

Trishla Foundation's

VISION

DOCUMENT





MISSION

*“Our mission is to
integrate every child with
Neuromusculoskeletal
disability especially
cerebral palsy in the
mainstream of society by
providing comprehensive
rehabilitation care.”*

Trishla foundation was registered on 12th April 2014 with the purpose to broaden the horizon of rehabilitation and social development of the children suffering with various physical disabilities. Our chairman Dr. J. K. Jain is carrying out all the activities since 2005 without any Government financial help. Main aim of Trishla Foundation is to provide advanced rehab facility to all children affected with various physical disabilities and also to create an awareness in public about recent advancement in treatment of various congenital orthopaedic disabilities & cerebral palsy. Trishla foundation is an organization with the aim to provide all kind of medical, surgical and rehabilitation facilities to such children irrespective of their socio-economic status. The Foundation has been very successful in achieving the goals since its registration. Currently, it is planned to expand the horizon of the foundation by creating more lodging facilities and advanced rehab centre.



Trishla Foundation

What is cerebral palsy?



Cerebral palsy is a group of neuromotor problems characterised by lack of efficiency in ambulation, vision, speech, hearing, immunity, epilepsy, feeding & growth etc. It is the most common cause of severe physical disability in children. It occurs because of any “insult to brain” between foetal life and

upto 2 years from birth. Problems like severe jaundice, intrauterine infection, trauma, genetic problem, hypoxia and many unknown causes can cause insult to immature brain at early age. Low weight & premature babies are more prone to cerebral palsy. These children are unable to achieve “developmental milestones” as other growing children. These children can be identified at early age by identification of the above mentioned history, delayed milestone, delayed social smile, abnormal reflexes, and abnormal tone like increase or decrease in tone, abnormal movement, abnormal growth pattern and delay in ambulation. Brain insult is static but their disabilities can increase, decrease or remain as such depending upon environment and treatment intervention. With early intervention by multimodal therapeutic approach, more than 80% children can have good quality of life. These children need medical care by team of medical & rehab specialists which include physiotherapists, occupational therapists, speech therapists, special educators, orthopaedic surgeon, neurologist, paediatrician etc. Cerebral palsy can't be cured but we can decrease the disability to an extent that those affected can be integrated to main stream schooling & society. They can have professional degree, can have job, marry and live a long life.

**No. of CP affected person in****World : 17 millions****USA : 0.76 millions****India : 3 millions****Incidence : 1.5-4/1000
live birth**Source: worldcpday.org/ucp.org

Cerebral palsy (CP) is the most common neurologic disorder of childhood. Prevalence of cerebral palsy is around 1.5-4/1000 live births. Worldwide more than 17 million people are affected with cerebral palsy. In developed countries many advance facilities like institutional care to these children, proper documentation, gait labs, social

security, integrated education, and training in advanced rehab modality & continuous research are the key to good health of these children. In the last two decades many new rehabilitation techniques have been developed which has resulted into better living quality of life of these children.

In India, around 30 Lac children are affected by this problem. Most of them remain disabled

throughout life due to lack of awareness in society regarding this problem and also due to lack of an advanced rehab care. In India it is commonly taken as a God curse and is associated with mental retardation (where in actual MR is only in around 33%) with a belief that such children can't be successful in life. Lack of clear-cut guidelines especially

for employment, long period of rehabilitation, requirement of dedicated effort & hard work of all people involved, low research activity, lack of training centers for therapists & specialists in advance modality of rehabilitation, inadequate facilities for life time care, presence of very few specialized centers & very late result makes the situation worse.

**Why do we need
Trishla Foundation?**

Individual affected with cerebral palsy can have persistent problem for whole life so they need continuous multidisciplinary help. In India we have lesser number of dedicated centers for these children and that too do not treat them in a comprehensive manner. In last two decades worldwide much research has been done for betterment of these

children but in India it is still lacking. Our social structure & need of society is totally different from western world. With our 13 years experience in this field we found that we can change the quality of life of these children by providing comprehensive rehab facility with new innovative thought and ideas. With this background, we felt the need of a world class research institution cum rehab center cum research institution which can go long way to improve the wellbeing of these children.

Dr Jitendra Kumar Jain, Founder & President



A Medical Graduate Dr. Jitendra Kumar Jain attained his Post-Graduate Degree, MS Orthopaedics from Post Graduate Institute of Medical Research (PGIMER), Chandigarh & DNB in orthopaedics during his senior residency at Govt. Medical College Chandigarh. He devoted himself in managing all challenging orthopaedic issues related

with early childhood especially cerebral palsy for last 15 yrs. He had Experience of managing more than 50000 children with cerebral palsy & orthopaedic problems. He is also Secretary & founder trustee of Samvedna since its formation. (20th December 2005).

Dr Jain visited all over the country, attended conferences (60), advance training programs in India & abroad (30) & organized awareness camps (142 in 12 states), conferences, workshops & CMEs (22) & press meets. These approaches helped aware families with special children about the disability their children have and also gave them direction to the right treatment. Managing all these activities without any support from any NGO or Governmental funding agency highlights his selfless service to the society.

He has also contributed to the academic arena by delivering lectures (62) on different aspects of pediatric disability & cerebral palsy in more than 50 state, national & international academic meetings, in conferences and publishing research papers in reputed journals & health magazine.

The services of Dr. Jain to society have been duly appreciated. The awards conferred on him includes Dr Bhagwan Das Memorial Award (2001), Prayag Gaurav Samman (2011, 2015 & 2016), felicitation by University of Allahabad on 26th Jan 2016, State award by Government of Uttar Pradesh for his individual efforts in 2014 as well as to Samvedna in 2012 along with various other awards. His mission for social contribution is already being recognized in most of the national print, electronic & social media. **He has devoted his personal & professional life to fulfil his dream of making a "Trishla CP village" in which world class rehabilitation can be provided to children affected with any kind of locomotors disability.**

Dr. Varidmala Jain, Secretary

MD Community Medicine MLN Medical College, Allahabad. PhD Public Health (Epidemiological study of medico-social aspects of cerebral palsy). She has worked as Assistant Professor in Faculty of Health Sciences SHUATS and as Assistant Professor, Dept. of Community Medicine, MLN Medical College, Allahabad. She is trustee of Samvedna since its formation and an active social worker. She has resigned from government service to devote her professional life to needy children.





TREASURER

Mr. Alok Singh
Deputy Jailer, Govt. of UP,
Executive officer of Samvedna
Trust, from 2010-14



TRUSTY & MENTOR

Prof. A N Varma
Ex. Head of Department of
Orthopaedics, MLN Medical
College, Allahabad.



TRUSTY

Mr. Ramashankar Shrivastava
Aaj Dainik newspaper,
Allahabad, Senior Journalist, 33
years experience in Journalism



TRUSTY

Mr. Shailendra Singh
Chairman of Sangam Transport &
Sangam housing board,
Allahabad

Advisory board

- ✍ Shri Desh Raj Mishra, 'Guru Ji', Allahabad UP.*
- ✍ Sant Karnail Singh, England.*
- ✍ Justice Mr. B. C. Kandpal, Ex. Chief Justice Uttarakhand*
- ✍ Dr. Milan Mukherji, Senior Physician & President, Prayag Sangeet Samiti, Allahabad UP.*
- ✍ Mr. Khilimal Jain, Ex Commissioner Disability, Govt of Rajasthan, Alwar, Rajasthan.*
- ✍ Dr. Sandeep Malhotra, Allahabad UP.*
- ✍ Dr. Kavita Agrawal, Allahabad UP.*
- ✍ Mr. S N Gupta, Bharat Vikash Parishad, Allahabad UP.*
- ✍ Mr. Kamlakant Pandey, Executive Member, Sakchham, Allahabad UP.*
- ✍ Mr. B R Sharma, Panchkula Hariyana.*
- ✍ Dr. Md. Qadeer, Allahabad UP.*

Associate Social Worker & Volunteer

- ✍ Mr. Amit Gupta, Amit Constructions Ltd. Allahabad UP*
- ✍ Dr. Santi Choudhari, Allahabad UP.*
- ✍ Dr. Arvind Shrivastava, Allahabad UP.*
- ✍ Mr. Ajai Yadav, Proprietor, Parvati Hospital, Allahabad UP.*
- ✍ Mr. Rajesh Mishra, Chartered Accountant, Allahabad UP.*
- ✍ Mr. Rishi Kohli, Chartered Accountant, Allahabad UP.*
- ✍ Mr. Sanjai Kumar, Advocate, Allahabad UP.*
- ✍ Mr. Baburam Yadav, Advocate, Allahabad UP.*
- ✍ Mr. Gopal Arora, Allahabad UP.*
- ✍ Sanjeev Gupta, Exe. Engineer Allahabad UP.*
- ✍ Dr. Anita & Ajai Agarawal, Bareilly, UP.*
- ✍ Mr. Ramesh Lalwani, Varanasi UP.*
- ✍ Mr. Vijai Kedia, Kanpur UP.*
- ✍ Mr. Vimal Kumar Agarwal, Dhanbad Jharkhand.*
- ✍ Kuldeep Dhanda, Chandigarh, UT.*
- ✍ Dr. Milkiat Singh, Ludhiana Punjab.*
- ✍ Mr. L K Sharma, Panchkula Haryana.*
- ✍ Mr. Neelam Jain, Rajnandgaon, CG.*
- ✍ Mr. DL Tiwari, Jabalpur MP.*
- ✍ Mr. Raju Gupta, Katni MP.*
- ✍ Mr. Amit Jaiswal, Allahabad, U.P.*

Management team

- ✍ C S Singh*
- ✍ Dileep Mishra*
- ✍ Vaibhav Shukla*
- ✍ Sachin Shukla*
- ✍ Pradeep Shukla*

Vinay Srivastava, Amit Pandey, Sanjay Dwivedi, Deep Chandra Gupta, Banshi lal Pal, Sashimani Goutam, Yogesh Mishra, Ankima Mehrotra, Mohd. Wase, Ved Prakash Singh, Satendra Sharma, Priti Soni, Ajay Mishra, Kafeel Ahmad, Kamlesh Singh, Pawan Patel, Rahul Pal, Archana Tripathi, Ritu Sahai, Nilesh Srivastava, Ghanshyam Pal, Vishyamitra Pandey, Sashi Chourishya, Geetanjali Tyagi, Lavkush Prajapati, Chandan Yadav, Abhay Singh, Jai Shankar Pandey, Poonam Mishra, Kamlesh Prajapati, Raheesh Chand Pandey, Sanjay Pandey, Rani.



OBJECTIVES

Main objective: To help disabled, socially deprived and needy children of society.

Objectives:

1. To provide medical, surgical, rehabilitation help, upliftment & welfare of children with any kind of chronic disabilities irrespective of socioeconomic & geographical background.
2. To provide complete rehab facilities of various kinds of paediatric disabilities like cerebral palsy, congenital & acquired musculoskeletal anomalies, blindness, hearing and speech defects, mental retardation etc.
3. Development of CP homes and Rehabilitation centres.
4. Establishment of sub-centres in various parts of the country for fulfilment of the aforesaid objectives.
6. Increasing sensitization of parents, society & government authority regarding needs & social integration of children with any kind of disability.
7. Development of educational institution for physically, mentally & socially deprived children.
8. Development of Research institute & training centres for providing best facilities for management and training, degree and diploma for medical and paramedical manpower in various fields of health.

Services provided by Trishla Foundation

(1) Trishla Activity Centre :- This center was established with the objective of providing training in daily life activities. Children affected with cerebral palsy have been given advanced rehabilitation along with training in Daily Living activities at this center. This center helps children in regaining strength & confidence in higher activity.



(2) Trishla Early Intervention Centre :- This centre was established with the aim to provide early intervention to children of less than 5 year age. This center helps early age kids in achieving developmental milestone. Neuro developmental through Sensory Intrigation , Vision Stimulation are among the few therapeutical technologies used at this center.

(3) Trishla Rehab Centre :- Trishla rehab centre was started with the aim to provide regular therapy to children affected with cerebral palsy and other physical disabilities. This center provide multi modal therapy to children affected with cerebral palsy and other disability.



(4) Trishla Special Education Center :- This center was established with the aim to provide special education, to improve coordination, hand writing & communication. This center prepares these children for formal schooling.

Services provided by Trishla Foundation

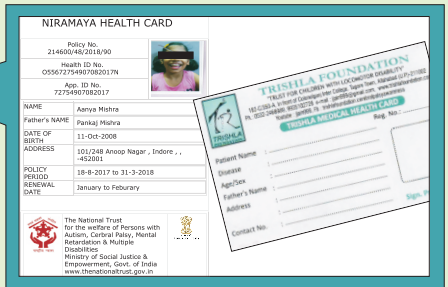
(5) Trishla Speech Therapy Center :- This center was also established with aim to provide oropharyngeal therapy. Programs of Speech therapy include speech, language therapy & exercises. This therapy helps these children in managing speech problem, dribbling of saliva & proper deglutition among these children.



(6) Trishla CP Home, Salori, Allahabad :- This place provides stay arrangement for families coming from far flung areas for rehabilitation of their child. At present we have facility of nine rooms where nine families from poor to middle socio economic status are staying at one point of time.

(7) Trishla Medical Card & Niramaya Card :- Medical card Issued to Children and adults with chronic neuro-musculoskeletal disability from poor socioeconomic background.

This helps the patient from very poor socioeconomic back ground in getting treatment free of charge from Trishla foundation. We also started help children to get registered under Niramaya Health Scheme which is issued by the National Trust, Ministry of Social Justice & Empowerment, Govt. of India.



(8) Wide Coverage & Registration of CP Person :- Children affected with various kind of physical disabilities are coming for treatment not only from most of the states of our country but also from other countries such as Nepal, Bangladesh, UK, & African countries like Kenya, Ghana, Malawi.

All the children affected with physical disability who visit to foundation are registered with their

basic bio data for further references.

Services provided by Trishla Foundation

(9) Parent's/Therapists Training :- Parents are given training in home based therapy and ADL for their child to sustain the long term treatment. this Training of parents helps a lot in bringing good outcome in most of the children. They can carry out all therapeutic exercise on their own child. Weekly training session & seminar is a regular feature for upgradation of knowledge & skill development of team of Trishla.



(10) Camps:- The Foundation conduct free check up cum awareness camps in different parts of the country with a mission to not only create awareness but also to provide training to parents and therapists for rehabilitation of the children with cerebral palsy. These camps are being organized with the help of parents and local organizations of different states.

11) Social Activities :- Foundation organizes various social activity at regular interval like holi milan , first national wheelchair cricket tournament, magh mela camp and picnic of children and their families, new year celebrations etc. to increase participation of children with cerebral palsy & their family.

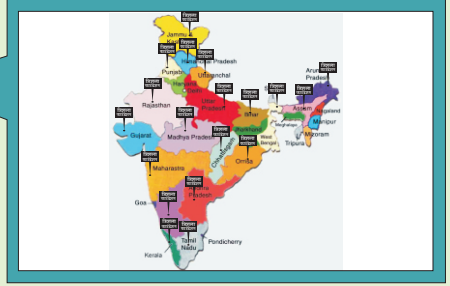


12) CME/Conference:- CME & Workshops are being organized in various physiotherapy colleges & Academic meetings to update specialists, social workers about latest researches in cerebral palsy. Organizing conference, workshop & symposia on various aspect of childhood physical disability is regular feature or our activity. In National Symposia life time care of CP children has been organized in 2016 & 17.

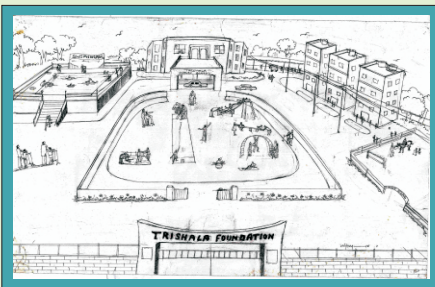
Vision 2025

Cerebral palsy is a condition which has been with us since time immemorial and is not going to perish anytime soon.

It is a lifelong condition and cannot be fully cured. Among several causes of this, only ANC care can be managed and other reasons that may lead to cerebral palsy like metabolic, genetic, and other unknown factors can't be controlled. With today's improving health care facilities, it has become possible to save premature and LBW neonates, henceforth more and more babies are surviving early phase of emergency and they are also being diagnosed with this condition at early age. This has increased large number of referrals to our center from different parts of India. Most of the children stay (from out of city) for long time (two months to two years) in the center. Currently, we are receiving 50-60 new cases every month and this number is increasing. Also more than 100 children visit our center on daily basis for treatment. We expect a sharp rise in number of children visiting our center in coming years. By 2025, we are expecting tenfold rise in number of children at our center for which we need to equip ourselves. So to be able to manage such large number of children Trishla foundation is planning to establish an institute by 2025. Advanced Rehab Center, Special School for such children, a research and training institute & Sports Ground for Para-olympic games are some of our ambitious projects we hope to be completed by 2025.



Proposed plan: Trishla CP Village



At present our country is lacking comprehensive facility providing quality care at one place especially in UP, which is much required considering the large prevalence of these children. Trishla foundation has a plan to develop special village where families of children with disabilities from all corner of world irrespective of their socioeconomic background & geographical area can stay and get complete rehabilitation along with early education at one place in cordial atmosphere. We are planning to develop a special village cum township for these children and their families in phased manner. The aim is to provide medical, rehab, educational, stay and all other required facilities at one place with homely atmosphere and good quality treatment according to need. The Rehab Centre would be having all the facilities of modern therapy and equipments at par with international standards.



Phase 1: CP Home & Advance Rehab Center- 2018

Phase 2: Orthotics Workshop & Inclusive Education School -2020

Phase 3: Training Institute & Sports Ground for Para-Olympic Games-2025.

Appeal to Society

Since this is a charitable organization working for a noble social cause, support from all sections of society is needed. We have been working without any funding from any organization with our resources till now, but to extend the project and to develop a center for betterment of lives of these children, we need your help. We can also prove that we can do better than developed countries if we become united. Join hands with us for the integrated development of children with Cerebral Palsy to bring them in main stream of society.

Donations may be made by Crossed Cheque/NEFT/RTGS as per account details below.

A/c Name : Trishla Foundation, **A/c No.** 520141001006246, **IFSC :** CORP0000533
MICR : 211017003, **Bank Name:** Corporation Bank, George Town Allahabad.
These donation qualified as deduction **under Section 80G of Income Tax** (order no. ITBA/EXM/S/80G/2017-18/1004818712(1) Dated 05/07/2017), **PAN :** AACTT6054H



TRISHLA FOUNDATION

Trust For Children With Neuromusculoskeletal Disability

Trishla Early Intervention center

182B, Tagore Town
Allahabad (U.P.) - 211002
Ph:- 9918191062, 9415014994

Office &

Trishla Rehab Center

182A/350C, Tagore Town
Allahabad (UP) 211002, 9935209951

Trishla Activity Centre

77/202/1, Tagore Town
Allahabad (U.P.) - 211002
Ph:- 0532-2465100

Trishla CP Home

61-1, Shukla Market
Chandpur Salori, Alld.
Ph:- 9935102728

www.trishlafoundation.com jjain999@gmail.com [jjain999](https://www.youtube.com/jjain999) [trishlafoundation.cerebralpalsyawareness](https://www.facebook.com/trishlafoundation.cerebralpalsyawareness)

Registered

Office of Sub Registrar Allahabad (Reg. No. 343/12-08.082014)
Department for Person with Disability, Uttar Pradesh (3359/2016-17)
National Trust, Ministry of Social Justice & Empowerment, Govt. of India
NGO Darpan, NITI Ayog Govt. Of India.