

Narrative Report 2016-2017 of Down Syndrome Society Nepal in collaboration with Projecten Nepal

Project Information

Country: Nepal

Partner Organization: Down Syndrome Society Nepal (DSSN)

Down Syndrome Society Nepal (DSSN) has established on 2010. DSSN is working in the field of gaining rights for the people with Down Syndrome and intellectual disabilities, raising awareness and improving living standards of people with Down Syndrome and intellectual disabilities. DSSN is conducting various programs in different sectors annually to fulfill its objectives. In this process, the people with Down syndrome and intellectual disabilities and their parents have been organized and the awareness level regarding the rights of the people with Down syndrome and intellectual disabilities has been raised to a Community level. While even the parents were unaware regarding this issue in the past but now with the activities of DSSN, the parents and also the locals understand about the rights of the people with Down syndrome and Intellectual disabilities.

It is our pleasure to mention that Satyam day care centre for people with Down Syndrome intellectual disabilities in the Kathmandu district has been established even before the establishment of DSSN. The Center was established on 2006. DSSN has played the key role to keep the Satyam Day Care Center under the Down Syndrome Society Nepal after registered it under the government office.

At the beginning DSSN has run with the help of well wishers with no donation and contribution any other foreign donor. Likewise Satyam Day Care Center was also run by small support of our friends and well wishers.

Changes made after the support from RAMRO and Projecten Nepal.

There was only two teachers (1 teacher and 1 assistant) and 24 Children with Down Syndrome and intellectual disabled with the limited activities.

Now we have 6 teacher and 2assistant working in the Satyam Day Care Center. Out Activities has also increased. New activities are Housekeeping Training, Physiotherapy, Speech Therapy, Self Help program, Vocational Greeting Card program, Music and

Dance Program. Now 30 Children are benefitted from these services. Slowly children are trained on the following activities:

Self Help Skills: Adult helps in the kitchen cutting and chopping vegetables

Even small children learn to eat by themselves

After lunch children brush and clean their hand by themselves

Every day 26-30 Children are coming to the DCC for each day to collect appropriate educational and life skill lessons in the DCC.

Teacher has also learned the following Skills

- Learned to support students in the most effective ways possible
- Learned about students' strengths and interests, build on them, and incorporate them into different lessons
- Praise students for effort and provide feedback on their progress
- Provide demonstrations and use visual aids (pictures/gestures) rather than only providing verbal instructions
- Involved students in clubs or other social activities
- Teach and demonstrate adaptive skills such as social skills and self-help skills (e.g. cleaning up after oneself, having a job in the classroom, putting on own cloth, packing up one's belongings)
- Learned to keep an open relationship with students' parents and let them know teacher are there to answer questions and support their child.

Housekeeping Training: Our four your adult boys has been trained in the housekeeping. With the help of professional team members at Silver Mountain College of Hotel Management, our trainee always had the eagerness to join the training program. By this training program we have come to know the strength and ability of our trainee and also we have understood how parents support can impact on the role of our trainee.

During the raining they learned Housekeeping Class - flower watering, Cleaning, wiping, dusting, Mopping, dusting, flower watering Booming indoor and outdoor and washroom cleaning , runner booming, Flower watering, carpet brushing and store care.

Among four students 2 of the adult student are working as a part time in restaurant and 1 is working in Down Syndrome Society Nepal's office and 1 is working in Satyam Day Care Center.

Music and Dance Program:

Music and dance encourage increased engagement and provide the stimulus for the processing, assimilation and recollection of information for learners with Down Syndrome and intellectual disabilities. Music has also been found to be effective in improving and capturing the attention of a learner so that Children acquires a sense of control and is able to create a routine, which is essential for academic success. Music and dance also bring out creativity in learners with Down Syndrome and intellectual disabilities, which contributes to enhanced self-awareness, self-expression and self-esteem. Now children start to perform in front of the audience. Children learned to work in a group and help and support each other. Children improve socialization skills.

Vocational Activities:

After participate in Vocational Card Making program Children develop critical-thinking skills and make decisions about what works and what doesn't on their own.

By learning to paint, children gain a skill which they can be proud of. It gives them a foundation to look at the world with the confidence they can accomplish a goal. The response they get from others in regard to their work has boosted their self-confidence. From on 2016 Children start to make greeting cards and sale in a minimum price. Money which collected from the cards has been use in different activities.

Parents Group:

Down Syndrome Society Nepal with the help of Projecten Nepal has formed Parents group of Down Syndrome in three different districts. The main objective of formation of these parents group is to share their knowledge to each other and make awareness among the local authorities.

Other Activities organized by DSSN

- **Sports** : on the occasion of world down syndrome day DSSN organized Friendly sports Tournament. 30 children with Down Syndrome and intellectual disabilities has participated in the game.
- **Walkathon:** Likewise DSSN has organized Walkathon on 21st March. About 200 people with disabilities and representatives of likeminded organization and concern authorities has also participated. The aim of World Down Syndrome Day is to raise awareness of Down Syndrome and sensitize society

to the measures required to augment a better and independent future for the these children.

- **Inclusive cultural program:** Dance and Music classes help children to show their hidden talents in front of the audience and friends of disabilities sectors. Children dance with their siblings.
- **Excursion Program:** From the benefit after sealing greeting cards first time DSSN took Children on a excursion visit outside the Kathmandu valley. Children along with their parents, Teachers excursion visit at Pokhara has organized. It was a great experience together with the children, Parents and teachers. Children enjoyed a lot. We will continue this time of program on the coming days.

The Down Syndrome Society Nepal would like to thanks Ramro and Projecten Nepal for your coordination kind support and assistance to sustain our activities for the children with Down Syndrome and intellectual Disabilities to a better and independent future.