

LIFE SKILLS PROGRAMME

# स्व SAKSHAM

PREPARING THE  
YOUNG ADULTS WITH  
DOWN SYNDROME & ASD  
TO FACE THE REAL WORLD

CONCEPTUALIZED & PRESENTED BY

SHRI DUTTA MEDICAL  
CHARITABLE TRUST



SESSION CONDUCTED BY  
**DR. NINA VAIDYA**  
**(MB.D.PED PGDGC)**

COMMUNITY  
PARTNER



# ABOUT स्व SAKSHAM

## THE ROAD TO INDEPENDENCE PASSES THROUGH FUNCTIONAL SKILLS

Young Adults with Down Syndrome & ASD can lead independent lives to a great extent provided their strengths are channelized through appropriate training. Their minds can be programmed to create responsible, self-sufficient adults. Before facing the real world, before starting a vocational training, before taking a job one needs to develop the skills to survive in the real world. At Swasaksham we shall train any young adult on all these aspects and prepare them for larger challenges in life.

## THE COURSE SHALL COVER

- Concept of time
- Concept of money
- Concept of distance
- Concept of travel & directions
- Modes of measurements
- Safety
- Concept of priorities
- Crisis management
- Skills to communicate
- Decision making



**DR. NINA VAIDYA**  
**(MB.D.PED PGDGC)**

Dr. Nina (MB.D.PED PGDGC) is a practicing paediatrician since 1993. She is passionate about working with children with special needs and is a proud mother to a child with Down Syndrome. She is a pioneer in introducing inclusive play, inclusive cultural activities & inclusive festivals for typical & mentally challenged children. She organized “WE CARE” International Film Festival in Navsari in 2015 to bring awareness about inclusion of slow learners in the society. This festival was attended by over 7000 people. She also conducted Cyclothon for children with Down Syndrome at Ahmedabad in Jan 2018. She is a blogger, a counsellor, a convenor of Down Syndrome Welfare Club at Ahmedabad, runs her own website [www.activeparents.co.in](http://www.activeparents.co.in) for guiding parent community and has presented a paper on Strengths of A Child With Down’s Syndrome in National Trust National Meet in New Delhi in 2017. She has conducted over 150 seminars, workshops, lectures and counselling sessions for parents of children with Down Syndrome and other special needs.

# ELIGIBILITY CRITERIA & EVALUATION PROCESS

---

## **Our Aim is not only to Teach but to EMPOWER!**

The eligibility criteria have been kept to ensure that the programme does complete justice to the participants. Some basic understanding is a must for the young adult to be ready to take the next step towards independence.

### ELIGIBILITY CRITERIA

- The person should be 14 years or above
- The person should have the basic knowledge of numbers & clock
- The person should have well developed self-help skills, like bathing, cleaning, serving themselves, eating on their own, dress up etc.
- The person should have basic reading skills
- The person should have readiness to follow instructions
- The person should have basic communicative skills; it would be okay if he/she is not very verbal.
- It is mandatory that a responsible adult should accompany passively during the sessions.

**Each session would be followed by a worksheet which is to be practiced & completed before the next session. The key points of each session would be given the next day via email. The program would be a journey so involvement of entire family would be preferred. While completing the worksheet, if they face any problem our coordinator should be informed in advance via email or WhatsApp.**

---

## EVALUATION PROCESS

This process shall be conducted before the registration is done; all the interested participants must take a test before the admission is confirmed. It will be an online test conducted via Google Forms. Once the test is taken, our experts will evaluate and let you know about the results within 2 working days from the date of submission. If the person qualifies, the admission shall be confirmed. The fee should be paid only after the confirmation of admission from our side.

Please send the message "Interested" on WhatsApp number 95107 79939. Later, click on the google form link given below and fill up the evaluation form and submit online.

<https://forms.gle/gRzLljYZ67BEBqb7> 

## COURSE SCHEDULE AND DURATION

### COURSE DURATION

6 MONTHS, (25 WEEKS) TWICE/WEEK

### NO. OF BATCHES: 2

### BATCH STRENGTH

MAXIMUM 12 YOUNG ADULTS PER BATCH

### COURSE FEES

RS. 15000 FOR 6 MONTHS

### STARTING DATE

25TH OCT, 2020

### BATCH DETAILS

BATCH 1 ON MONDAYS & WEDNESDAYS

BATCH 2 ON TUESDAYS & THURSDAYS

### BATCH TIMINGS

4.30 TO 5.30 PM

### PLATFORM

ZOOM

### LANGUAGE

MIX OF ENGLISH & HINDI

---

## FEE PAYMENT DETAILS

PAY VIA CHEQUE IN FAVOUR OF –  
VISHALWIN FOUNDATION

### DIRECT TRANSFER

**BANK:** ICICI BANK LIMITED

**ACCOUNT NAME:** VISHALWIN FOUNDATION

**ACCOUNT NUMBER:** 018905011445

**IFSC CODE:** ICIC0000189

# FREQUENTLY ASKED QUESTIONS

- **What if my young adult does not qualify the evaluation process?**  
**Ans.** If he/she does not qualify they can register for free online counselling / training for availing admission in the next batch. You can contact us on the given numbers to know more about free counselling sessions.
- **How can I avail free counselling / training session?**  
**Ans.** You simply need to contact our coordinators and express your willingness to take free counselling session, they will register your name and shall forward the schedule of these sessions to you.
- **When will the next batches start?**  
**Ans.** The new batches will start in June 2021.
- **How will this course benefit my young adult?**  
**Ans.** For any individual to survive, he/she needs to have functional skills. This course will help your young adult to learn these skills.
- **What are the key take aways of this course?**  
**Ans.** As parents, regardless of the young adult being typical or special, we want them to have an effective, normal routine. The young adult need not achieve academically for this. Learning life skills will help them to take charge of their daily routine independently as well as work effectively.
- **Why a responsible person needs to accompany the child during the sessions?**  
**Ans.** This is not a fixed syllabus to be completed, rather it's a journey of learning where the possibilities are vast and may be unknown or less known to you. Involvement and commitment of a caregiver will greatly enhance the outcome for the participant.
- **What is the importance of HW sheets given after each session?**  
**Ans.** We have mentioned homework as parents are familiar with this word but actually there would be real life situations that one needs to identify with & resolve them. The worksheets would be provided to create awareness towards the subject & not just as homework to be completed. Parents need to help the young adult to get connected with similar situations that happen routinely in a way that gradually the learning becomes a habit & the process is on 24\*7.
- **Do we need certain things before each session?**  
**Ans.** Yes, you will require certain basic things, a list of things will be given to you in advance before the session.
- **What if I miss a session?**  
**Ans.** The key points of each session would be given the next day via email.
- **Will my child be assessed at the end of the programme?**  
**Ans.** Yes, we have set up a summative assessment which will be taken at the end of this programme. We will score each participant on a scale of 1 to 10, here the assessment is completely based on progress of the young adult and there is no comparison with other participants.
- **How can I measure what changes my child has shown post programme?**  
**Ans.** Our assessment results will show you how much your young adult has progressed. We would also expect you to keep sharing with us the changes you observe in your young adult as the programme progresses as well as after it is completed.
- **What if we have questions during and post sessions?**  
**Ans.** You can send your questions to the coordinator via email and you will get a detailed response.
- **Will we get any course material during sessions?**  
**Ans.** Yes, the daily homework and key points will be a very good material to use in future.

---

## ONLINE APPLICATION FORM

<https://forms.gle/iC6WrdsWHFMSQBnq7>



LIFE SKILLS PROGRAMME  
स्व SAKSHAM



**CONTACT US/ FOLLOW US :**

[vishalwinfoundation@gmail.com](mailto:vishalwinfoundation@gmail.com)



[/vishalwinfoundation](https://www.instagram.com/vishalwinfoundation)

[www.vishalwinfoundation.org](http://www.vishalwinfoundation.org)



COMMUNITY  
PARTNER

first  
moms  
club  
#MommyMatters