

**REPORT ON EXPOSURE VISIT & TRAINING  
AT SANCHAR, KOLKATA  
13<sup>th</sup>-17<sup>th</sup> May, 2016**

CBM organised training and exposure visit for the staffs of Centre for Community Initiative (CCI) on Community Based Rehabilitation at Sanchar, Joka, Kolkata. Six staffs working under CBR project of CCI attended the 5 days training and exposure visit from the 13<sup>th</sup>-17<sup>th</sup> May,2016.

The trainees were placed at Sanchar training centre under the supervision of Ms.Asmita Benerjee, Project Coordinator of Sanchar. In these 5 days of training, the trainees were exposed in the field of CBR for two days and received first hand experiences under the guidance of respective field workers. Three days of theoretical learning on the concept, principles, dimension of CBR and management of disabilities have largely added up the knowledge of trainees on CBR.

This training was facilitated by Ms.Tulika Das, Director; Ms. Asmita Benerjee, Project Coordinator; Ms. Piale, Mr.Gopala and Mr.Rahul of Sanchar on different topics. Each day was started with presentation from the trainees on their previous day's report along with their own learnings and experiences.

On the first day, trainees were made to draw out their learning expectations for the 5 days of Exposure visit and training at Sanchar. Some of the expectations are:

- To understand how to interact with care givers, parents and siblings
- How to make the community understand the concept of disability
- How to provide services practically to PwDs
- How to utilize locally available resources
- How to assess and identify types of disabilities
- Strategies and techniques to be adopted for strengthening community members
- The best and possible ways of monitoring and evaluating PwDs
- To understand the concept and dimension of CBR

**TASK ASSIGNED**

- On the first day, the trainees were provided a notebook to maintain daily report for each day. They were assigned the task of maintaining daily report and sharing of previous day's report before the commencement of the every sessions. For this, everyday the team set an incharge person for the daily task.
- They were made to lists out their expectations, activities, challenges and achievements they had undergone in their project operational areas.

- The trainees were also assigned to perform a role-play reflecting on their actual way of conducting home visit and imparting the knowledge on the importance of home based care for PwDs and Parents.
- They were assigned to present the situation of PwDs in the operational area towards their education and the importance of Parent Support Group.

## **ACTIVITIES CONDUCTED**

Certain activities were conducted during the 5 days of training. Activities such as discussions, exercises, field exposure, role play, video clipping etc provided an ample opportunity of learning for the trainees.

### **I. GROUP DISCUSSIONS**

On the first day, trainees as a group brainstormed and discussed their **EXPECTATIONS, ACTIVITIES, CHALLENGES** and **ACHIEVEMENTS** they had undergone in their project area. After few minutes of discussions the group came up with a long list of the given topics which were later presented by the 4 Cluster Mobilizers. This presentation led to in-depth discussion with Ms.Tulika Das, Director of Sanchar regarding the situation of the project area, also its challenges faced by the workers in transport and communication



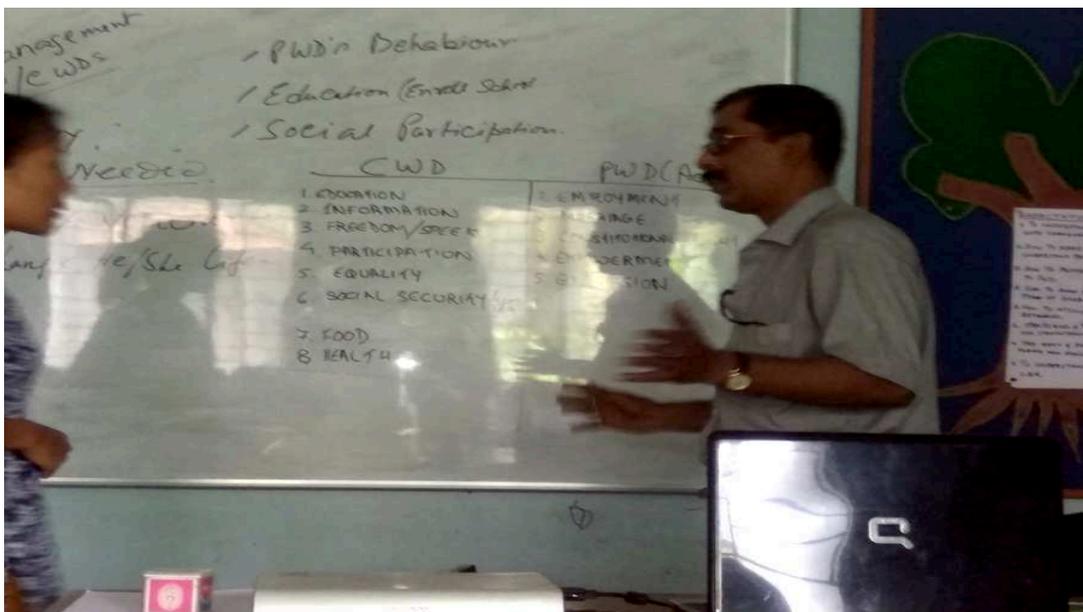
### **2. PRESENTATIONS**

Ms. Asmita Benerjee, gave a presentation on the activities conducted by Sanchar under CBR project. She spoke of the 5 pillar of CBR which are **HEALTH, EDUCATION, LIVELIHOOD,**

**SOCIAL PARTICIPATION AND EMPOWERMENT.** She clearly highlight the inter linkages of the 5 pillar for the holistic development of Person with disabilities in the community.

Ms Tulika Das, took a session on the concept of CBR, its principles and challenges, which was also one of the expectation drawn out from the trainees. Her presentation using simple and self explanatory images gave larger input of understanding to the participants. She rightly and clearly explained the concept of CBR by relating the difference between participation and inclusion. One of the participants brought up the case of a lady with mental illness residing within their project area. The challenges faced by the workers for providing rehabilitation services were discussed in the group. This discussion bringforth suggestions and comments from Ms.Tulika Das which were expected to carry forward by the workers in days to come. After her presentation, considering the language barrier she requested the group to discuss among themselves and come up with any clarification if necessary.

Mr.Gopala took a session on Disability management and Community Based Rehabilitation. Firstly, he pointed out some of the important qualities for CBR workers in dealing with PwDs, parents and the community members. Some of the qualities mentioned includes creativity, flexibility and trustworthy. The session was made more of interactive, where all the participants were involved in sharing their ideas and opinion regarding the management of Disability. In that session participants were made to realise the importance of capturing the root cause of problems during planning through several questions asked by the facilitator. He also presented certain activities conducted by Sanchar for various stakeholders such as parents, peer groups, teachers, health workers, etc.



On the last day, Mr.Rahul led a discussion on different disability Acts and Government scheme and facilities. His presentation includes the Acts such as National Trust Act, Mental health Act and PwDs Act. He also spoke about the Right to Education and Right to Information which are important for worker in the field of disability.

#### **4. EXERCISE ON EXPERIENCING DISABILITY**

Mr.Gopala and Ms.Asmita conducted an activity on experiencing disability. In this activity each participants were made to experience different type of disability such as Visual Impairment, Hearing impairment, Locomotor disability and Speech Impairment. Right after the exercise, all participants were made to share their feelings towards their experiences on the type of disability that they were given. The most recurring feelings shared by the participants were SADNESS, JEALOUSY, EMBARRASSMENT SCARED, HELPLESSNESS, FEAR OF FALLING DOWN, FEELING A BURDEN FOR COMPANION, CURIOSITY and DIFFERENT. This exercise and activity clearly indicates that as a facilitator or worker in the community one must need to put ourselves in the shoe of PwDs in order to bring change in the attitude and understanding towards PwDs.



### 3. VIDEO PRESENTATION

Participants were shown a short video clip/film produced by Sanchar based on true story. The film was named after Rubi a child with hearing impairment called '*Rubi's Journey*'. The film reflects the dark life of parents living with disability children. It also shows the workers/helpers of Snachar are a blessings for the family. The film is expected to encourage workers working under CBR project.

Mr. Rahul also presented a Bollywood clipping on Right to Education. This video clip showed the requirements for students in schools under Right to Education Act.

### 5. ROLE PLAY

The team presented a role play based in the actual happening and conducting of home visit in the operational area. The role played was based on the importance of home based care for parents of PwDs. Soon after the played, Ms.Tulika Das gave a comment and suggested the requirement for greater participation and involvement of family members and community members.



## 6. FIELD VISITS

On the second day, the trainees were divided in 2 groups for field visit. Both the 2 groups were guided by Ms.Asmita Benerjee and Mr.Rahul. Each group visited 3 PwDs house and observed how supports are being provided by the workers in the field. The groups visited children with Cerebral Palsy, Hearing impairment and Locomotor disability.

On the 4<sup>th</sup> day, the trainees were again divided into 2 groups of 3 members each. Both the groups were guided by field staffs and visited 4 PwDs with different disability engaged in livelihood activities. The visited PwDs were engaged in different livelihood activities such as brush making, paper box making, poultry and tailoring.



## VOCATIONAL WORKSHOP

The trainees were also exposed to vocational training centre of Sanchar. They attended the vocational workshop which was conducted twice a week by Sanchar. In this workshop PwDs apart from the project operational areas were given chance to enhance their skills through by attending the workshop. The trainees participated in the workshop and were guided by the PwDs in making paper bags and jewellery. More than 20 PwDs attended the workshop and were engaged in different activities such as jewellery making, paper bags, wall hanging, tailoring and embroidery.



## LEARNINGS

As mentioned earlier in the learning expectations, the trainees learnt the concept of CBR including its 5 components of CBR. Through this training it is clearly understood that CBR is an approach of helping an individual or a group to help themselves and make them independent even after the end of the programme or project. It aims at the holistic development of PwDs in relating to the 5 components such as Health, Education, Empowerment, Livelihood and Social Participation.

It is learnt that there must be a clear set of goals and objectives in providing any kind rehabilitation service or assistance. Setting of goals and objective helps in indicating our failure and achievements during our programme or project.

Looking for affordable and sustainable support, it is important to tap the local available resources in the community which is also one of the objectives of CBR in helping an individual to help himself using the low cost and sustainable assistance in the absence of expensive and external support.

As trust is the most important component to work productively and effectively in the holistic development of PwDs. To hold this trust there must be frequent and regular meeting with the PwDs, Parents and community.

As a community worker it is also learnt that there must be flexibility and creativity in providing services. Working with PwDs one must think and look beyond the service and therapy.

Through field visit, the trainee have learnt the effective means of transferring knowledge, information and skills to field worker and to parents of PwDs. The knowledge transferred to the parents and workers are always accessible by the PwDs in the community.

Through the vocational workshop conducted by Sanchar, the trainees have learnt that PwDs are more dedicate and committed to their work than others. Working in group encourages and motivates one another and get to learn faster. There is a division of labour according to their own capability and capacity.

The trainees learnt that CBR is essentially a team work in which no one in particular can do it alone. There must a link between PwDs, family, teachers, health workers, philanthropic organisations etc.

Lastly, the exercise conducted on experiencing disability provided an opportunity of learning the importance of empathy in the field of disability. It is learnt that PwDs should not be look into the eyes of sympathy but be more with empathy. The only way of changing our attitude and perception towards PwDs is by being empathetic or putting ourselves into the shoe of PwDs.

## **ACTION PLAN**

The following are the list of future plan considering the least available resources and capacity of the team.

- 1 week of exposure for Cluster Mobilizers at The Malsawm Initiative (School for Special Needs) with an objective to practically experience disability management under the assistance of special educators and the therapists.
- Re-identification of PwDs on their type of disability in the project area
- Conduct PwDs ability/functional assessment for rehabilitation service
- Provide home based for the identified PwDs
- Build relationship with the family and community members through regular and frequent meeting