

## *Project Proposal*

**01.01. Country:** Sri Lanka

**01.03. Name of the organization:** Organization for the Rehabilitation of Handicapped – Vavuniya District

**02.01. Name of the project:** ‘Nilaa Muttram’ (Court in Moonlight)

Physical Educational Promotion for the Children with Intellectual Disabilities

### **02.02. Introduction**

In general Children with disabilities are considered one of the vulnerable groups among the vulnerable groups. In terms of the children with disabilities, the children with intellectual disabilities are highly vulnerable.

“Puthuvazhupoonga” (Garden for new life) – A training centre for children with disabilities is upgraded in order to provide quality Daily Living Skill(DLS) training for the children with disabilities.

In terms of DLS, sports and exercises are very important to improve the mental and psychological condition of the children with intellectual disabilities, their social inclusion as well.

In addition to this, remarkable number of children with disabilities, who are living in the interior villages, are unable to attend the DLS training will be benefited.

### **03. Back ground information**

#### ***03.01. Project Local Situation:***

In general war situation increased the number of PWDs in Vavuniya. In addition to this many people lost their livelihood activities. Many health issues like malnutrition, lack of access to water and sanitation newly emerged. Further many internal displaced people were affected by mental depression and social constraints. Unfortunately, the situation is still going on.

In 1999, Organization for the Rehabilitation of Handicapped in Vavuniya District (ORHAN) was started. From that time it carried out various projects and programmes to rehabilitate PWDs. Mainly, in 2002 Community Based Rehabilitation project was initiated. Then ORHAN felt that there were no educational opportunities for the children with intellectual disabilities in Vavuniya district. Therefore in 2004 a training centre for the children with intellectual disability, known as “Puthuvazhupoonga” (Garden for new life) was started.

At present there are 41 children with intellectual disabilities are trained with the support of 06 resource teachers including one sign language teacher. One physiotherapy visits twice in a week to train the students who are in need. In addition to this, in service training programmes for the resource teachers and CBR volunteers are regularly organized to enhance their performance in this filed.

In the villages we monthly have play shops.

### ***03.02. Specific problem:***

In the Daily Living Skills (DLS) training process, students with intellectual disabilities are medically screened and then they are graded according to their competency level as three groups as follows;

No	Study group	IQ range	No. of students		Total No. of students
			Male	Female	
01	Custodial Group - Children with profound intellectual disabilities	70 - 50	06	02	08
02	Training group – Children with moderate intellectual disabilities	49 - 30	04	06	10
03	Educational group – Children with mild intellectual disabilities	Below 30	10	13	23
			<b>20</b>	<b>21</b>	<b>41</b>

In terms of DLS basic literacy, mathematic, arts and handicraft are taught. In addition to this sing language is taught for the students, who are in needs. And, physiotherapy is also given to the students who are in needs.

In terms of the physical education activities, Children with Intellectual disabilities in **Puthuvazhupoonga** are engaged in morning exercises and they play in the children park that is set up in the training centre. This children park has only a swinging, a Merry GO round and a seesaw. In addition to this Yoga training also is provided according to the needs.

Resource teachers and CBR volunteers were trained in first aid. So they will attend any cases if it's necessary.

Due to the limitation of the land at the present location, there is limited chance to carry out the sports activities. In addition to this there are remarkable number of children with intellectual disabilities in interior villages are unable to access the training due to the lack of transportation facilities and the long distance from the training centre. Hence there is a great need to promote the physical education activities for the children with intellectual disabilities.

### ***03.03. Needs statement:***

In the medical and social aspects sports are very important to improve the physical and mental fitness of children with intellectual disabilities. This project will increase the opportunities to the children with intellectual disabilities both at Puthuvazhupoonga and in the villages to participate in the physical educational activities.

### **04.Project goal:**

To provide the opportunity for Children with Intellectual Disabilities to participate in sports activities so that they may enhance their physical, mental capabilities and social participation

## **05. Project Objectives:**

- A. To provide infrastructure facilities and sports and exercise equipments
- B. To provide sports training to principal, the resource teachers, CBR voluntaries, children club members specially related with sports and exercises for children with intellectual disabilities.
- C. To make more opportunities to participate in the sports activities for children with intellectual disabilities in Puthuvazhupoonga
- D. To make access to the sports activities to Children with Intellectual Disabilities in the villages

## **06. Stake holders:**

<b>No</b>	<b>Stake holder</b>	<b>Role of the stake holder</b>
<b>01</b>	ORHAN_Vavuniya District	Implementing agency
<b>02</b>	Sports officers	Training & Technical support
<b>03</b>	General Hospital – Vavuniya	Physiotherapy training & Necessary medical support
<b>04</b>	Parents	Necessary support to organize the events
<b>05</b>	Children clubs	Organizing events & mainstreaming with other children
<b>06</b>	Divisional Secretariat/District Secretariat	Administrative supports and financial support
<b>07</b>	NGOO	Sharing experiences & funding
<b>Beneficiaries:</b>		
☞ 41 Children with Intellectual Disabilities in Puthuvazhupoonga (Training Centre for Children with Intellectual Disabilities)		
☞ 30 Children with intellectual disabilities in villages		

## **07. Project Impacts:**

### Children with Intellectual Disability

The facilities and opportunities will be available to children with disabilities and they will have chance to interact with other children. Through these activities the children with intellectual Disabilities will enhance their social participation.

### Family

Their family will understand the ability of the Children with Intellectual Disabilities and accept their rights.

### Society

The society will understand the ability of Children with Intellectual Disability and accept their rights to include the mainstream of the society.

**08.01. Project Implementation plan**

<b>A</b>	<b>Objective</b>	<b>To provide infrastructure facilities and equipments</b>				
	<b>Activities</b>	<b>Time</b>	<b>Who</b>	<b>Venue</b>	<b>How</b>	<b>Resources</b>
<b>A1</b>	Preparation of the places	01 <sup>st</sup> Week	Hon. Secretary Principal, Resource teachers	Puthuvazhupoonga ( This is run by ORHAN)	Observation about places & Discussion with staff	Human resource- Hon. Secretary & Physical resource - Vehicle
<b>A2</b>	Discussion of our out line with relevant officers	02 <sup>nd</sup> Week	Hon. Secretary	Arranged places/Offices	Discussions about suitable physical activities/necessary equipments	Human resource- Hon. Secretary
<b>B</b>	<b>Objective</b>	<b>To provide sports equipments and training to the resource teachers &amp; CBR voluntaries.</b>				
<b>B1</b>	Finalizing the material list & Revision of budget	03 <sup>rd</sup> Week	Hon. Secretary Principal, Resource teachers	Puthuvazhupoonga ( This is run by ORHAN)	Discussion about material list and budget	Human resource & Physical resources( Computers,TP)
<b>B2</b>	Funds arrangements	04 <sup>th</sup> /10 <sup>th</sup> Week	Hon. Secretary & AO/Finance Assistant	Donors/well wishers	Through advocacy- Importance and necessity of the project	Human resource/Office equipments- Computers/TP/Fax
<b>B3</b>	Purchasing/ collecting equipments	04 <sup>th</sup> week to 15 <sup>th</sup> week	Hon. Secretary Principal, Resource teachers & Parents, Finance unit	Local workshops/ shops	Through official purchasing process- Quotation/approval	Financial Resources/Human resource/Physical resource
<b>B4</b>	Arrangements of training for resource teachers ,	10 <sup>th</sup> -15 <sup>th</sup> Week	Hon. Secretary Principal	Puthuvazhupoonga ( This is run by ORHAN)	By team work - staff will arrange the training with the guidance of Hon.	- Human resource -TP/computers/Vehicles - Financial resources

	CBR voluntaries & Children club members				Secretary	
<b>B5</b>	Conducting work shop for resource teachers , CBR voluntaries & Children club members	16 <sup>th</sup> week	Resource persons	Puthuvazhupoonga ( This is run by ORHAN)	Hiring- Resource persons will handle the sessions in the relevant matters	- Human resource - Training materials - Training equipments - Financial resource
<b>C</b>	<b>Objective</b>	<b>To make more opportunities to participate in the sports activities for children with intellectual disabilities in Puthuvazhupoonga</b>				
<b>C1</b>	Practice the sports & exercises	From 16 <sup>th</sup> week	Principal, Resource teachers, Driver	Puthuvazhupoonga	According to the time table	- Human resource - Sports & exercise equipments
<b>C2</b>	Participating in the village sports events	From 16 <sup>th</sup> week	Principal, Resource teachers, Driver, CBR voluntaries	- Arranged places in villages with the support of sports clubs	According to the arrangements by CBR voluntaries/spots clubs	- Human resource - Sports & exercise equipment - Vehicle
<b>D</b>	<b>Objective</b>	<b>To make access to the sports activities to Children with</b>			<b>Intellectual Disabilities in the villages</b>	
<b>D1</b>	Sport events/play shops	From 16 <sup>th</sup> week	CBR voluntaries/ Sports clubs	- Arranged places in villages with the support of sports clubs	According to the arrangements by CBR voluntaries/spots clubs	- Human resource - Sports & exercise equipment
<b>E</b>	Monitoring	01 <sup>st</sup>	ORHAN Executive	Puthuvazhupoonga/	According to the	- Human resource

		week – 25 <sup>th</sup> Week	committee members & AO	villages	regular arrangements	Physical resources( Vehicle)
<b>F</b>	Evaluation	26 <sup>th</sup> /27 <sup>th</sup> Week	Hon. Secretary	Puthuvazhupoonga	Discussion with the staff/ sports clubs reference of reports- Improvements & Challenges	- Human resource - Physical resource- Office space/ equipments, - TP/Computers
<b>G</b>	Reporting	Once in a month ( From 04 <sup>th</sup> week to 30 <sup>th</sup> week)	Hon. Secretary	ORHAN_Office	Via-e-mail/post	- Human resource - Physical resource- Hall, Office equipments- TP/Computers

**Note 01: All the responsible staff (Human resource) are currently available.**

**Note 02: Puthuvazhupoonga has its own building and a children park.**

**Note 03: Office equipment and transportation facilities are currently available.**

### 08.02. Project Implementation Time line

No	Activities	01 <sup>st</sup> Month			02 <sup>nd</sup> Month				03 <sup>rd</sup> Month				04 <sup>th</sup> Month				05 <sup>th</sup> Month				06 <sup>th</sup> Month					
01	Discussion with staff	✓																								
02	Discussion with relevant officials		✓																							
03	Preparation of material list & Revision of the budget			✓																						
04	Funding arrangements				✓	✓	✓	✓	✓	✓	✓															
05	Collection/Purchasing of sports equipments				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓											
06	Staff training arrangements/training										✓	✓	✓	✓	✓	✓	✓									
07	Training for the students with intellectual disabilities in Puthuvazhupoonga																✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
08	Training for children in villages																✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
09	Monitoring	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10	Evaluation																				✓	✓	✓	✓	✓	✓
11	Reporting				✓				✓				✓				✓				✓				✓	✓
	Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	

## **09. Monitoring & Evaluation:**

- Regular observation: Once in a week visit 'Puthuvazhupoonga' to observe the performance of sports activities.
- Checking records:
  - Student attendances
  - Record books/reports
- Discussion with students
  - About their experiences of daily physical activities
  - About improvements in their daily activities
  - How do they use them during their leisure time activities?
  - What do their parents say?
- Discussion with parents
  - How do you feel about these activities?
  - What improvements you see in your children?
  - Do you need any changes in our programme?
- Discussion with physiotherapist
  - Are you satisfied with the physical educational activities?
  - What are the improvements you'd like to note?
  - What advices you'd like to give for further improvements?

## **10. Possible Obstacles:**

Following obstacles are expected to meet during the project implementation.

- Access to some expensive devices
- Sufficient fund arrangement with in the time frame
- Task allocation to the staff due to the heavy work load

## **11. Budget – Please refer the annexure 01**

## **12. Impact of the training on Leadership Development of Persons with Disabilities**

Impact of the Leadership Development of Persons with Disabilities Training

During the visit to Metropolitan Sports centre, Tokyo I learnt some ideas to make the sports equipments from local available materials. And they have developed their infrastructure facilities according to the kind of disabilities.

In terms of my individual training I visited two special schools (Special Needs Education for the physically challenged-affiliated with the University of Tsukuba, Special School for the Children with Multiple Disabilities in Shinjuku). In these schools there are special arrangements to promote the sports and exercises, Eg- Indoor auditorium, Hydrotherapy unit and musical therapy units. We gathered several ideas for my implementation.

### **13. Sustainability:**

The acquired knowledge and skills will be the asset for the children with intellectual disabilities and children clubs, resource teachers and principals.

With the support of government sports officers and the General Hospital of Vavuniya , the further improvements will be made.

The possible sports and exercises will be included into the event list of ORHAN\_ sports meet (Annually is conducted for the children with disabilities).

### **14. Conclusion**

This project is highly promoting sports and training for Children with intellectual disabilities both in Puthuvazhupoonga and 03 villages.

These activities will be helpful to improve the mental and physical strength of Children with disabilities as well as their social participation.

This personality development will empower them to include into the mainstream of the society.

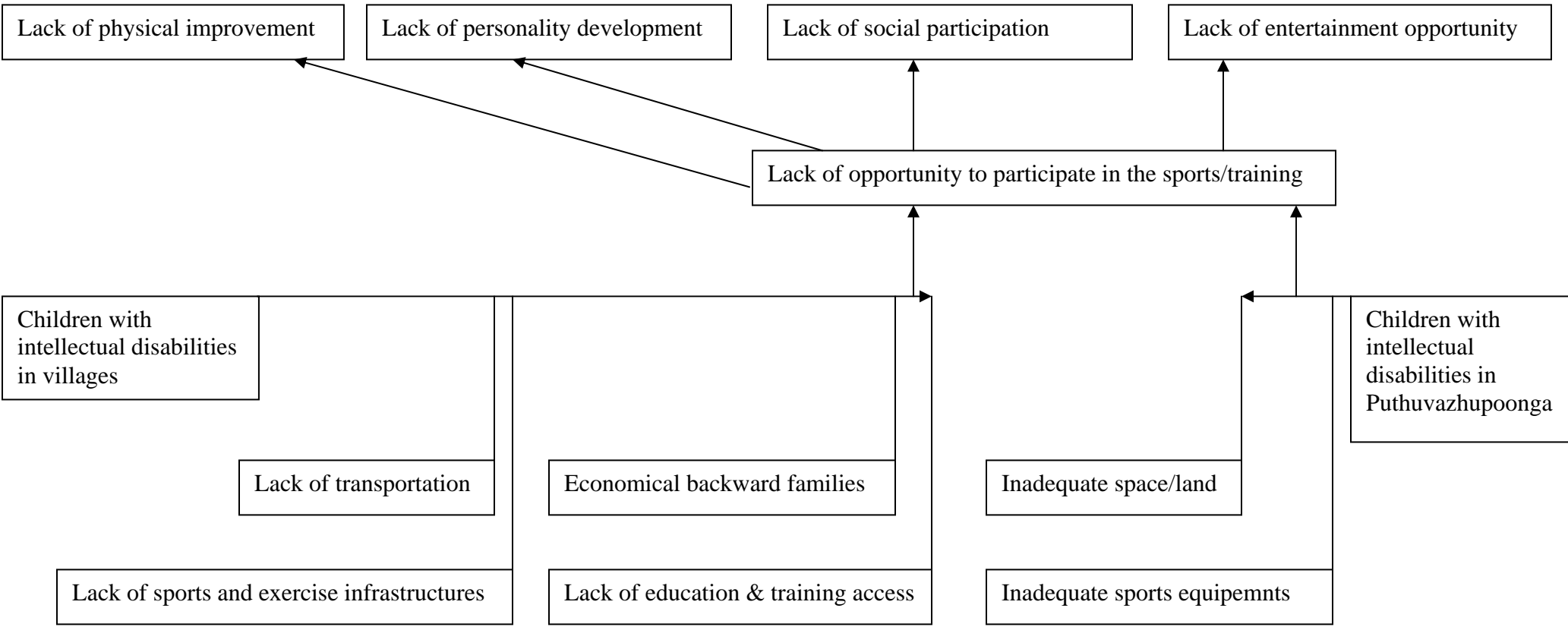
The training and sports equipments will be fulfilling the training needs of the children with disabilities.

This project highly appreciates the utility of local resources and promotes the social interaction of children with disabilities.

These activities will provide basic skills to the children with intellectual disabilities to entre into the mainstream employment market.

**Annexure-II**

Problem Analyze Tree



### **Annexure-III**

#### **Logical Frame Work (LFA)**

<b>Goal</b>	<b>Indicators</b>	<b>Means of verification</b>	<b>Assumption</b>	<b>Project stage</b>
To provide the opportunity for Children with Intellectual Disabilities to participate in sports activities so that they may enhance their physical, mental capabilities and social participation	<ul style="list-style-type: none"> <li>• No. of programmes conducted</li> <li>• No. of children participated</li> <li>• Interaction between the children with intellectual disabilities and their families</li> <li>• Interaction between the children with disabilities and normal children</li> </ul>	<ul style="list-style-type: none"> <li>• Minutes</li> <li>• Reports</li> </ul>	<ul style="list-style-type: none"> <li>• Country's situation is stabilized</li> <li>* All the plans are carried out according to the plan</li> </ul>	Post project
<p><b><u>Impact</u></b></p> <p><u>Children with Intellectual Disability</u> The facilities and opportunities will be available to children with disabilities and they will have chance to interact with other children. Through these activities the children with intellectual Disabilities will enhance their social participation.</p> <p><u>Family</u> Their family will understand the ability of the Children with Intellectual Disabilities and accept their rights.</p> <p><u>Society</u> The society will understand the ability of Children with Intellectual Disability and accept</p>	<ul style="list-style-type: none"> <li>• No. of Interview with the children with intellectual disabilities</li> <li>• No. of discussions with resource teachers/CBR voluntaries</li> <li>• No. of discussions with parents</li> <li>* No. of discussions with physiotherapists</li> </ul>	<ul style="list-style-type: none"> <li>• Minutes</li> <li>• Progress reports</li> <li>Students' assessment reports</li> </ul>		Post project

<p>their rights to include the mainstream of the society.</p>	<ul style="list-style-type: none"> <li>• Established place(s)</li> <li>• No. of training</li> <li>• No. of participants</li> <li>• No. of equipments</li> <li>• No. of programmes</li> <li>• The amount of financial</li> </ul>	<ul style="list-style-type: none"> <li>• Progress reports</li> <li>• Financial reports</li> <li>• Minutes</li> <li>• Students' assessments reports</li> </ul>	<p>At the end of the project</p>
<p><b><u>Objectives</u></b></p> <p>A. To provide infrastructure facilities and equipments</p> <p>B. To provide sports equipments and training to the resource teachers &amp; CBR voluntaries specially related with sports and exercises for children with intellectual disabilities.</p> <p>C. To make more opportunities to participate in the sports activities for children with intellectual disabilities in Puthuvazhupoonga</p> <p>D. To make access to the sports activities to Children with Intellectual Disabilities in the villages</p>	<ul style="list-style-type: none"> <li>* No. of discussion</li> <li>* Prepared material list/items &amp; budget</li> <li>* No. of discussion</li> <li>* Received amount</li> <li>* No. of Collected/Purchased equipments</li> <li>* The amount spent</li> <li>* No. of staff attended</li> <li>* No. of programme conducted</li> <li>* No. of students with intellectual disabilities participated</li> <li>* No. of programme conducted</li> <li>* * No. of students with</li> </ul>	<ul style="list-style-type: none"> <li>* minute</li> <li>* prepared material list &amp; revised budget</li> <li>*Correspondences</li> <li>* Received funds/bank statements</li> <li>* Financial documents/reports</li> <li>* Attendance</li> <li>* Resource teachers' records book</li> <li>* Monthly progress report/financial</li> </ul>	<p>Project period</p>

	intellectual disabilities participated * No. of monitoring visits * No. of discussions * No. of reports	reports * Continuous assessment of students * Photos * Reports from voluntaries	
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## Annexure-IV

### Project Write up for the objectives

#### A. To establish space for the sports

In order to achieve this objective, suitable places will be identified within the training centre's premises and some suitable arrangements will be made to practice suitable activities in an outside playground. In villages suitable community playgrounds will be utilized.

#### B. To provide sports equipments and training to the resource teachers & CBR voluntaries specially related with sports and exercises for children with intellectual disabilities.

In order to achieve this objective, necessary equipment list will be prepared and finalized with the support of the principal of Puthuvazhupoonga, Resource teachers of Puthuvazhupoonga, physiotherapist and sport officers. Then, the funding arrangements will be made to purchase or necessary arrangements will be made to collect these items from the possible sources. After that these items will be purchased or collected.

After completion of the place selection and getting items, one day training programme will be organized for 17 participants. Details are given below:

-	The Principal	-	01
-	Resource teachers	-	05
-	CBR Volunteers	-	04
-	Children club members	-	06
-	School teacher	-	01

In this training programme necessary new appropriate sports and exercises will be introduced.

After three months another one day training programme will be organized to evaluate the practice of the training.

#### C. To make more opportunities to participate in the sports activities for children with intellectual disabilities in Puthuvazhupoonga

During the **Daily Living Skill (DLS)** training new sports and exercises will be practiced for 41 children with intellectual disabilities and these children will participate in the three sports events. The arrangements will be made to award the students to encourage them.

#### D. To make access to the sports activities to Children with Intellectual Disabilities in the 04 selected villages

Every month, children, who are unable to attend the Daily Living Skill (DLS) training, will have the chance to participate in the play shops activities specially designed activities for the children with intellectual disabilities. The other normal children will also be included in an appropriate combination.

During this project period three sports events will be organized for these children in three different villages.

### **Annexure- V – Material List (To be revised)**

01.	Clay	-	050 boxes
02.	Rings and stands	-	050 Pcs
03.	Small pegboards	-	010 boards
04.	Large pegboards	-	010 boards
05.	Gate ball set	-	010 sets
06.	Progress ball sprit	-	010
07.	Physiotherapy bed	-	010
08.	Balls	-	024
09.	Balance board	-	010 boards
10.	Pulley	-	004nos
11.	Rope board	-	002 nos
12.	Mailing box	-	002 nos
13.	Drum	-	002 nos
14.	Rope bells	-	005 nos
15.	Plastic javeline	-	010 nos
16.	Flying disc	-	024 pcs
17.	Polo balls	-	010 pcs
18.	Spanner	-	003 nos
19.	Bolt	-	010 nos
20.	Counting machine	-	060 nos

### ***Annexure-VI***

The following sports and exercises are expected to introduce.

01. Flying disc
02. Boccia
03. Pegboards
04. Rope board
05. Counting machine
06. Mailing box
07. Drum
08. Rope bells
09. Plastic javelin
10. Spanner and bolt
11. Spring bed

Some more appropriate items will be added after discussion with the resource teachers, sport officers and physiotherapist.



## Annexuer-01

## Budget

No	Activity	Contribution		Sub-total	Rs	Remarks
		ORHAN(Rs)	Donor/well wishers			
<b><u>A. To establish space for the sports</u></b>						
1	Labor/materials	0.00	5,000.00		5,000.00	
2	Equipments	0.00	350,000.00		350,000.00	
Sub-total-A		0.00	355,000.00		355,000.00	
<b><u>B. To provide sports equipments and training to the resource teachers &amp; CBR voluntaries specially related with sports and</u></b>						
	Training for Resources teachers, CBR volunteers, Children Club Members					20 participants
	Hall rental	6,000.00				
	Resource person fees	0.00		10,000.00		
	Training materials	0.00		7,000.00		
	Meals	0.00		5000		
	Refreshment	0.00		3000		
	Transport allowance for participants	0.00		3000		
	Transportation	0.00		2000		
	Others	0.00		1000		
		6,000.00	62,000.00	31,000X 02	62,000.00	* First training - 01 day & follow up training after two months-01 day
	Sub-total-B				62,000.00	
<b><u>C. To make more opportunities to participate in the sports activities for children with intellectual disabilities in</u></b>						
	Sports activities for					

	<b>Playground</b>	-----	-----	-----	-----	<b>Community contribution</b>
	<b>Presents/awards for Children in Puthuvazhupoonga</b>	<b>0.00</b>	<b>36,000.00</b>	<b>12,000 X 03</b>	<b>36,000.00</b>	<b>03 Events</b>
	<b>Materials for Puthuvazhupoonga</b>	<b>0.00</b>	<b>15,000.00</b>	<b>5000 X 03</b>	<b>15,000.00</b>	
	<b>Sub-total-C</b>				<b>51,000.00</b>	
<b>D. To make access to the sports activities to Children with Intellectual Disabilities in the villages</b>						
	<b>Allowance for CBR volunteers</b>	<b>0.00</b>		<b>2000 X 4 X 06</b>	<b>48,000.00</b>	<b>04 persons X 06 months</b>
	<b>Presents/Awards</b>	<b>0.00</b>		<b>20,000 X 03</b>	<b>60,000.00</b>	<b>03 times</b>
	<b>Materials</b>	<b>0.00</b>		<b>5000 X 04 X 03</b>	<b>60,000.00</b>	<b>03 times</b>
	<b>Sub-total</b>	<b>0.00</b>	<b>120,000.00</b>		<b>120,000.00</b>	
		<b>0.00</b>				
	<b>Administration</b>	<b>0.00</b>				
	<b>Staff salary</b>	<b>0.00</b>		<b>8,000 X 06</b>	<b>48,000.00</b>	} <b>06 months</b>
	<b>Stationeries</b>	<b>0.00</b>		<b>2000 X 06</b>	<b>12,000.00</b>	
	<b>Communication (TP/Mail/e-mail)</b>	<b>0.00</b>		<b>2000 X 06</b>	<b>12,000.00</b>	
	<b>Transport</b>	<b>0.00</b>		<b>5000 X 06</b>	<b>30,000.00</b>	
	<b>Sub - total-D</b>	<b>0.00</b>	<b>102,000.00</b>		<b>102,000.00</b>	
	<b>Grand total(A+B+C+D)</b>				<b>690,000.00</b>	
	<b>Inflation - 2%</b>				<b>13,800.00</b>	
	<b>Total amount</b>				<b>Rs.703800.00</b>	<b>\$7,038.00</b>