepal

P.O. Box: 2846

Telephone: +977-1-4330178/4333299

Email: tsdc@wlink.com.np /sing.tsdcbd@gmail.com Website: www.tsdcbd.org

INTERIM REPORT
(2010)

TSDCBD is one of the leading non-profit organizations in Nepal with the mission to improve the living standards of blind and disabled people in Nepal and promote in integration which is located at Nagaun, Kirtipur, and Kathmandu. TSDCBD is registered in Nepal Government (Reg. No. 295/2047), affiliation with Social welfare council (Reg. 338/2047) and Registered in PAN No.301905406.

TSDCBD conduct thirteen different courses and other supportive activities. Every six month a new group of students follow a maximum of three subjects. After completed the trainings, students able to start their job and own business work. Braille, sign-language, mobility, follow-up in education are also available for students. Additionally we provide medical services, such as surgery, physiotherapy and medication to our students.

After completion of the courses students receive a certificate. Some students (poor students) got kinds help (once time only) from Centre through IOR unit i.e. students receive chalk and candle dyes, knitting machines, computers, weaving machine, raw materials, mobile repair sets, incense stick etc.

Application procedure: - Many students from different part of country take part in selection process. Centre's targeted students are Blinds, Physical Disabled, Deaf, Slow Learner and Disadvantage people. We select students as per stated student's targets number in project application. In this regard, sometime we have many applicants in some training which is very hard for us as we have limit seat & equipment. In this case we advised to students to choose other training programs. We adjusted internally as per our projects, which is part of project management. We succeed to collect the number of students for all part of Nepal from very far western region to remote eastern regions. In this concern, District Development Offices's help is admirable. They make a notice to other local organizations of their District. This is best way to reach target group of Nepal.

Medical Care Program (support from Vera Foundation):

Main objective of this care unit is to eliminate preventable disabilities. The students who start our program will be screened on their disability. When they need, they will get one or more operations, physiotherapy and other necessary medical care. Proper public health care may be the beginning for the reduction of avoidable diseases, blind and disabilities. Such is the case for polio alleviation. In some cases of polio and primary disabilities, students need physiotherapy exercise. Some time they correct their disabilities after exercise. Some low vision students also improved their vision after getting eye exercise.

In this session, total 51 students benefitted. Among them 19 low vision and 30 physical disabled and 2 were slow learner. Low vision student got eye check and had exercises and eye glasses.

With coordination of Lion Club of Kathmandu, TSDCBD conducted Female Uterus Problem Checkup Camp. More than 400 female participated in the program. And among them only TSDCBD provided operation cost of 7 disabled female's uterus. In this program, Nepal Government also provided additional subsidies budget 12000/per female. Government subsidies budget made TSDCBD more professional in service provider to its target group.

Summary

S.N.	Name of students	Diagnosis	Before physiotherapy	After physiotherapy	Training
1	Bishnu Kumari shrestha	Post-polio sequel	Bishnu kumari is a 25 years old female from Jhapa District. She was suffered from high grade fever at the age of five years. She had weak muscles & atrophy on both legs. Also she had deformity on both ankle joint and she was walking difficulty with one stick.	After six months of physiotherapy she had performed muscle strengthening exercise, stretching exercise etc.. By doing these exercises, her weak muscle became stronger, correction of deformity on both ankles. TSDCBD provided a pair of forearm crutch with KAFO . Now she can walk properly with support of forearm crutch.	1)English language 2)Computer 3)Knitting
2	Ramesh Nepali	Spastic Diplegia	Ramesh is a 26 year old male from Sindupalchok District. He had tightness of both legs muscle since birth. He had gradually developed pain, weakness & decrease body balance. Also he could not walk properly.	During 6 months of period he did Muscle strengthening exercise, Balance exercise and Stretching exercise. By performing all kind of exercises, he increased muscle strength & body balance, decrease deformity & tightness on both legs. TSDCBD provided Cane. Now he can walk properly without pain.	1)English language 2)Computer 3)Mobile repairing
3	Tej kumar Ghale	Post burn contracture & right below knee amputation.	Tej kumar is a 25 years male from palpa District. He was burned by fire at the age of 3 years. Slowly his right leg became infected & he had cut his below knee. He had a problem of pain & muscle power weakness on right leg and he could not walk properly.	In six month long physiotherapy, he had performed muscle strengthening exercise & gait concept. After physiotherapy he had improved muscle strength & he can walk properly with support of below knee prosthesis.	1)Knitting 2)Tailoring 3) Chalk & Candle

4	Tanka Kumari Poudel	Right fibular Hemimelia	Tanka kumari is a 32 years old female from Ilam District. She had absent of fibula bone on right leg from birth. She had ankle goes to inward & pain on right ankle and she could not walk properly.	In 6 months of physiotherapy She had got strengthening exercise, stretching exercise & walking therapy. By doing all exercise She had increase muscle strength, correction of deformity & she can walk properly without pain.	1)English language 2)Computer 3)Knitting
5	Yami Magar	Spinal Cord Injury	Yami is a 21 years old female from Puthan District. She had tumor on spine at the age of 18 years & She did operation but operations not succeed. After that her both leg became paralyzed. She had problem Weak muscle & swelling on both legs, decrease trunk balance, deformity on both ankle joint. She had been using wheel chair for mobility with very difficult.	During six months of staying at TSDCBD, She performed Muscle strengthening exercise, stretching exercise, Balancing exercise. By performing all kind of therapy She had decrease swelling, increase muscle strength & body balance. Now She is mobile with wheel chair.	1)English language 2)Computer 3)Office Management
6	Netra maya thepa	Right Hemiplegia	Netra Maya is a 27 years old female from Kaski District. She was suffered from high grade fever at the age of 11 years. Due to this cause She had weakness, tightness and deformity on right hand and right leg. She could not catch heavy objects & could not walk properly.	After physiotherapy she had improved muscle strength, decrease tightness & deformity. Easily, she can catch the heavy object & walked properly.	1)Tailoring 2)weaving 3)Knitting
7	Sanju Karki	Post-Polio Sequel left lower extermity	Sanju is a 18 years old female from Sunsari District. She had high grade fever at the age of 4 years. She had a problem of atrophy & muscle power weakness on left leg, deformity on left ankle joint and she could not walk properly.	In 6 months of period She did Muscle strengthening exercise, stretching & walking therapy. By doing these therapies She had improved muscle strength, decrease deformity, control athorpy on left leg and she can walk properly.	1)English language 2)Computer 3)Office Management

8	Dambar Karki	Volkman's Ischaemic Contracture (VIC)	Dambar is a 18 years old male from Jumla District. He had felt down from the tree at the age of 1 months and his right hand became feature. He was put the plaster badly. So his right hand became infected. Now he had a problem of muscle power weakness on right hand, deformity on right wrist joint and he could not catch the heavy objects.	By doing strengthening, stretching and hand function activities. He improved muscle strength, decrease deformity; He can catch the heavy objects easily.	1)English language 2)Computer 3)Weaving
9	Puspa Darnal Darji	Congenital Right Club Foot & Kyphoscolosis on spine.	Puspa is a 27 years old male from Jhapa District. He had weakness on right leg & deformity on right ankle joint, kyphoscolosis of spine and he could not walk properly. He walked with bending spine.	During 6 months of period he did Muscle strengthening exercise, stretching exercise & walking therapy. By performing all kind of exercise he improved muscle strength, decrease deformity & he can walk properly.	1)Vocal 2)Computer 3)Mobile repairing
10	Tom Kumari Adhikari	Speech Problem & pain on both knees	Tom is a 26 years old female from palpa District. She was felt down from the roof at the age of 8 years. Since then she had lost her speech & muscular strength on both legs.	In 6 months of therapy She had taken muscle strengthening exercise & speech therapy. By doing these exercise She improved muscle strength & she got some simple speech therapy.	1)Tailoring 2)weaving 3)Knitting
11	Dhan Bhahadur Karki	Post-Polio Sequel Right lower extremity	Dhan bahadur is a 29 years old male from Gulmi District. He had got high grade fever at the age of 3 years and his right leg became very weak. Wastage of right leg, right leg is 2cm shorter then left leg. And he could walk with deformed legs.	By doing muscle strengthening exercise & walking therapy. His weakness muscle became stronger, control athorpy & he can walk properly.	1)English 2)Computer 3)Mobile repairing

12	Nanda Gopal Neupane	Post Burn Contracture on Left Hand	Nanda Gopal is a 23 years old male from kalikoat district.He was burned by fire at the age of 2 years. He had lost small finger, partial absent of ring, middle & index fingers. Since then he had a problem of muscle power & difficulty to do daily activities.	After 6 months of exercise he improved muscle strength & improved daily activities.	1)English 2)Computer 3)Mobile repairing
13	Pradip Gautam	Right Congenital telipes equino varus	pradip is a 20 years old male from Bhojpur District. Since birth he used to walk with bearing weight on dorso lateral bother of foot.	In 6 months of training period, he could walk little bit easily in comparative before.	1)English 2)Mobile repairing
14	Agni Dahal	Juvenile Rheumatoid Arthritis	Agni Dahal is a 19 years old male from Udapur district. He had suffered from high grade fever at the age of 12 years. Since then he had weakness of both legs and pain all joints. He had flexion deformity on both knee & hip joint. Deformity of back side of area & he had been using wheel chair for mobility very difficult.	In 6 months of period, She did Muscle strengthening exercise, stretching & walking therapy. By doing these therapies She improved muscle strength, decreased deformity & pain. Now he can move easily in one place to another place with support of wheel chair.	1)Tailoring 2)Vocal 3)Mobile repairing
15	Gyanu Maharajan	Brecial Plexus Injury on right hand	Ganu is a 28 years old female. She lived in lazimpate. She had damaged nerved in shoulder at the age of 2 years. She could not entire arm and all activities done by right hand.	She did intensive stretching & strengthening exercise. From that She improved her muscle strength & functional.	ex-student
16	Surya Bhahadur Magranti	Post-Polio Sequel left lower extermity	Surya Bahadur is a 20 years old male from Tanhau Distridt. He had got high fever at the age of 3 years. He had weak muscle on left leg. Deformity on left ankle, left leg is 3cm shorter then right leg & He could not walk properly.	After doing muscular strength exercise & walking education. His weak muscle became stronger & improved in mobility.	1)English 2)Computer 3)Mobile repairing

17	Sabita Khadka	Left Hemiplegia	Sabita is a 20 years old male from Sindupalchok District. She had tightness & weakness on left hand & leg since birth. Slowly her left hand & leg became deformed. So she could not walk properly & Could not catches the heavy objects.	After doing functional, stretching & strengthening exercise She had increase in muscular strength, decrease tightness & deformity. Now She can walk properly & She can catch the objects easily.	1)Tailoring 2)Chalk & candle 3)Knitting
18	Kedar Khadka	Spinal cord injury	Kedar is a 18 years old male from Rahudad District. He felt down from the tree at the age of 9 years. Due to this cause he had damage in spinal nerve. He had decreased body balance, tightness on hip knee & ankle joint. He had been using wheel chair for mobility with very difficult.	In six months of therapy he had doing strengthening, Anti spastic & balancing exercise. By doing these therapies he had increase in body balance & muscle strength, decrease tightness. Now he used wheel chair for mobility with very easily.	1)Tailoring 2)Vocal 3)Mobile repairing
19	Pratima Subabi	Blind & Weakness of muscle on whole body	Pratima is a 9 years girl. She had weakness on whole body from birth.	She came to physio section regulary & did functional exercise. Now her strength became little bit improved.	Early intervention
20	Sital Shahi	Head injury	Sital is a 13 years old girl. She was felt down from the stair at the age of 4 years also she had got bus accident at same age. Due to this cause she had got head injury. Now she had weakness on whole body, decrease body balance & lost her speech.	After doing physiotherapy she improved muscle strength, increase body balance & little bit changed in speech.	Early intervention
21	Makwana Tamang	Blind & weakness on whole body	Makwana is a 10 years old girl from Ramechap District. Her whole body was weakness, Hyper extension on both knees. Deformity on chest & both hand fingers, decreased body balance & she could not walk properly.	In 6 months of training, she performed strengthening exercise, stretching exercise, balancing exercise, walking training & play therapy. By performing all these exercise, her weak muscle became stronger, decreased deformity, increase baby balance & she can walk very much better than before.	Early intervention

22	Suresh Magar	Cereveral palsy	Suresh is a 9 years boy from Dholkha District. . He had muscle power weakness on whole body, decreased body balance & his all activities were delay compared by normal child.	After performed exercises, he increased muscle strength, body balance & he became active than before. Now He is back to his home.	Early intervention
23	Anjel DutthaRaj	Right hemiplegia	Anjel is a 10 years old female & she lived in Godawari. She had a problem on weakness of muscle on right hand & right leg, tightness on right side of whole joints, difficulty to do daily activities. She used her left hand for activities of daily living.	After exercise her right side of muscle became stronger. Decrease deformity & tightness, Improved all activities, also she used to eat by right hand. Now she is studding in Namuna Machandra School.	Early intervention
24	Smrika Gautam	Bind & Thin body	Smrika is a 7 years old girl from pokhara. Her whole body was very weakness and poor body balance & coordination.	During training period She performed play therapy & muscle strengthening exercise. By getting these exercise she had increase in muscle power on whole body. Now she is studding in laboratory school.	Early intervention
25	Manu Gautam	Blind & Obesity	Manu is a 9 years old boy from Hetauda District. By birth he is blind. He was very fat & he walked difficulty.	In physiotherapy class he did different types of exercise. By these activities he improved body balance, decrease his weight & walked comfortably .Now he is studding in Beratnagar school.	Early intervention

Other Trainings & Activities

Computer Training: Targets as stated in project proposal for half year 2010 were 38, 15, 3 and 4 of visually impaired, disabled, slow learner and poor receptivity. In the first session, we had 36 visually impaired, 15 disabled, 3 slow learner and 5 poor.

We also conducted two times ICT (Information & Communication Technique) Trainings for the ex-students (whom already completed computer training in Centre) with in a session (Jan-Jul 2010). In the training, we had total 14 visually impaired students (among 6 were low vision).

English language: Target numbers of student were 26 (15 visually impaired, 7 physical disabled, 1 slow learner and 3 poor) for Jan-Jun 2010. We had 12 visually impaired, 8 physical disabled, 1 slow learner and 4 poor (in total 25). All students learned written and oral skills in English. And also increased the students' self confidence by participating different competitions, like essay writing, speech contests, drama etc.

Office Management & Secretary Training: We stated 15 visually impaired 7 disabled, 1 slow learner and 3 disadvantages as target for Jan-Jun 2010 session in project application. We had in total 24 students (14 visually impaired 6 disabled, 1 slow learner and 3 poor students). They learned daily activities of office i.e. software knowledge, correspondence, accountancy, and general communication skills.

Chalk & Candle Making Training: In this period, we had 22 visually impaired, 7 physical disabled, 3 slow learner and 1 poor in this training. Chalk and candle making is a popular course among the blind & disabled as this is an easy process which can be done easily by the blind and disabled alike normal.

Art and Clay Work, Incense Stick Making: In this training, we had 11 visually impaired, 3 physical disabled, 1 slow learner and 1 poor. In total there were 16 students. As per project application 2010, visually impaired student’s number is more as stated target.

Students taught to express themselves by using clay (by imagination themself). And also learned to make masks and incense stick making. In this session, chalk and candle's students also got incense stick making training.

Music: Targets as stated in project proposal for half year 2010 were 27, 9, 1 and 2 of visually impaired, disabled, slow learner and poor respectively. In this session, we had 27 visually impaired, 10 disabled, 1 slow learner and 1 poor. Music is the popular training in among visually impaired people. In six months they got vocal training followed an instrument of their choice. In the last month they organized a musical program or concert in centre's certificate distribution day.

Knitting: In this session, we had 25 students. Among them 17 were visually impaired, 4 were disabled, 2 slow learner and 2 poor. Targets as stated in project proposal for half year were 17, 6, 1 and 2 of visually impaired, disabled, slow learner and poor respectively. Knitting can be done by the blind and disabled and demand for woolen products is secured due to the cold winters in this area especially in mountain part of Nepal. With a small investment or often with help of centre, students able to buy a knitting machine and start their own business.

Mobile Repair Training: In this, we had 11 students. Among them, 6, 3, 1 and 1 of visually impaired, physical disabled, slow learner and poor. They completed 1st phase of training for a period of three months in which they learned how to identify problems, and basic mobile maintenance tasks (e.g. dial tone, disconnection, putting music and programming in phones and sound testing.). After 1st phase , students progressed to phase 2 advanced course where they trained in hardware maintenance and software issues, like programming, music and photo input, photo printing. This training demonstrated how blind and disabled can achieve good results by working together; the disabled will mainly focus on the repair side of the project, while the blind will work in the customer service area.

Tailoring Training: In this session, we had 6 students. Among them 4 were visually impaired, 1 disabled and 1 poor. Targets as stated in project proposal for half year were 3, 1, 1 and 1 of visually impaired, disabled, slow learner and poor respectively. Tailoring is important in daily life for everybody; it can be secured due to the good market. With a small investment, students were able to buy a sewing machine and start their own business. Blind can do partial tailoring work and need help other disabled/family member in integrate way.

Weaving: In this session, we had 12 visually impaired, 6 physically disabled, 1 slow learner and 2 are poor student. According to target number in project application 2010, we had to meet 12 visually impaired, 5 disabled & deaf, 1 slow learner and 2 poor. This show that we meet targeted number as stated in application 2010. After three months of training they started to make tablecloths, mats and clothing under the supervision of trainers.

Internship Occupational Rehabilitation: As per stated in project application 2010, targets was 34 (21 visually impaired students, 8 disabled & deaf, 2 slow learner and 3 poor). In this session, we had 34 students (21 visually impaired 7 physical disabled & deaf, 2 slow learner and 4 poor) in IOR. In total 15 IOR's groups were able to stand on their own feed (i.e. free from centre's support). They all are happy and earn money. They also help their family to sustain economically and live with prestigious life in community.

During the period of IOR, we provided mobile repairing kit set with computer set to one group (4 ex-students). They open mobile repair shop in Karve District (north eastern part from Kathmandu). Eight ex-students got incense making materials with equipment. They are now making incense stick in their hometown village. Similarly we provided chalk dyes and raw material to two group and are making chalks in their home.

In this program students will be followed and will get extra help in the first crucial months after the training. We provide help in the form of capital or goods. Some

of our students get chalk& candle dyes/knitting or weaving machine. Others get a small amount of money to buy the materials to start candle making.

In this program we buy the products from (ex) students. We do a quality check and pay them a fixed price for their product. Depending in the needs of the students we do this for 3 to 12 months. By providing this service, ex-students had income security for a certain period after the training. After this period they have developed their skills sufficiently and are able to stand on their own feed.

Embroidery: In this session, we had 6 students. Among them 3 were visually impaired, 2 were disabled and 1 poor. Targets as stated in project proposal for half year were 3, 2, 1 and 1 of visually impaired, disabled, slow learner and poor respectively.

Upgrading Training to Teachers: Centre provided candle making advance training to Narayan Pajapati, clay teacher; Subrana Manadhar, chalk and candle making teacher for one month (March 2010) in Centre by experts. Similarly, knitting teacher got refreshment cum upgrade training design management in knitting training.

In summary, in this session Jan-Jun 2010, we had 322 (206 visually impaired, 73 physical disabled, 17 slow learners and 26 disadvantages) total project wise students. As per target stated in project application 2010 for Jan-Jun 2010, we should meet not less than 296 total project wise numbers. Regarding the net benefited students, in this session, we had 172 students (total visually impaired 105, 48 physical disabled, 7 slow learner and 12 poor). Among them 49% were female.

Sign Language: Some of our deaf students don't know sign language. We gave training to them at the centre. It is supportive training. In this session we had 4 students in sign language course.

Braille Training: This is the supportive training for visually impaired students who don't know Braille language. We had 3 students.

Mobility training for the visually impaired: Some of our visually impaired students are not experienced in walking around their house and walking at all. We train them to be able to move around themselves. We had 20 students and 7 teachers involved in this training program. As per requirement, teachers were also getting training in mobility course.

Educational help to children: Some of the children of our students, due to the handicap of their parents, need some extra help to go to school. We help them financially or otherwise to follow a normal school. As previous year, this year, we are arranging follow up education to Meena Chaudhari, Prava Mararjan and stationary, books support to Bishnu's (blind) son.

Lilliyane Support to Differently able people for education in out side's schools: From support of Lilliyane Foundation, nl, we supported 14 differently able people. We are giving education support to 10 visually impaired children.

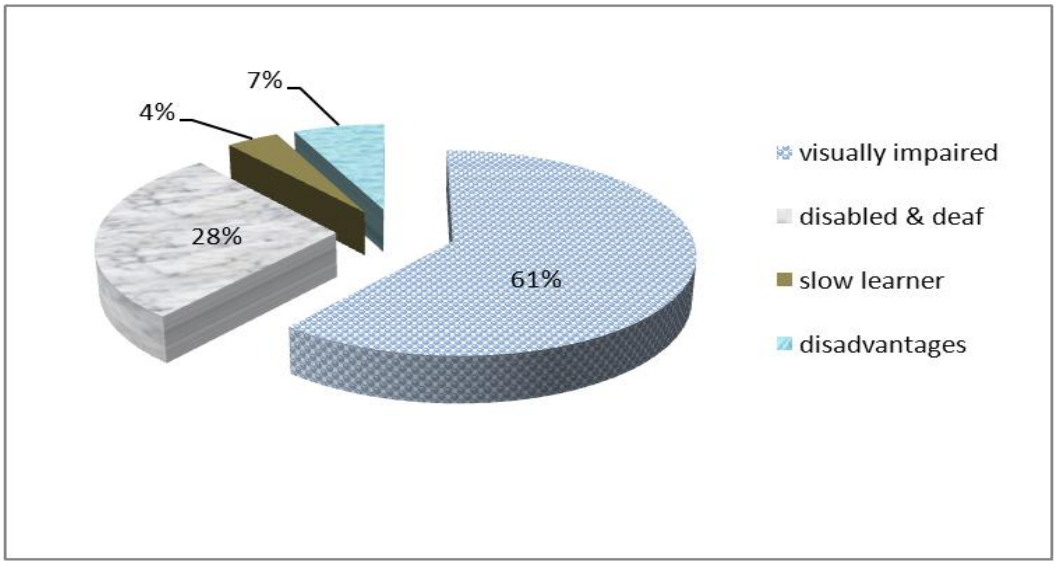
Statistics:

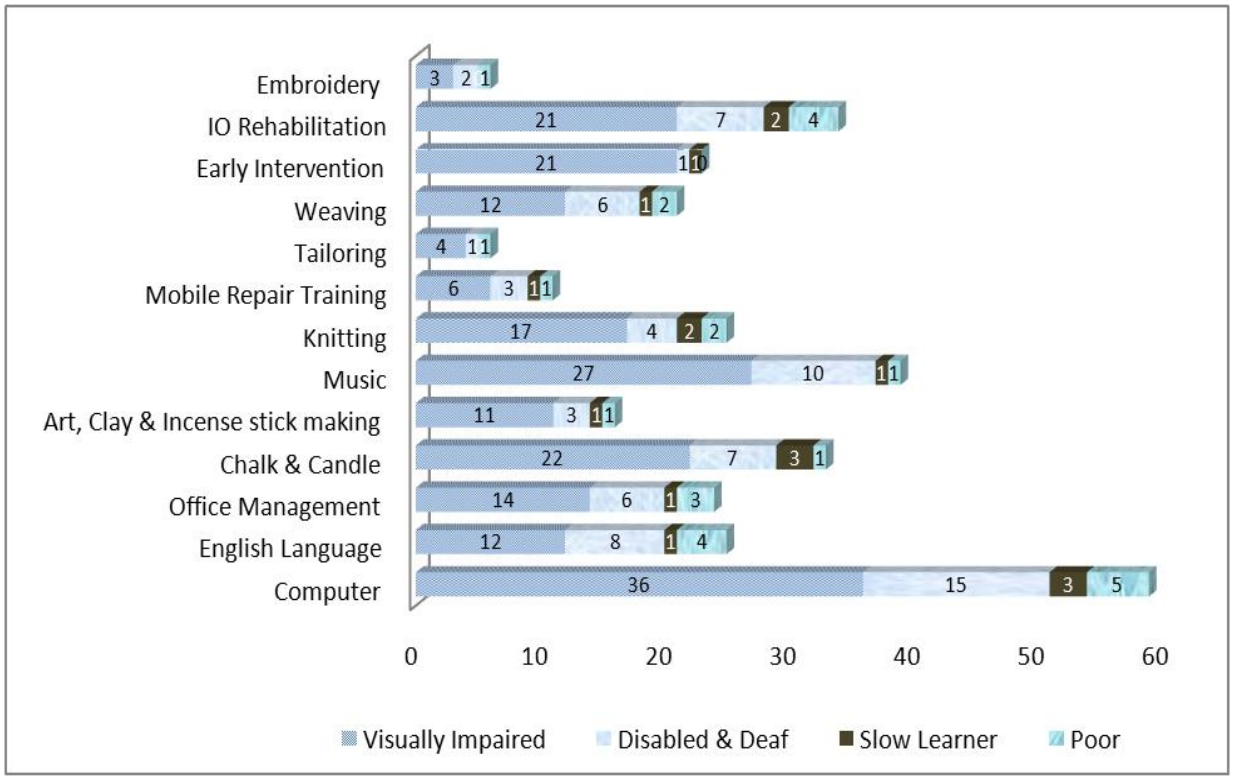
Total students in Jan - Jun 2010

S/N	Name of Projects	No. of Stud.	Visually Impaired			Disabled & Deaf	Slow Learner	Poor
			Blind	Low Vision	Total			
1	Computer	59	24	12	36	15	3	5
2	English Language	25	6	6	12	8	1	4
3	Office Management	24	9	5	14	6	1	3
4	Chalk & Candle	33	14	8	22	7	3	1
5	Art, Clay & Incense stick making	16	5	6	11	3	1	1
6	Music	39	15	12	27	10	1	1
7	Knitting	25	10	7	17	4	2	2
8	Mobile Repair Training	11	2	4	6	3	1	1
9	Tailoring	6	1	3	4	1	0	1
10	Weaving	21	8	4	12	6	1	2
11	EI	23	9	12	21	1	1	0
12	IOR	34	11	10	21	7	2	4
13	Embroidery	6	1	2	3	2	0	1
	Total	322	115	91	206	73	17	26
	Students in Percentage (%)	100%	35.7	28.3	63.98	22.7	5.3	8.1
	Net Benefited Students	172			105	48	7	12
	Male	51%						
	Female	49%						
Other Activities								
14	Vera Medical Help	51	3	16	19	30	2	0
15	Help through Lilliyane Fondant	14	4	6	10	2	2	0
16	Sign Language	4	0	0	0	4	0	0
17	Braille Training	3	3	0	3	0	0	0
18	Mobility Training	20	10	6	16	4	0	0

Note: * In addition to this we conducted Information & Communication Training (ICT) for the ex-students. We had 14 ex-students in this training, among them 6 ex-students (2 blind and 4 low visions) in period Feb to Apr 2010. Similarly 8 ex-students (6 blind and 2 low vision) completed in period May to June 2010

* involve teacher in mobility training


7%
4%
28%
61%
visually impaired
disabled & deaf
slow learner
disadvantages


Embroidery
IO Rehabilitation
Early Intervention
Weaving
Tailoring
Mobile Repair Training
Knitting
Music
Art, Clay & Incense stick making
Chalk & Candle
Office Management
English Language
Computer
0
10
20
30
40
50
60
Visually Impaired
Disabled & Deaf
Slow Learner
Poor

Physiotherapy

Bishnu Kumari Shreshta; got Foram Cane Set and KAFO

Ramesh Nepali; got Cane

Early Intervention Course's children are in Physiotherapy

Taj Kumar Ghola; artificial leg

Uterus Problem Female in Doctor's checkup