

ARUNIMA: A PROJECT FOR PERSONS WITH AUTISM

# NEWSLETTER



Dell

2019-2020

394, SINAULA, DEHRADUN 248003

ARUNIMA ANNUAL REPORT 2019-2020



## World Autism Awareness Day at Arunima

At the start of our annual year in April 2019, **ARUNIMA** celebrated **World Autism Awareness Day** with a special guest. Radio Jockey, Kaavya and his team from RED FM Dehradun joined us in our celebration.



For the first time ever, ARUNIMA worked side-by-side with the national platform of Red FM Radio to share and raise awareness to the general public about Autism. We were given the opportunity to share the work we do as an organization with the general public.

The day was very eventful, full of music and singing. Joining up with a popular radio station gave us the chance not only to raise awareness, but also for our Friends to participate on the radio!

## Art at ARUNIMA



In July 2019, **ART 1st** took the initiative to volunteer with us here at **ARUNIMA** where they provided ART training sessions for our Staff and our Friends. These sessions took place over a week where both staff and Friends learned various aspects of how art can be used as an expressive mechanism in our everyday programming.

We were so excited as to how well our Friends were responding and expressing themselves through these art activities, that in February 2020, ARUNIMA hosted a second workshop with Art 1<sup>st</sup>.



## Poly House at ARUNIMA



ARUNIMA received a donation from GANGA ACRO WOOLS to build our very own Poly-House. Today, our Friends enthusiastically enjoy and participate in maintaining the vegetables and plants that are growing on the ARUNIMA Residence's Terrace. The Poly-House has given us all the opportunity to learn and partake in healthy and wholesome agriculture. Being able to grow and eat our own food is not beneficial only to us, but to the world around us too.



## Cooking at ARUNIMA

The Training Kitchen was another amazing addition to our ARUNIMA programming facilities, possible by an incredibly generous donation.

In the last year, we have had the opportunity to build a fully equipped commercial kitchen.

This kitchen now provides our Friends the perfect platform and environment to enhance their cooking skills and interests. We have cooked-up various Indian savouries', festive dishes and bakery items.

Our kitchen has become a regular part of our daily programming, and also allows Friends to partake in meal preparation for their own meals on a daily basis.

In addition to all this, the kitchen has inspired the love of cooking and food for some of our friends. In fact, some Friends have undergone special training sessions at one of the city's bakeries, in the past.



## Jobs at ARUNIMA

“Equal Opportunity offered and grabbed.”



Independent work is something that is really promoted here at ARUNIMA, be it during our daily programming at the training centre or through our housework at the Residence. All of our Friends and staff participate in activities on a daily bases to provide our Friends with life-skills, purpose, and independence.

It is always a moment of pride when our Friends are able to take those skills and use them outside ARUNIMA. In November of 2019, Friends from ARUNIMA applied to CYNET SYSTEMS, an international organization with a base in Dehradun focusing on job placements. CYNET has taken a strong initiative in advocating for ‘Neurodiversity in the Workplace’. Having jumped at the opportunity, our Friends completed the proper hiring process, and then were offered positions!

For the last five months, our Friends have acclimatized themselves within the working ethos of the organization; and what’s more is that the company’s representatives have shared positive feedback about our Friends too!

## Job Training at ARUNIMA

Apart from our Friends who currently hold jobs in the community, ARUNUMA is fully committed towards its mission in providing similar opportunities to all our Arunima Trainees.

We are holding true to our mission by implementing and promoting good work habits by nurturing skills and providing in-house training to our Trainees. Currently, our daily programming includes various vocational and training modules to our Trainees to develop said skills.

Staff teachers focus on designing Individualized Development Plans (IDP's) as per the Individuals requirements. Throughout the training process, Trainees are closely monitored and analysed in order for staff to understand the individual's learning patterns. Following which, specific training is scheduled for each Trainee as per their need. Throughout the process, staff and Trainees work together to achieve the required learning outcomes.

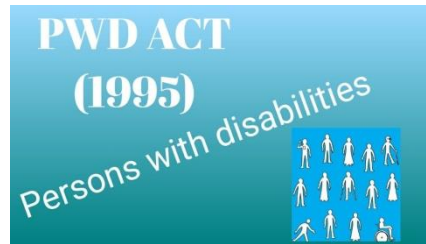


There are other organizations we are in contact with, and vice versa who are happy willing to be associated with **ARUNIMA**, also we can proudly say that, our service users are also working with full enthusiasm and in synchronization to achieve the desired common outcome.



## Being Officially Registered

We, as an organization, have always held strong to our fundamental values in providing our Friends and staff a safe and respectful place to live and work. In the past year, we have worked hard at fulfilling the many legal requirements in order to be officially classified as a Government registered non-profit organization; specifically under the ‘Persons with disabilities’ section.



## Swimming at ARUNIMA

At ARUNIMA, we believe it is very important to maintain a holistically healthy wellbeing; this includes being physically active too.

Swimming is known to be a rewarding activity for individuals with autism as it provides a therapeutic means to promote sensory balance.

Lastly, we have also found that through swimming, our Friends are given the chance to interact socially while being physically active.

In the month of June, ARUNIMA was faced with a challenge of inclusion as the academy prevented our Friends from using the pool. It was after much work and intervention from the media, the Uttarakhand Disabilities Commissioner, Major Yadav, and ARUNIMA, that our Friends were allowed to return back and enjoy swimming.

Throughout this fight towards inclusion and acceptance, we were supported by a number of social and non-social organizations as well as individuals from all over India. And now, we are proud to say that we've returned back to swimming our laps and splashing each other every chance we get!



## Independence Day at ARUNIMA



Like every year, **Independence Day 2019** was celebrated with full zeal and enthusiasm. This year we had the honour to have Major Yadav, Uttarakhand's Disability Commissioner, as our Chief Guest for the occasion. We couldn't have thought of a better way to celebrate India on this day because Major Yadav also took the opportunity to share with us the various positive disability reforms currently taking place around us within our community.

## ARUNIMA at Peru

In November, a team comprising of not just staff, but Friends and parents of Friends from ARUNIMA attended a training in Peru, South America with Centro Ann Sullivan Del-Peru (CASP). CASP is an organization which works with individuals with different disabilities.

Being in Peru provided all those who attended with an excellent opportunity to learn new techniques and methods as to how to work with and respond to various behaviours in different situations. Our staff were then able to bring these various new aspects back to ARUNIMA for our other staff and Friends to use and learn.



**¡Welcome friends from India!**

Together, we make the impossible, possible



## Christmas at ARUNIMA



In December, ARUNIMA celebrated Christmas the best way we knew how, together and full-on. Staff and Friends decorated and cooked together to make the day a special one. In the perfect ARUNIMA way, we had loud music and a dance party to bring everyone to the dance floor to burst out the best moves.



## COVID-19

With the outbreak of the Corona virus and the precautions taken by the Indian Government, ARUNIMA too was forced to act fast in protecting our staff and Friends. By the 17<sup>th</sup> of March, most of our Friends from ARUNIMA returned back to their homes to be with their parents.

ARUNIMA has been running since then with seven Friends, most of whom were prevented from travelling because of the flying-travel bans.

The ARUNIMA Training Centre has been shut down and the seven Friends along with seven staff have all moved into the Residence. Everything, from vegetable cutting and cleaning, to daily programming and exercise are all done in-house.

While we do not know how long this quarantine will last, we are staying positive and taking all necessary preventive measures to avoid any aversive situations.



# ARUNIMA ANNUAL REPORT 2019-2020

## ARUNIMA-THE GATEWAY TRUST

### INCOME AND EXPENDITURE STATEMENT: 1 April 2019-31 March 2020

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This newsletter is greatly delayed, and like people around the world, we feel like we are playing catch up in this new normal. So much has happened since we started putting this together, and it will soon be time to send out the next one!

Do visit our website [www.projectarunima.org](http://www.projectarunima.org) as well as our FB page, to keep up with what we are up to.

Till the next time

Stay Safe and Healthy!