

Composite Regional Centre for Skill Development, Rehabilitation & Empowerment of Persons with Disabilities

CRC Bhopal - Newsletter

Issue No. 6 | Dec / 2025



Director's Pen...

It gives me great pleasure to forward this edition of our Newsletter, which highlights the significant role of art and cultural activities in promoting awareness on disability and rehabilitation within the community. Art, music, theatre, dance, and other cultural expressions serve as powerful mediums to convey messages of inclusion, empathy, and respect, transcending barriers of language, literacy, and social perceptions. One such meaningful celebration was organised by CRC Bhopal on the occasion of the International Day of Persons with Disabilities on 3rd December at the Bhojpal Mela Mahotsav, Bhopal, which emerged as the key highlight of the month.

I also sincerely appreciate the collective efforts of our staff, students, and beneficiaries in actively participating in the Annual Sports Meet of CRC Bhopal. This Newsletter further reflects our sustained efforts in awareness generation through outreach programmes, training sessions, and community-based initiatives aimed at sensitising society and promoting equal opportunities for persons with disabilities.

I am confident that these initiatives will continue to strengthen inclusive practices and foster greater awareness within the community.



Dr. Narendra Kumar
Director, CRC Bhopal



About CRC Bhopal

CRC, Bhopal was established on 14 August 2000 by National Institute of Empowerment of Persons with Intellectual Disabilities (NIEPID), Secunderabad under the Scheme of Implementation of the Rights of Persons with Disabilities Act (SIPDA). It was realigned in February 2006 to Ali Yavar Jung National Institute for the Speech & Hearing Disabilities (Divyangjan), Mumbai, an autonomous body under the Department of Empowerment of Persons with Disabilities (DEPwD), Ministry of Social Justice & Empowerment, Government of India. From August 2024, CRC Bhopal is under administrative control of National Institute of Mental Health Rehabilitation (NIMHR) Sehore, Bhopal Madhya Pradesh. CRC Bhopal has been working for persons with disabilities in the Central India region by providing rehabilitation services for all categories of persons with disabilities. The center was conferred with the national award for barrierfree environment in the year 2006. Apart from rendering rehabilitation services, CRC Bhopal also offers various long term and short-term training programmes recognized by Rehabilitation Council of India, implements various schemes and programme of DEPwD like CDEIC, PMDK, Skill Development, registration for UDID, Niramaya etc. and conducts awareness generation activities and different levels which includes grassroot level functionaries, parents, NGOs etc.

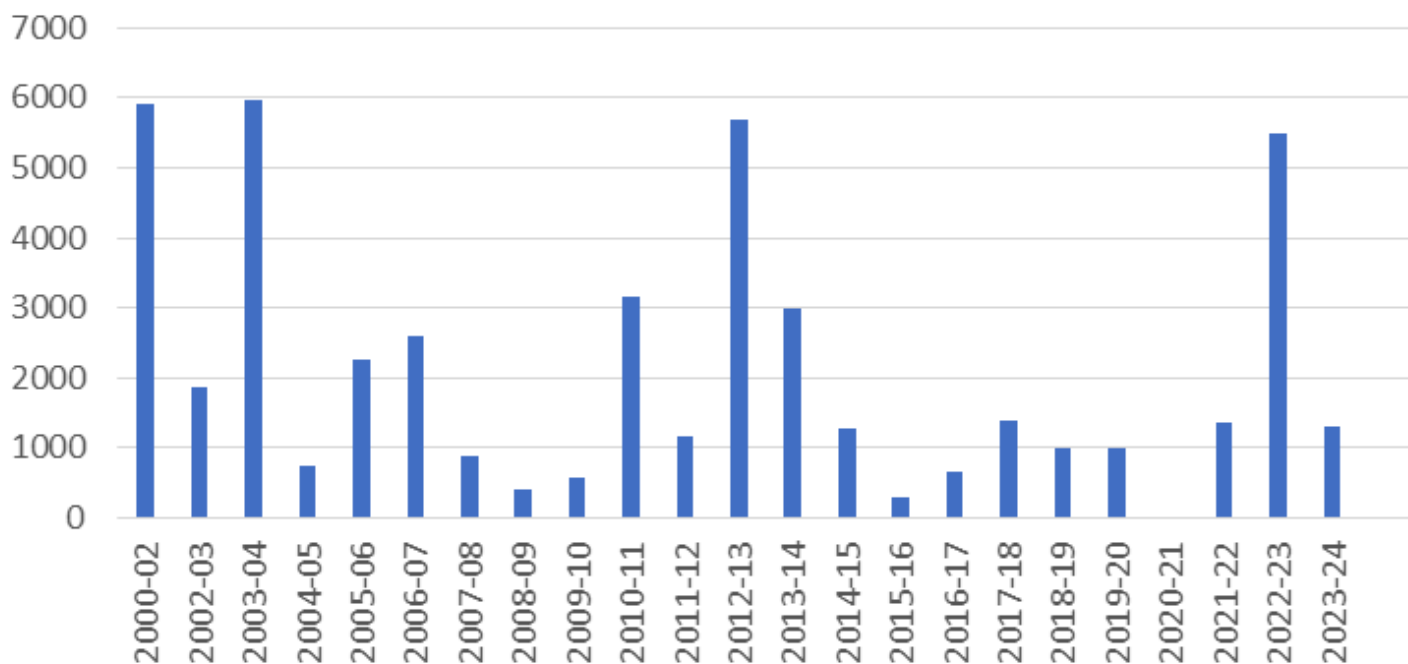
CRC aims to empower persons with disabilities (divyangjan) to live independently and contribute to the community like everyone else.

The primary objective of setting up CRC is to create the infrastructure required for training and manpower development, research, and providing services to persons with disabilities, particularly in those parts of the country where such infrastructure is lacking. CRC has following objectives:-

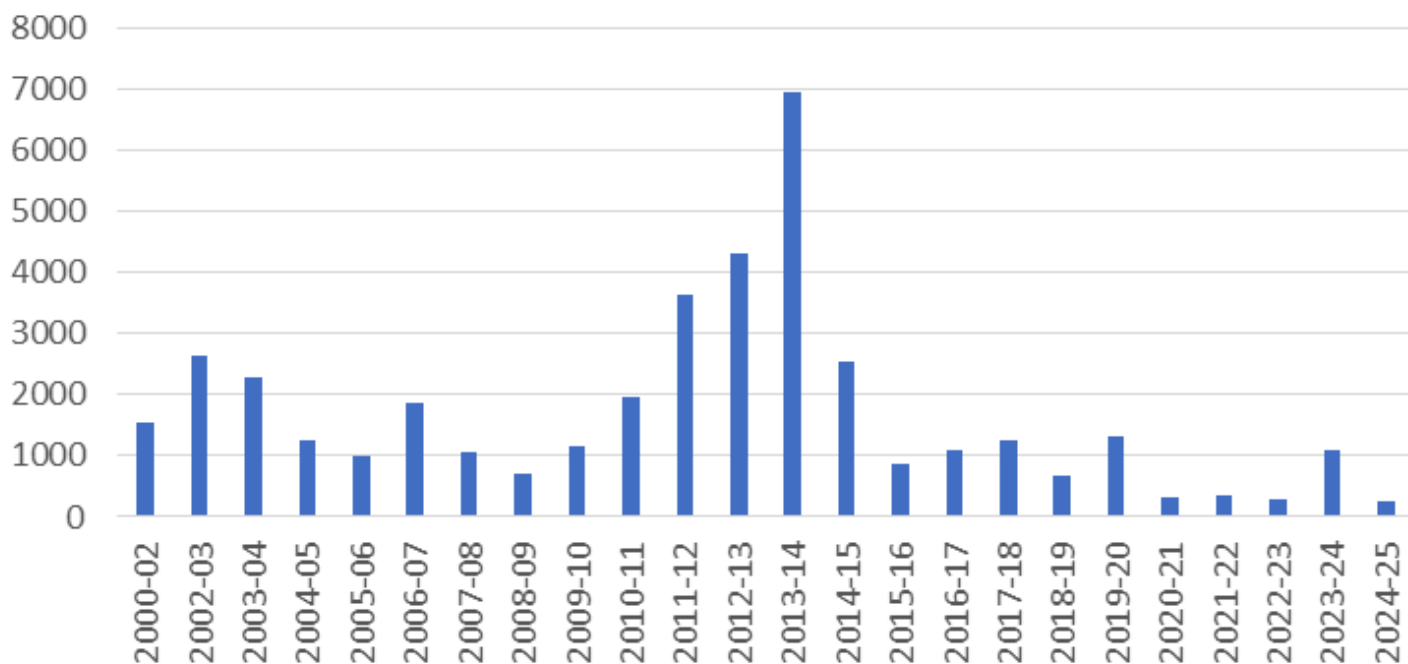
- To serve as a resource centre for rehabilitation and special education of persons with disabilities.
 - To establish linkages with existing medical, educational, and employment services, following the principles of community-based rehabilitation and offer extension services in rural areas.
 - To stimulate the growth of services by encouraging and supporting voluntary organizations, parent groups, and self-help groups.
 - To undertake human resource development by training rehabilitation professionals, village level workers, multi-rehabilitation workers, and other functionaries in the government and non-government sector required for providing services to persons with disabilities.
 - To develop strategies for delivering rehabilitation services suitable to the socio-cultural background of the region.
 - To undertake research and development with specific reference to the needs of diverse groups of people with disabilities, keeping in view the nature and severity of disability in the region.
 - To undertake public education programs for the creation of awareness in the parents and the community.
 - To undertake designing, fabrication, and fitment of aids and appliances to help individuals overcome their disability.
 - To conduct the service of education and skill development leading to the enhancement of opportunities for employment, rehabilitation, mobility, communication, recreation, and integration in society.
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Historical Data

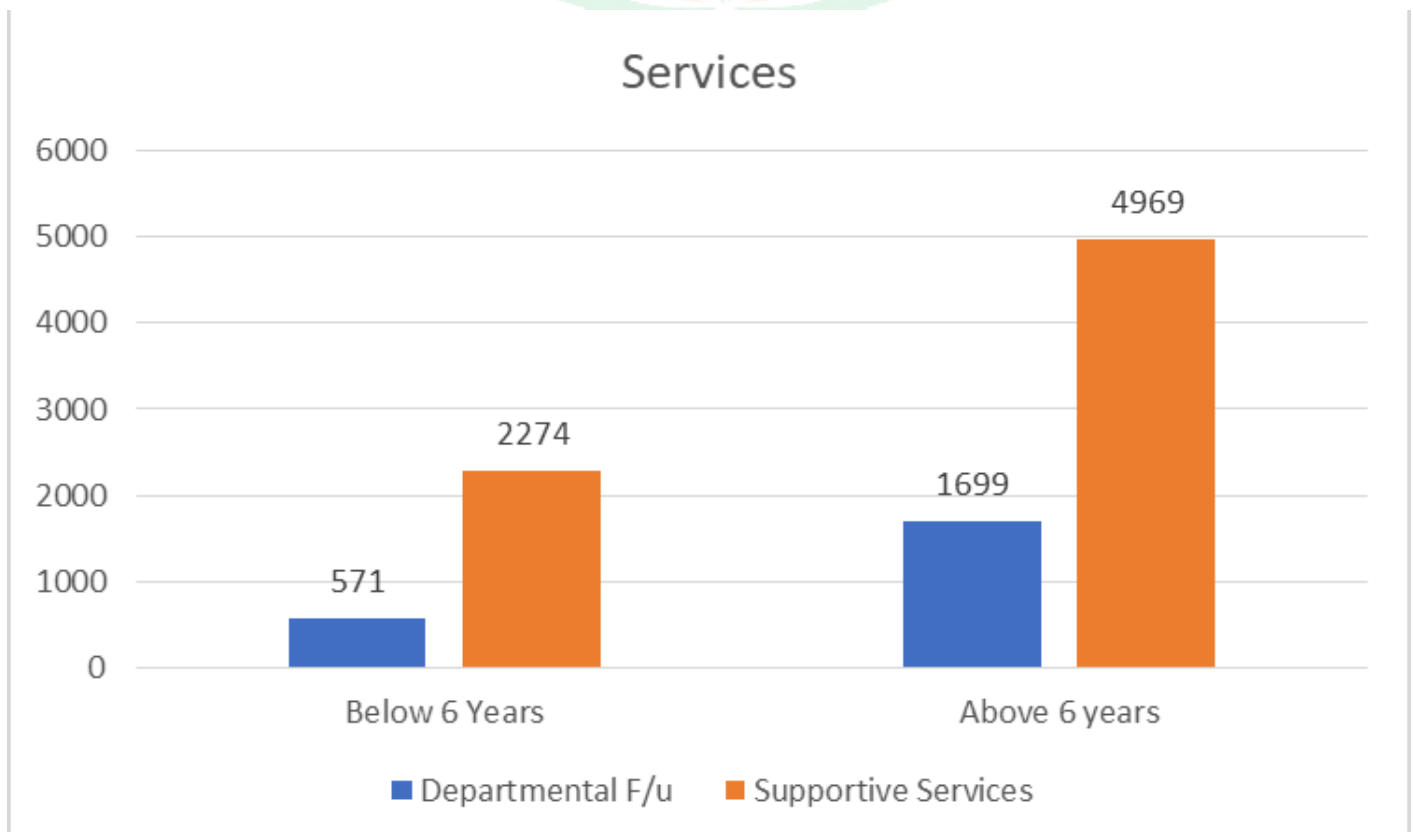
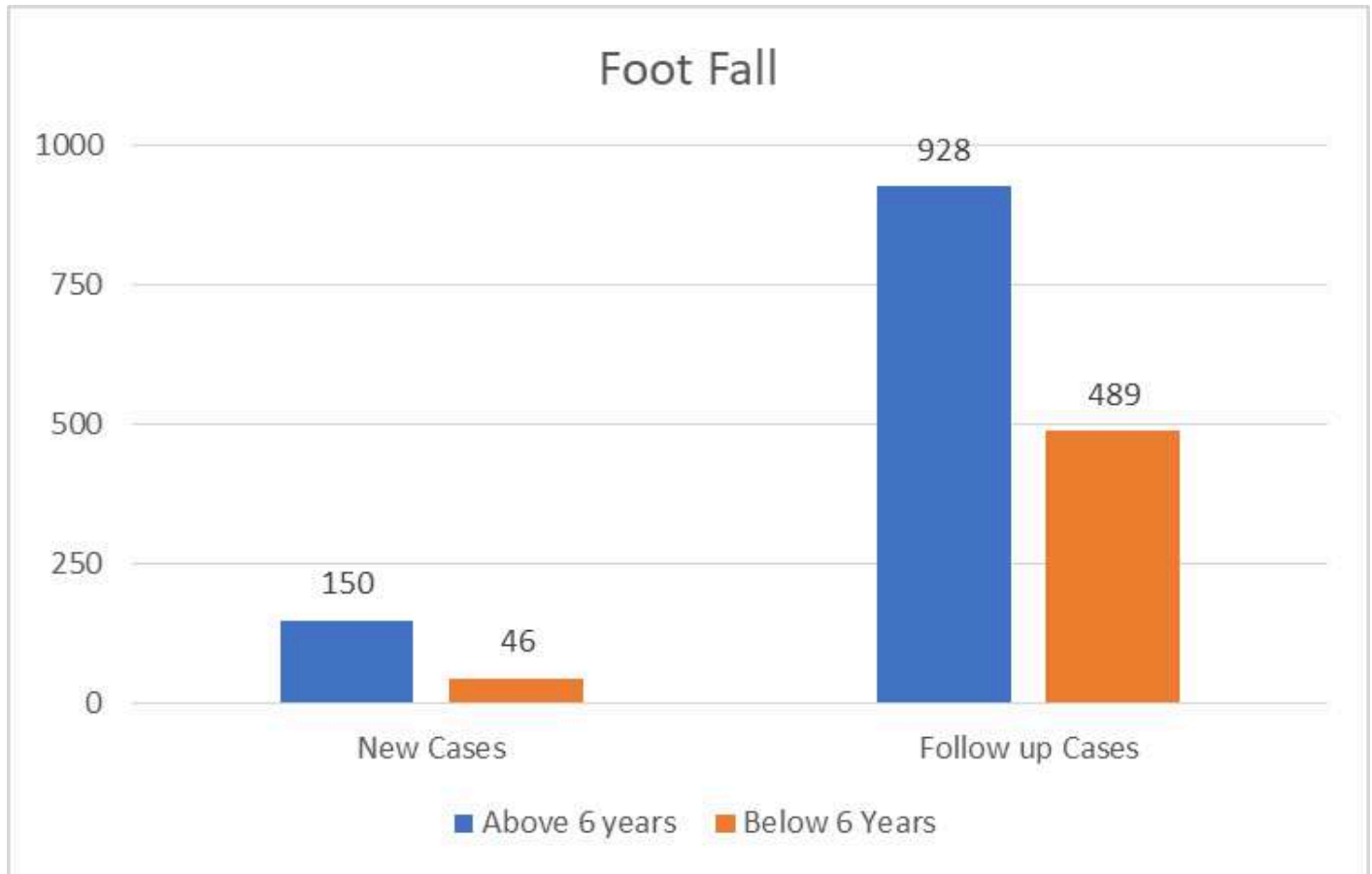
CAMP Based Cases Since Inception



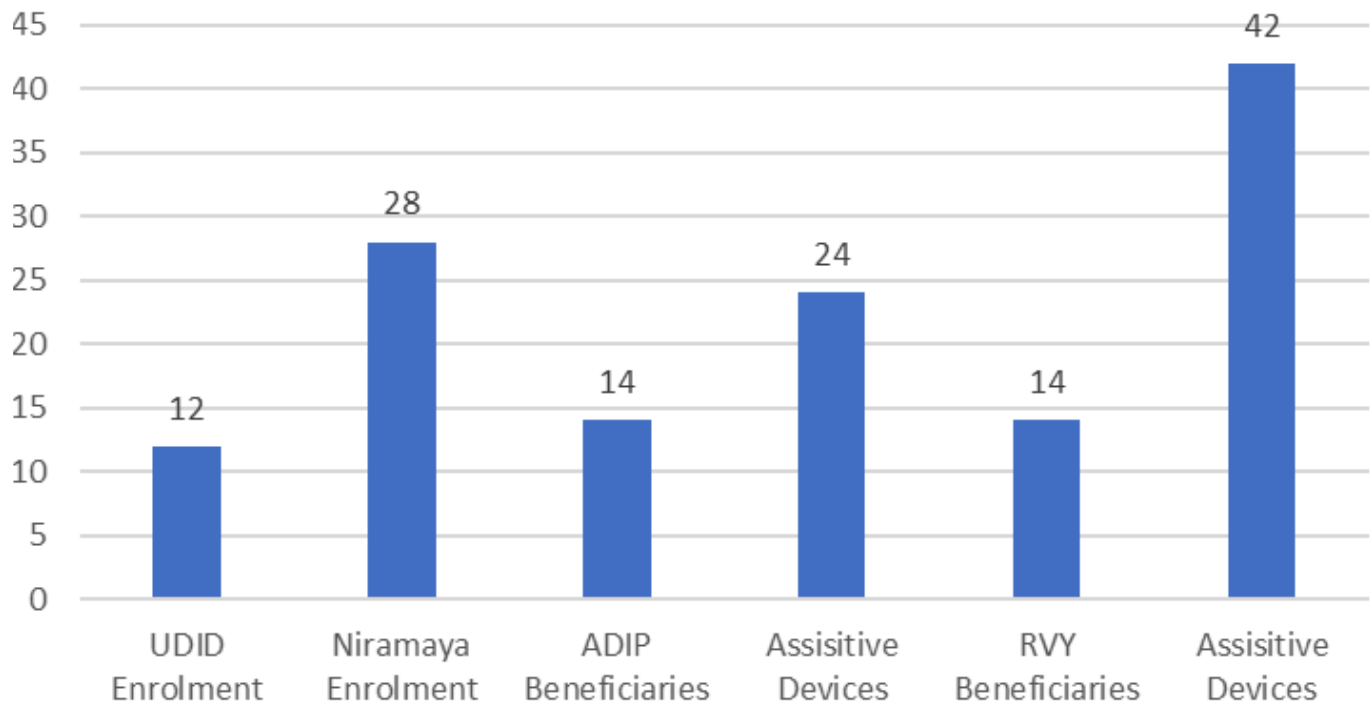
ASSISTIVE DEVICES (CENTRE & CAMPS TOGETHER) Year-wise



Highlight for the Month of Dec 2025



Schemes



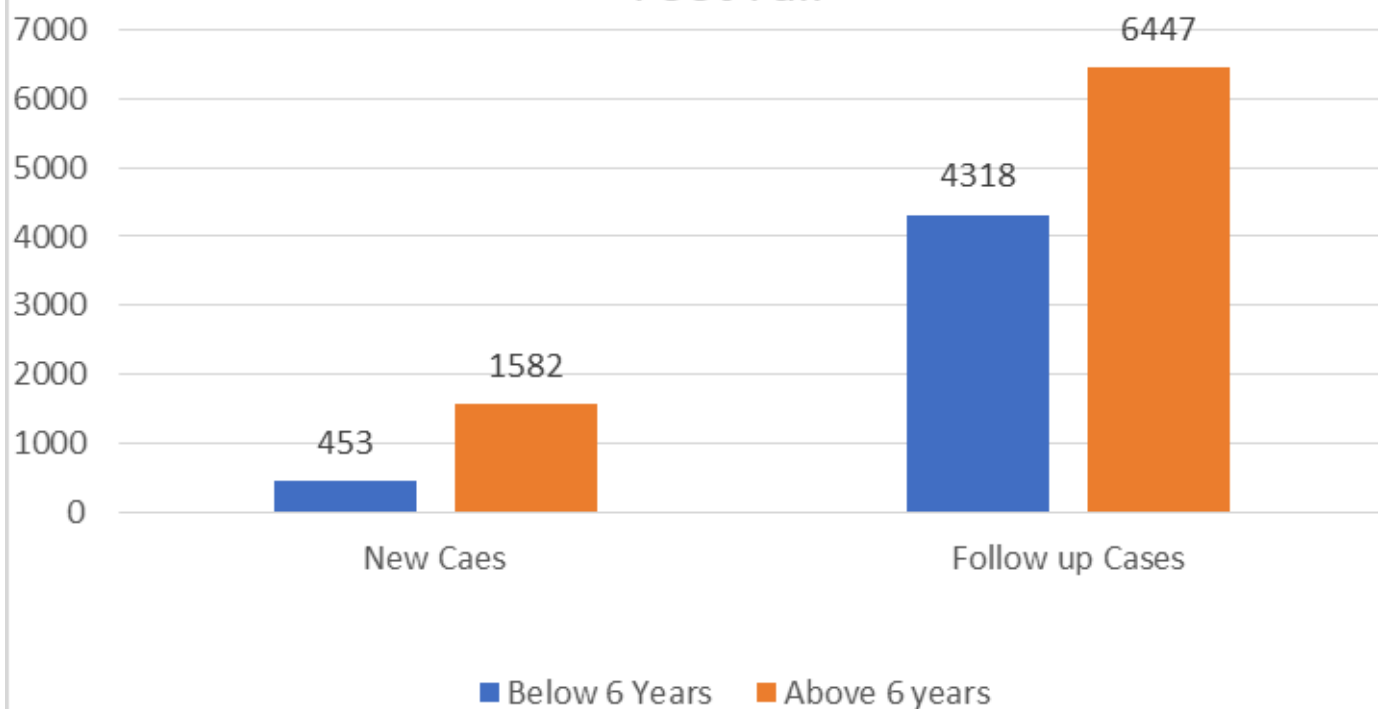
H. Boniface Prabhu



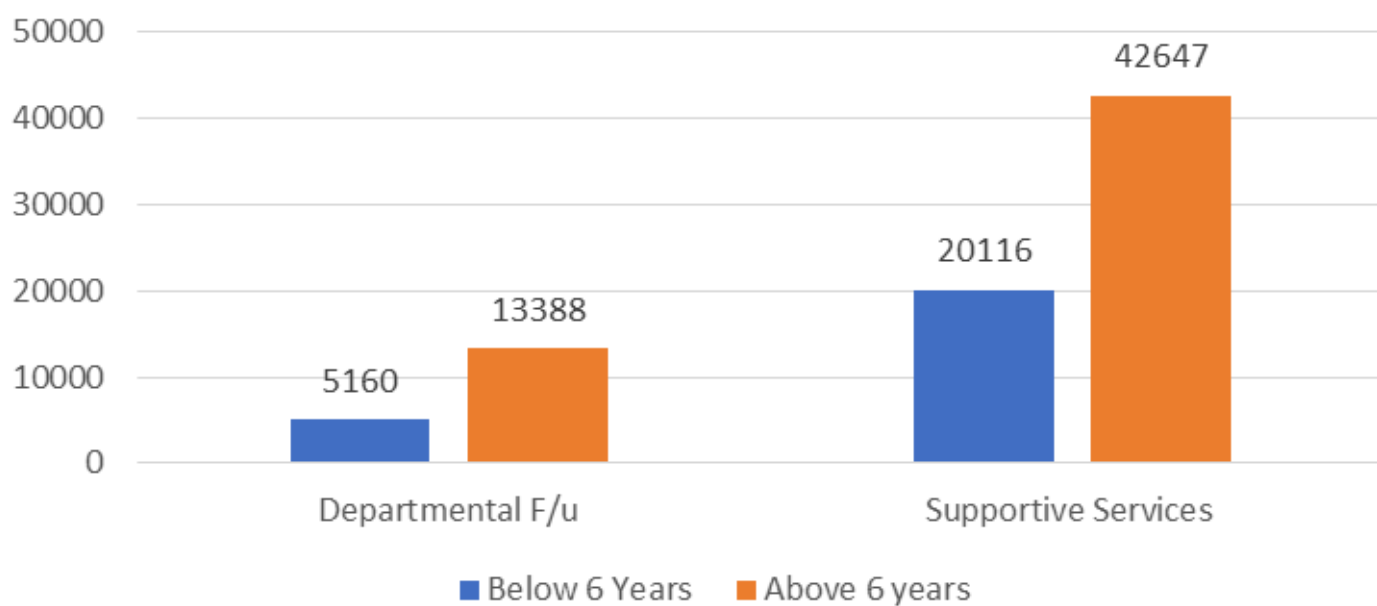
At the age of four, Prabhu became quadriplegic for the rest of his life. But disabilities could not change his goals of life. He worked hard and his dedication has made him a notable figure and a leading quadriplegic wheelchair tennis player. This Padma Shri award winner won a medal at the 1998 World Championships.

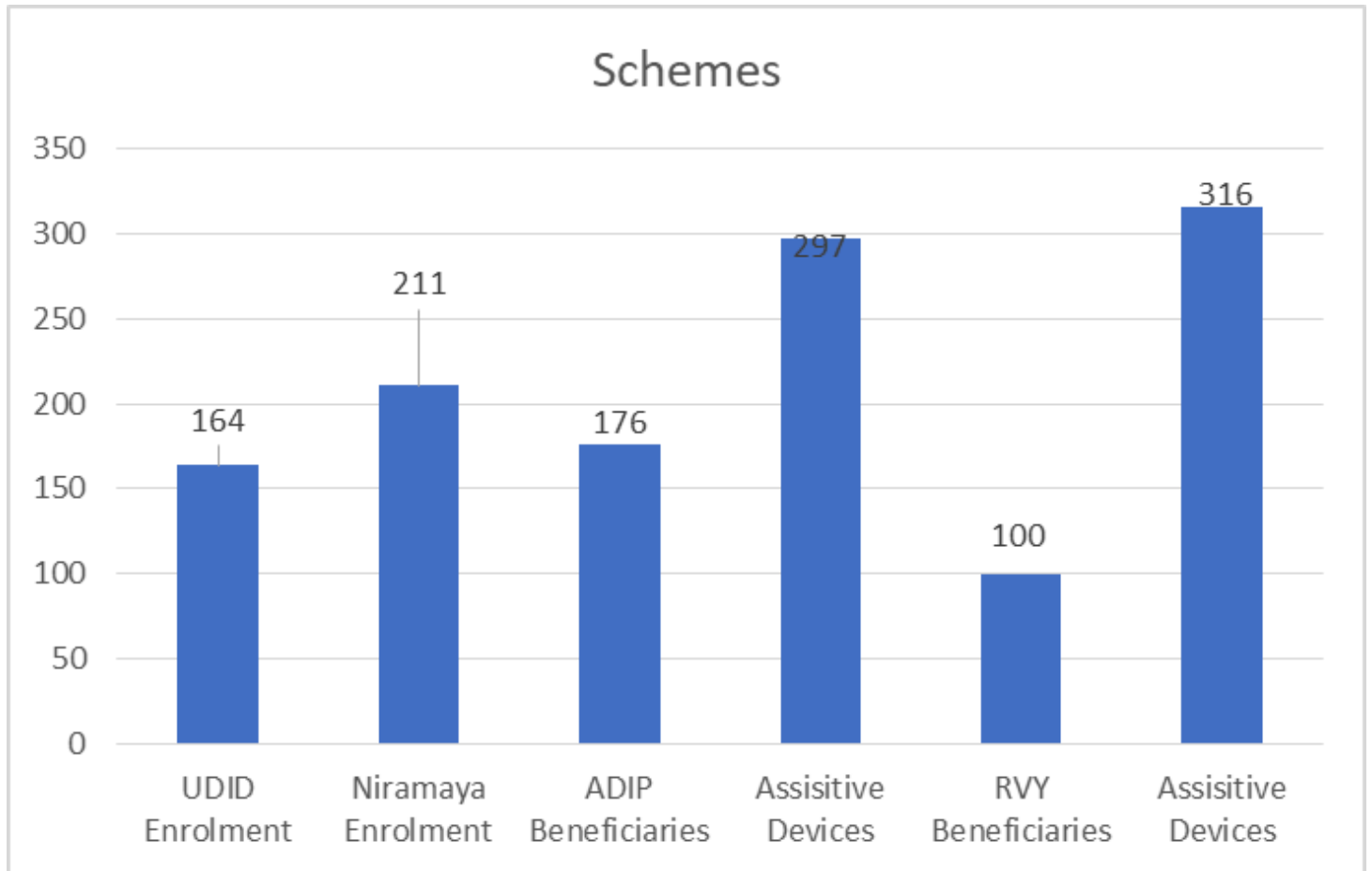
Achievements in 2025-26, till Dec. 2025

April to December Foot Fall



April to December Services





Humans are not disabled. A person can never be broken. Our built environment, our technologies, are broken and disabled. We the people need not accept our limitations, but can transcend disability through technological innovation.

— *Hugh Herr* —

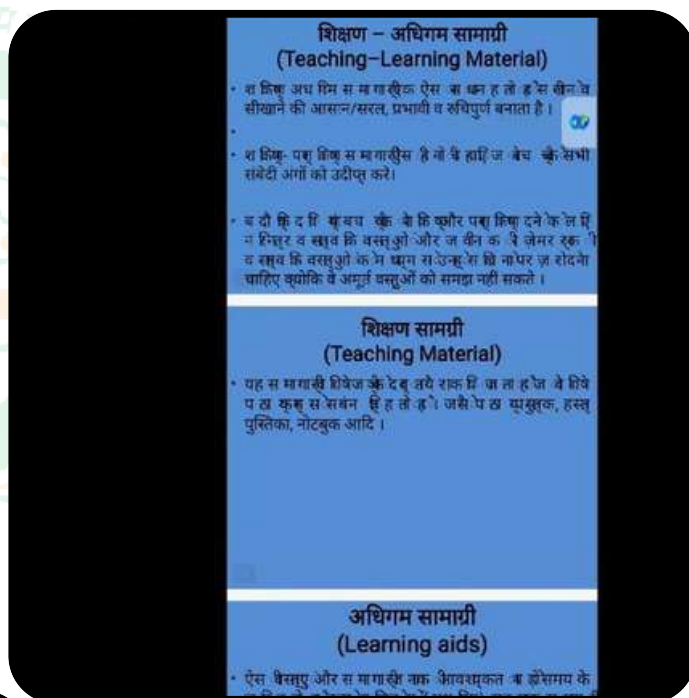
Highlight for the Month of Dec. 2025

Academics



On 2 December 2025, CRC Bhopal organized a special academic session for PGDRP students, focusing on the scope of psychology, emerging career opportunities, and the growing demand for mental health professionals, followed by an interactive discussion.

On 10 December 2025, CRC Bhopal successfully organized a National-level Online Continuing Rehabilitation Education (CRE) programme on “Teaching–Learning Materials for Children with Special Needs” for the benefit of children with disabilities.



On 12 December 2025, CRC Bhopal organized an Orientation Programme for DHLS course students of the 2025–26 session. The online lecture was delivered by Dr. Arun Banik, former Director of AYJNISHD, Mumbai, with the participation of 41 students, leading to meaningful learning and discussion.



A CRE program on Pre-Academic and Pre-Learning Skills for Children with Special Needs was conducted by CRC Bhopal from 16–18 December 2025, with 36 participants.

Outreach



CRC Bhopal, in collaboration with the District Administration and the Department of Social Justice and Empowerment of Persons with Disabilities, Agar (Malwa), organized a programme on 03/12/2025 to create awareness about government schemes related to disability rehabilitation.

Community Sensitization and training Programme



On 5 December 2025, CRC Bhopal successfully organized a Parent Training Programme at SOS Children's Village, Bhopal, with the active participation of 31 parents. The session focused on "Communicable Diseases: Importance of Prevention and Control" and was conducted by Ms. Abhilasha Vishwakarma, Nurse, CRC Bhopal.

On 9 December 2025, CRC Bhopal organized a Community-Based Rehabilitation programme at Village Adampur Chhawani, Bhopal. A total of 40 beneficiaries were covered, 28 households were surveyed, and 16 new persons with disabilities were identified during the programme.



On 12 December 2025, CRC Bhopal successfully organized a Parent Training Programme at Vandan Rehabilitation and Research Institute, Jabalpur (M.P.).



A Community-Based Rehabilitation (CBR) programme was conducted by CRC Bhopal on 16th December 2025 in Village Bilkharia, Bhopal. The programme benefited 21 individuals, including children, adults, elderly persons, and persons with disabilities, through 30 household surveys, during which three new cases of disability were identified.

On December 23, 2025, CRC Bhopal conducted a short-term training program for Anganwadi workers and helpers of Kanhasaiya village on safe pregnancy and the prevention of birth-related disabilities.



On 24 December 2025, CRC Bhopal organized an STTTP (Short-Term Training and Teaching Program) for B.Sc. Nursing 7th semester students at People's Nursing College, Bhopal, on the theme "Red Flags of Neurodiversity in Developmental Domains among Children with Special Needs."

Extended Services at Hamadia Hospital, GMC Bhopal

The CDEIC team of CRC-Bhopal conducts Half Day-weekly assessment and counseling sessions for children with special needs at the Pediatric Department (Neonatal Unit) of Hamidia Hospital, GMC Bhopal. Intervention services were provided to beneficiaries are as follows:

Date	No of Beneficiaries provided early intervention services
10/12/2025	9
17/12/2025	8
24/12/2025	7
31/12/2025	10



Awareness program



On 5 December, CRC Bhopal organized a public awareness programme at Rajiv Gandhi Memorial School, Sheopur (M.P.), on the occasion of the International Day of Persons with Disabilities.

Assistive Devices Distribution Camp



CRC Bhopal organized a Community-Based Rehabilitation Programme on 2nd December 2025 at Kanhasaiya and Bilkhiriya villages, benefiting 18 individuals.

PMDK of CRC Bhopal organized a Social Empowerment Camp on 03/12/2025 on the occasion of International Day of Persons with Disabilities. Under the ADIP Scheme, free assistive devices were distributed to persons with disabilities, benefiting 7 beneficiaries with a total of 18 aids, along with an exhibition of educational and learning materials.



Other Activities

Visits



CRC Bhopal organized an educational visit on December 2, 2025, for 25 Psychology students and 1 faculty member from Barkatullah University.

CRC Bhopal organized an educational visit on 2 December 2025 for 40 students and 2 faculty members from JNCT Professional University.



CRC Bhopal organized an educational visit on 03 December 2025 for 40 fourth-year students and 3 faculty members (a total 43) from the Department of Paramedical Sciences, RNTU.

On 8 December 2025, CRC Bhopal organized an educational visit for 30 MBBS 3rd-year (Batch 2023) and 2 faculty members from People's University. The students were oriented about the rehabilitation services and academic programmes of various departments at CRC Bhopal.



An educational visit to CRC Bhopal was organized for students and faculty of the Department of Community Medicine, Chirayu Medical College and Hospital, Bhopal, on 11/12/2025 and 12/12/2025.

On 24 December 2025, CRC Bhopal organized an educational visit for 51 DCBR first- and second-year students and 2 faculty members (total 53) from NIMHR.



On 30 December 2025, CRC Bhopal conducted a practical and hands-on training session for intellectually disabled students of the PM DAKSH Assistant Plant Care Taker (Persons with Disabilities – ID) course.

Other Activities



On 3 December 2025, CRC Bhopal organized the International Day of Persons with Disabilities at Bhojpal Mela, Bhopal, highlighting inclusive society and community participation.

On 9 December 2025, an Orientation Programme was organized by the Internal Complaints Committee at CRC Bhopal to create awareness about the Sexual Harassment of Women at Workplace Act, 2013. The session was conducted by external expert Dr. Nisha Dubey for students and staff, with the participation of 175 attendees.



On 12 December 2025, a marksheet and certificate distribution ceremony was organized at CRC Bhopal for students of the PM-DAKSH-supported course "Assistant Plant Care Taker (Persons with Disabilities) – ID (Batch 0176)"



An awareness and training program was organized on November 13, 2025, by CRC Bhopal for beneficiaries of the PM-DAKSH Free Coaching, conducted in collaboration with Pandit Kunjilal Vidyapeeth. It included a visit to the Legislative Assembly.

Sports Day



A two-day Annual Sports Festival was organized by CRC Bhopal on 19–20 December 2025 at the National Institute of Mental Health Rehabilitation (NIMHR), Sehore. On the first day, inclusive sports and recreational activities were conducted with active participation from persons with disabilities, students, parents, and staff, along with an institutional visit and an orientation workshop on services.



Parent's Feedback

Name- Shivani Kumari

Very Well doing, good improvement showing in the shivani language.

Thank you so much to All CRC members for your kind support.

Thank you

Reg No.- 27615/25

Success Story

Mukul Seerwani's journey is a remarkable example of determination, family support, and professional guidance. Diagnosed with cerebral palsy and hearing impairment, Mukul faced significant challenges in speech, motor skills, and education from early childhood. With continuous support from his mother and timely interventions, his abilities gradually developed. CRC Bhopal played a crucial role in his journey by providing proper assessment, audiometry, hearing aid support, IQ evaluation, and continuous guidance. Dr. Ashutosh Pandit ensured academic support and facilitated extra time for examinations, while Dr. Joshi provided constant motivation, career guidance, and ongoing support. Teachers Aruna Ma'am and Poonam Ma'am helped Mukul improve his handwriting speed and legibility through structured exercises. With consistent effort, expert guidance, and encouragement from CRC Bhopal professionals, Mukul successfully cleared competitive banking examinations and is currently working as Assistant Manager (Scale I) at Punjab National Bank. His success reflects the impactful role of CRC Bhopal in empowering persons with disabilities to achieve independence and professional excellence.

Reg No.-12777/14

जिला स्तरीय दिव्यांग सामार्थ्य प्रदर्शन कार्यक्रम आयोजित

‘दिव्यांग बच्चों में अद्भुत प्रतिभा छिपी होती है’

नईदुनिया न्यूज,आगर-मालवा: विश्व दिव्यांग दिवस पर बुधवार को सामाजिक न्याय एवं दिव्यांग सशक्तिकरण विभाग द्वारा जिला स्तरीय दिव्यांग सामार्थ्य प्रदर्शन कार्यक्रम सामुदायिक भवन गांधी उपवन में आयोजित किया गया।

इसमें खेल प्रतियोगिता एवं सांस्कृतिक कार्यक्रमों में दिव्यांगजनों द्वारा अपनी प्रतिभा का प्रदर्शन किया और रंगारंग सांस्कृतिक कार्यक्रम प्रस्तुत किए। कार्यक्रम का शुभारम्भ मुख्य अतिथि कलेक्टर प्रीति यादव, विशिष्ट अतिथि पुलिस अधीक्षक विनोद कुमार सिंह, न्यायाधीश एवं सचिव जिला विधिक सेवा प्राधिकरण अश्विनी सिंह एवं जिला विधिक सहायता अधिकारी फारुख अहमद सिद्दीकी ने माँ सरस्वती का पूजन कर किया गया। इस अवसर पर जिला शिक्षा अधिकारी एम के जाटव एवं स्वास्थ्य विभाग से डा. शशांक सक्सेना सहित मेडिकल बोर्ड के चिकित्सक भी अतिथि के रूप में मंचासिन रहे।

कार्यक्रम दिव्यांगजनों के लिए खेल, चित्रकला एवं रांगोली प्रतियोगिता की गई। इसमें दिव्यांगजनों ने बहु-चढ़कर भाग लिया और अपनी प्रतिभा का प्रदर्शन किया। उड़ान स्पेशल स्कूल एवं सोडब्ल्यूएसएन छात्रावास के मूकबधिर छात्रों ने सांस्कृतिक कार्यक्रम प्रस्तुत कर



प्रतियोगिता में अच्छे स्थान पाने वाले को प्रमाण पत्र देते हुए कलेक्टर, एसपी और अन्य अधिकारी • नईदुनिया



कार्यक्रम में चित्र कला करते दिव्यांग छात्र • नईदुनिया

सभी का मनमोहक किया। चित्रकला, रांगोली और नृत्य के माध्यम से दिव्यांग बच्चों ने अपनी प्रतिभा का उत्कृष्ट प्रदर्शन किया। मुख्य अतिथि कलेक्टर यादव ने बच्चों की सराहना करते हुए कहा कि दिव्यांग बच्चों में अद्भुत प्रतिभा छिपी होती है। समाज में उन्हें प्रोत्साहन

और अवसर प्रदान किया जाए तो वे किसी कम नहीं हैं। दिव्यांग होने का मतलब कमजोर होना नहीं है, बल्कि यह उनकी विशेष क्षमताओं को दर्शाता है। हमें दिव्यांगजनों के प्रति सकारात्मक दृष्टिकोण अपनाना चाहिए और उनके साथ समानता और सम्मान की भावना

रखना चाहिए। शासन द्वारा दिव्यांगजन के कल्याण के लिए अनेकों योजना संचालित हैं, जिनका आगे आकर लाभ उठाएँ।

कार्यक्रम की प्रस्तावना रखते हुए उप संचालक सामाजिक न्याय विजय चौरसिया ने विभाग द्वारा दिव्यांगजनों के लिए किए जा रहे कार्यों की जानकारी दी। इस अवसर पर सीआरसी भोपाल के कुतुबुद्दीन नियाजी द्वारा प्रोजेक्टर के माध्यम से शासन की योजनाओं का प्रस्तुतीकरण दिया गया। आयोजन के दौरान प्रथम, द्वितीय एवं तृतीय स्थान पर रहे प्रतिभागियों के साथ ही जिला दिव्यांग पुनर्वास केंद्र की वरिष्ठ फिजियोथेरेपिस्ट पूजा सिंह एवं प्रशासनिक अधिकारी चेतना बैरागी सहित समस्त स्टाफ को प्रशस्ति पत्र प्रदान कर सम्मानित किया गया। कार्यक्रम में मुख्य रूप से एसएसओ रुचि मिश्रा, एमआरसी अल्पना विल्सन सहित समस्त एसआरसी, खेल विभाग से पाटीदार, रोजगार विभाग से पाटिल, उद्योग विभाग सहित शिक्षा विभाग एवं पालीटेक्निक कॉलेज आगर के प्रोफेसर एवं स्टाफ विशेष तौर पर उपस्थित रहा। शाखा प्रभारी सामाजिक न्याय जिला एवं विकास खण्ड स्तर पर आयोजित खेलकूद प्रतियोगिता के बारे में जानकारी दी।

दिव्यांग बच्चों में अद्भुत प्रतिभा छिपी होती है- कलेक्टर यादव

विश्व दिव्यांग दिवस: दिव्यांगजनों ने दिखाया अपना सामर्थ्य

हरे नारायण यादव संवाददाता

आगर-मालवा /विश्व दिव्यांग दिवस पर बुधवार को सामाजिक न्याय एवं दिव्यांग सशक्तिकरण विभाग द्वारा जिला स्तरीय दिव्यांग सामार्थ्य प्रदर्शन कार्यक्रम सामुदायिक भवन गांधी उपवन आगर में आयोजित किया। जिसमें खेल प्रतियोगिता एवं सांस्कृतिक कार्यक्रमों में दिव्यांगजनों द्वारा अपनी प्रतिभा का प्रदर्शन किया और रंगारंग सांस्कृतिक कार्यक्रम प्रस्तुत किये।

कार्यक्रम का शुभारम्भ मुख्य अतिथि कलेक्टर प्रीति यादव, विशिष्ट अतिथि पुलिस अधीक्षक विनोद कुमार सिंह, न्यायाधीश एवं सचिव जिला विधिक सेवा प्राधिकरण अश्विनी सिंह एवं जिला विधिक सहायता अधिकारी फारुख अहमद सिद्दीकी द्वारा माँ सरस्वती का पूजन कर किया गया। इस अवसर पर जिला शिक्षा अधिकारी एम के जाटव एवं स्वास्थ्य विभाग से डॉ. शशांक



दिव्यांगजनों ने बहु-चढ़कर भाग लिया और अपनी प्रतिभा का प्रदर्शन किया। उड़ान स्पेशल स्कूल एवं सोडब्ल्यूएसएन छात्रावास के मूकबधिर छात्रों ने रंगारंग सांस्कृतिक कार्यक्रम प्रस्तुत कर सभी का मनमोहक किया।

छिपी होती है। समाज में उन्हें प्रोत्साहन और अवसर प्रदान किया जाए तो वे किसी कम नहीं हैं। दिव्यांग होने का मतलब कमजोर होना नहीं है, बल्कि यह उनकी विशेष क्षमताओं को दर्शाता है। हमें दिव्यांगजनों के

लाभ उठाएँ।

कार्यक्रम की प्रस्तावना रखते हुए उप संचालक सामाजिक न्याय विजय चौरसिया ने विभाग द्वारा दिव्यांगजनों के लिए किए जा रहे कार्यों की जानकारी दी। इस अवसर पर सीआरसी भोपाल के कुतुबुद्दीन नियाजी द्वारा प्रोजेक्टर के माध्यम से शासन की योजनाओं का प्रस्तुतीकरण दिया गया। आयोजन के दौरान प्रथम, द्वितीय एवं तृतीय स्थान पर रहे प्रतिभागियों के साथ ही जिला दिव्यांग पुनर्वास केंद्र की वरिष्ठ फिजियोथेरेपिस्ट पूजा सिंह एवं प्रशासनिक अधिकारी चेतना बैरागी सहित समस्त स्टाफ को प्रशस्ति पत्र प्रदान कर सम्मानित किया गया। कार्यक्रम में मुख्य रूप से एसएसओ रुचि मिश्रा, एम आर सी अल्पना विल्सन सहित समस्त एम आर सी, खेल विभाग से पाटीदार, रोजगार विभाग से पाटिल, उद्योग विभाग सहित शिक्षा विभाग एवं पालीटेक्निक कॉलेज आगर के प्रोफेसर एवं स्टाफ विशेष तौर पर उपस्थित

दिनांक भास्कर 04/12/2025 दिव्यांग जनों ने दिखाया अपना सामर्थ्य, सम्मानित किया



कार्यक्रम में पुरस्कार वितरित करते हुए अधिकारी।

भास्कर संवाददाता | आग्रमालया

विश्व दिव्यांग दिवस पर बुधवार को सामाजिक न्याय एवं दिव्यांग सशक्तिकरण विभाग द्वारा जिला स्तरीय दिव्यांग सामर्थ्य प्रदर्शन कार्यक्रम का आयोजन सामुदायिक भवन गांधी उपवन में किया। जिसमें खेल प्रतियोगिता एवं सांस्कृतिक कार्यक्रमों में दिव्यांग जनों द्वारा प्रतिभा का प्रदर्शन किया। रंगारंग सांस्कृतिक कार्यक्रम प्रस्तुत किए।

कार्यक्रम का शुभारंभ मुख्य अतिथि कलेक्टर प्रीति यादव, विशिष्ट अतिथि पुलिस अधीक्षक विनोद कुमार सिंह, न्यायाधीश एवं सचिव जिला विधिक सेवा प्राधिकरण अश्विनी सिंह एवं जिला विधिक सहायता अधिकारी फरख अहमद सिद्दीकी द्वारा मां सरस्वती का पूजन कर किया गया। इस अवसर पर जिला शिक्षा अधिकारी एफके जाटव एवं स्वास्थ्य विभाग से डॉ. शशांक सक्सेना सहित मेडिकल बोर्ड के चिकित्सक भी अतिथि के रूप में मंचासीन रहे। कार्यक्रम दिव्यांग जनों के लिए खेल प्रतियोगिता और चित्रकला एवं रंगोली प्रतियोगिता का

आयोजन किया गया, जिसमें दिव्यांग जनों ने बहु-चढ़कर भाग लिया और अपनी प्रतिभा का प्रदर्शन किया। उद्घान स्पेशल स्कूल एवं सीडब्ल्यूएसएन छात्रावास के मूकबधिर छात्रों ने रंगारंग सांस्कृतिक कार्यक्रम प्रस्तुत कर सभी का मनमोह लिया। चित्रकला, रंगोली और नृत्य के माध्यम से दिव्यांग बच्चों ने अपनी प्रतिभा का उत्कृष्ट प्रदर्शन किया। कार्यक्रम की प्रस्तावना संचालक सामाजिक न्याय विजय चौधुरिया ने रखी। इस अवसर पर सीआरसी भोपाल के कुतुमुदीन नियाजी द्वारा प्रोजेक्टर के माध्यम से शासन की योजनाओं का प्रस्तुतीकरण दिया गया। आयोजन के दौरान प्रथम, द्वितीय एवं तृतीय स्थान पर रहे प्रतिभागियों के साथ ही जिला दिव्यांग पुनर्वास केंद्र की वरिष्ठ फिजियोथेरेपिस्ट पूजा सिंह एवं प्रशासनिक अधिकारी चेतना बैरागी सहित समस्त स्टाफ को प्रशस्ति पत्र प्रदान कर सम्मानित किया गया। शाखा प्रभारी सामाजिक न्याय नितेश झांसिया जिला एवं विकासखंड स्तर पर आयोजित खेलकूद प्रतियोगिता के बारे में जानकारी दी।

दिनांक भास्कर 04/12/2025

समय जगत

समय जगत

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अंतर्राष्ट्रीय दिव्यांगजन दिवस कार्यक्रम किया गया आयोजित



समय जगत, भोपाल। समेकित क्षेत्रीय कौशल विकास पुनर्वास एवं दिव्यांगजन सशक्तिकरण केंद्र, सीआरसी भोपाल द्वारा दिनांक 3 दिसंबर 2025 को भोजपाल मेला दशहरा मैदान गोविंदपुरा भोपाल में अंतर्राष्ट्रीय दिव्यांगजन दिवस का आयोजन किया गया। इस कार्यक्रम का शुभारंभ डॉ. नरेंद्र कुमार निदेशक सीआरसी भोपाल ने अपने उद्बोधन से किया। उन्होंने समावेशी समाज और समाज की भागीदारी सुनिश्चित करने हेतु समाज की प्रतिबद्धता पर जोर दिया। श्री श्याम सिंह मेवाड़ा ने अंतर्राष्ट्रीय दिव्यांगजन दिवस की विस्तृत जानकारी एवं सीआरसी भोपाल का परिचय प्रस्तुत किया। दिव्यांगजनों एवं सीआरसी के अध्यनरत विद्यार्थियों द्वारा एकल एवं सामूहिक प्रस्तुतियां प्रस्तुत की गईं जिसमें गाना नृत्य नुक्कड़ नाटक एवं कविता का वाचन किया गया। इस कार्यक्रम में मुख्य अतिथि के रूप में माननीय श्री गीतम टेटवाल राज्य मंत्री, कौशल विकास एवं रोजगार विभाग, मध्य प्रदेश शासन, श्री सुनील यादव अध्यक्ष भजपाल मेला एवं श्री विकास विरानी उपस्थित रहे। इनका स्वागत केंद्र के निदेशक द्वारा पौधे एवं शाल भेंटकर किया गया। स्वागत उद्बोधन डॉ. नरेंद्र कुमार निदेशक सीआरसी भोपाल द्वारा किया गया। माननीय राज्य मंत्री द्वारा अपने उद्बोधन में उन्होंने इस कार्यक्रम को सराहा और उन्होंने इस प्रकार के कार्यक्रम होते रहने पर जोर दिया। साथ ही सीआरसी भोपाल के कार्य की प्रशंसा की। इस अवसर पर भोपाल गैस त्रासदी के शिकार व्यक्तियों को श्रद्धांजलि देने हेतु 2 मिनट का मोन रखा गया।

इस कार्यक्रम में सीआरसी भोपाल के दिव्यांगजन, विद्यार्थी, अभिभावक एवं स्टाफ लगभग 250 उपस्थित रहे। इस कार्यक्रम में दशक के रूप में बड़ी संख्या में आम नागरिक उपस्थित रहे। श्रीमती सुमोना एवं श्री श्याम सिंह मेवाड़ा द्वारा मंच का संचालन किया गया। कार्यक्रम की अंतिम प्रस्तुति सांकेतिक भाषा में राष्ट्रगान प्रस्तुत किया गया। कार्यक्रम का समापन सीआरसी भोपाल के सहायक प्राध्यापक चिकित्सा मनोविज्ञान डॉ. इंद्र भूषण कुमार द्वारा धन्यवाद ज्ञापन कर किया गया।

नर्सिंग स्टूडेंट के लिए शॉर्ट टर्म ट्रेनिंग एण्ड टीचिंग प्रोग्राम संपन्न



भोपाल। समेकित क्षेत्रीय कौशल विकास, पुनर्वास एवं दिव्यांगजन सशक्तिकरण केंद्र (सीआरसी), भोपाल द्वारा 24 दिसंबर 2025 को पीपुल्स नर्सिंग कॉलेज, भोपाल में बी.एस.सी. नर्सिंग सातवें सेमेस्टर के विद्यार्थियों के लिए शॉर्ट टर्म ट्रेनिंग एंड टीचिंग प्रोग्राम (STTP) का आयोजन किया गया। कार्यक्रम का विषय विशेष आवश्यकता वाले बच्चों में विकासमूलक क्षेत्रों में



न्यूरोडायवर्सिटी के रेंड फ्लैग्स रहा। कार्यक्रम का आयोजन पीपुल्स नर्सिंग कॉलेज की प्राचार्य एवं डीन प्रो. (डॉ.) के. पुनितालक्ष्मी व विभागाध्यक्ष प्रो. जया विजयों के मागदर्शन में किया गया। कार्यक्रम का संचालन एवं समन्वय सीआरसी भोपाल की नर्सिंग ऑफिसर अंभलापा विश्वकर्मा द्वारा किया गया। सत्र के दौरान विद्यार्थियों ने सक्रिय



करते हुए प्रश्नोत्तर एवं चर्चा में भाग लिया। कार्यक्रम में सीआरसी भोपाल से पुनर्वास मनोवैज्ञानिक श्री अरुणेश सापके ने मुख्य रूप से सहभागिता की। उन्होंने विद्यार्थियों को विशेष आवश्यकता वाले बच्चों में विकासमूलक विलंब, संचार, सामाजिक व्यवहार, संवेदी प्रसंस्करण एवं सीखने से संबंधित प्रारंभिक चेतना की संकेतों

(रेंड फ्लैग्स) की पहचान, समय पर हस्तक्षेप तथा उपयुक्त रेफरल प्रक्रिया के महत्व पर विस्तार से जानकारी दी। कार्यक्रम का मुख्य उद्देश्य नर्सिंग विद्यार्थियों में प्रारंभिक पहचान, संवेदनशीलता तथा समावेशी देखभाल की समझ विकसित करना रहा, जिससे भविष्य में विशेष आवश्यकता वाले बच्चों को समय पर एवं उचित सहायता प्रदान की जा सके।



सहभागिता (रेंड फ्लैग्स) की पहचान, समय पर हस्तक्षेप तथा उपयुक्त रेफरल प्रक्रिया के महत्व पर विस्तार से जानकारी दी। कार्यक्रम का मुख्य उद्देश्य नर्सिंग विद्यार्थियों में प्रारंभिक पहचान, संवेदनशीलता तथा समावेशी देखभाल की समझ विकसित करना रहा, जिससे भविष्य में विशेष आवश्यकता वाले बच्चों को समय पर एवं उचित सहायता प्रदान की जा सके।

पीपुल्स नर्सिंग कॉलेज में रेड फ्लैग स्पेशल चाइल्ड पर प्रशिक्षण सत्र संपन्न



पीपुल्स कॉलेज ऑफ नर्सिंग एंड रिसर्च सेंटर में रेड फ्लैग चाइल्ड पर आयोजित कार्यक्रम में मौजूद प्रतिभागी।

पीपुल्स संवाददाता • भोपाल

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पीपुल्स कॉलेज ऑफ नर्सिंग एवं रिसर्च सेंटर में रेड फ्लैग स्पेशल चाइल्ड विषय पर एक कार्यक्रम का आयोजन किया गया। 24 दिसंबर को पीपुल्स कॉलेज ऑफ नर्सिंग एवं रिसर्च सेंटर द्वारा प्राचार्य डॉ. (प्रो.) पुनिथलक्ष्मी एवं डॉ. (प्रो.) जया विजय, एचओडी, मेंटल हेल्थ डिपार्टमेंट के मार्गदर्शन में रेड फ्लैग स्पेशल चाइल्ड विषय पर प्रशिक्षण सत्र

आयोजित किया गया। इसमें शशिकांत सपके, सीआरसी भोपाल द्वारा व्याख्यान प्रस्तुत किया गया। उन्होंने बच्चों के सामाजिक संचार, भाषा, व्यवहार एवं संवेदी विकास से जुड़े प्रारंभिक चेतावनी संकेतों (Red Flags) पर प्रकाश डाला। उन्होंने बताया कि समय पर पहचान एवं हस्तक्षेप से बच्चों के विकास में सकारात्मक परिवर्तन लाया जा सकता है। इस कार्यक्रम की समन्वयक

अभिलाषा विश्वकर्मा (नर्सिंग ऑफिसर, सीआरसी भोपाल) रहीं। कार्यक्रम में नर्सिंग छात्र-छात्राओं एवं शिक्षकों ने उत्साहपूर्वक भाग लिया। कार्यक्रम का उद्देश्य भविष्य के नर्सिंग प्रोफेशनल्स को न्यूरो-डायवर्सिटी बच्चों की पहचान, देखभाल एवं पुनर्वास के प्रति जागरूक बनाना था। कार्यक्रम के अंत में मिस बबली चौरसिया, ट्यूटर, मेंटल हेल्थ डिपार्टमेंट द्वारा धन्यवाद प्रस्ताव प्रस्तुत किया गया।



Review of Literature

Sound of Healing: Music Therapy as a Bridge Between Mind and Body -Ruchi Gupta(PGDRP)

Abstract -

Music therapy has emerged as one of the most effective complementary approaches in rehabilitation and mental health care. It uses rhythm, melody, and sound to support physical recovery, emotional regulation, and social well-being. Across the world and in India, growing research has shown that music therapy helps reduce anxiety, enhances mood, and stimulates brain function. In rehabilitation centers, it can play a key role in improving communication, coordination, and emotional balance in individuals recovering from illness, trauma, or disability. This review highlights evidence-based findings from national and international studies that explain how music therapy contributes to physical, mental, and emotional rehabilitation. Introduction: Music has been deeply connected with human emotion and healing since ancient times. It is not just an art form but also a powerful medium that affects the brain, body, and mind simultaneously. Music therapy is defined as the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship. It involves using sound, rhythm, and melody to stimulate emotional expression, physical movement, and cognitive processing. In rehabilitation, music therapy supports patients who have experienced strokes, spinal cord injuries, developmental disorders, or mental health difficulties such as depression and anxiety. The process activates multiple areas of the brain simultaneously – including those responsible for memory, emotion, and motor coordination. Research in neuroscience shows that music enhances the release of dopamine and endorphins, which are chemicals that improve mood, focus, and motivation. According to the World Health Organization (WHO, 2019), integrating creative therapies such as music and art into rehabilitation programs improves overall recovery and patient satisfaction. Similarly, the National Institute of Mental Health and Neurosciences (NIMHANS, 2020) reported that rhythmic activities, including music sessions, can help regulate emotional states in individuals dealing with psychological distress. Music creates a structured but non-verbal form of communication, allowing individuals to express what they cannot always put into words.



Music Therapy and Mental Health

Music has a direct influence on emotions. Studies show that listening to or participating in musical activities decreases stress hormone levels, particularly cortisol, and promotes relaxation. In 2021, a study published in the Indian Journal of Psychiatry found that patients with mild to moderate depression showed significant improvement in mood after attending regular music sessions. The rhythmic and harmonic patterns in music help stabilize emotional fluctuations, making it a useful tool in therapy for anxiety and mood disorders.

According to Gold et al. (2021) in the British Journal of Music Therapy, group-based music interventions enhance social connection and reduce isolation in patients with mental health challenges. The authors note, “music creates a shared emotional space where individuals can experience belonging and empathy.” This aspect is particularly important in community rehabilitation, where emotional support is as essential as physical recovery.

In India, several hospitals and institutions, including AIIMS Delhi and NIMHANS Bengaluru, have started introducing music therapy as part of integrative care models. A report by the Ministry of Health and Family Welfare (2022) highlighted that “music-based relaxation programs have shown consistent improvement in patient cooperation, mood, and treatment engagement.” This shows that music therapy can complement medical and psychological interventions to enhance overall recovery outcomes.

Music Therapy in Physical Rehabilitation-

Beyond its mental health benefits, music therapy is also effective in physical rehabilitation. Rhythmic auditory stimulation, a technique used in music therapy, helps in restoring movement and coordination, especially among stroke or Parkinson’s patients. When rhythm is synchronized with physical movement, it activates motor areas of the brain and improves muscle control.

A study by Thaut et al. (2015) published in the Frontiers in Human Neuroscience found that patients undergoing rhythmic music therapy after a stroke regained balance and gait faster than those receiving standard physical therapy alone. Similarly, Magee et al. (2017) in the Annals of Physical and Rehabilitation Medicine observed that music-assisted therapy enhanced hand movement and coordination in individuals with brain injuries.

In India, rehabilitation centers under the Composite Regional Centres (CRCs) and other institutions working in the disability sector are exploring the inclusion of music-based interventions. The Indian Council of Medical Research (ICMR, 2021) recognized the need to integrate creative and expressive therapies in rehabilitation programs to address both physical and psychological recovery

Music also helps patients maintain motivation during long rehabilitation sessions. It reduces the perception of pain and fatigue by engaging attention and inducing relaxation. As stated in the World Federation of Neurorehabilitation (WFNR, 2020) guidelines, “music therapy increases adherence to exercise routines by transforming rehabilitation into an emotionally engaging experience.”

Evidence from Indian and Global Research 1. Panicker et al. (2019) from the Indian Journal of Clinical Psychology reported that music therapy sessions improved emotional stability and communication among individuals with post-traumatic stress and physical disabilities. 2. NIMHANS (2020) found that rhythmic clapping and drumming exercises during group therapy reduced aggression and anxiety levels in adolescents. 3. A randomized trial by Bradt and Dileo (2021) in the Cochrane Database of Systematic Reviews concluded that music therapy significantly decreased depressive symptoms and improved sleep quality in hospitalized patients. 4. Kumar and Shankar (2022) at the University of Delhi observed that music-supported relaxation helped patients with chronic pain reduce medication dependence. 5. American Music Therapy Association (AMTA, 2020) emphasized that structured musical activities improved both mental and physical health outcomes in over 70% of rehabilitation programs reviewed internationally. These studies highlight that music therapy is not limited to one domain—it enhances mental, emotional, and physical functioning, making it one of the most versatile rehabilitation tools.

Discussion -

The power of music lies in its universality. It crosses language barriers, touches emotions, and activates the brain’s healing mechanisms. For individuals with physical disabilities, chronic illnesses, or psychological challenges, music therapy offers a safe, enjoyable, and evidence-based approach to recovery.

However, in India, music therapy as a profession is still developing. There are only a few trained practitioners and limited institutional programs. Centers like CRCs can play a vital role by including music-based activities in community rehabilitation, vocational training, and mental health programs. Group singing, rhythmic clapping, and instrumental sessions can be introduced as part of routine wellness programs for patients, caregivers, and staff.

The World Health Organization (2019) recommended that “creative arts should be integrated into national health strategies as non-pharmacological interventions.” Music therapy fits perfectly within this vision—it is cost-effective, inclusive, and adaptable across age groups and disabilities.

When used in combination with counseling, occupational therapy, and physiotherapy, music can enhance concentration, emotional regulation, and social participation. The rhythmic engagement helps synchronize body and mind, supporting the holistic goal of rehabilitation—complete physical, psychological, and social well-being.

Conclusion -

Music therapy bridges the gap between science and art in rehabilitation. It engages the body’s rhythm, the brain’s emotion, and the heart’s feeling of connection. Evidence from both Indian and global research consistently proves that music can heal, motivate, and transform recovery experiences.

To make music therapy more effective in India, we need to:

- Train professionals in clinical and community-based music therapy.
- Incorporate music programs in CRCs, hospitals, and educational settings.
- Conduct awareness sessions for caregivers and rehabilitation workers.
- Collaborate with musicians, psychologists, and therapists to develop structured models of therapy.

Music therapy has the power to bring joy, reduce suffering, and enhance the quality of life. As rehabilitation moves toward a more holistic approach, music should not remain on the periphery—it should become a central part of human healing.

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Article by Faculty

Creating Quality Life from a Psychological Perspective: The Role of Resilience in Addiction Recovery -Rishikesh Sapke (Rehabilitation Psychologist)

Abstract-

Addiction seriously disrupts a person's life. It affects their mental health, social connections, and even their job, which pulls everything else down. In recent years, psychologists have started to view it differently. They no longer focus solely on the problems; they look at the strengths people have that can help them recover. Resilience often comes up in this new perspective. It seems to play a significant role in recovery. This paper aims to explore what resilience truly means and how it supports addiction recovery to improve quality of life. From what I've read in various theories and studies, resilience isn't fixed; it's more of an ongoing process where people adapt even in tough situations. That aspect can be somewhat challenging to explain. Resilience helps individuals stay in recovery longer, avoid relapses, and feel better overall. Some people view resilience as a single concept, while others believe it develops through therapy or support. This has implications for how therapists work, how rehab programs are set up, and what areas need further study. I might be oversimplifying, but emphasizing resilience could significantly change treatment approaches.

Keywords: Addiction Recovery, Resilience, Quality of Life, Psychological Well-being, Strength-based Approach

1. Introduction-

Addiction is still a big problem for public health everywhere. It hits people, their families, and whole communities, no matter their background or culture. Substance use disorders cause a lot of mental stress, mess up how people function day to day, and lower their overall quality of life.

Traditional ways to treat addiction mostly aim at cutting down symptoms, getting to abstinence, and stopping relapses. These are important goals, sure, but they do not always lead to real long-term recovery or big improvements in life. I think that is where things fall short sometimes.

From what I have read, recovery, psychologically speaking, is more than just not using substances anymore. It involves having good mental health, ways to cope with stuff adaptively, and actually feeling satisfied with life. That is why quality of life has become such a big deal in research on addiction and how to handle it in practice.

Resilience comes in here as this key idea. It helps people deal with stress, bounce back from problems, and put their lives back together after dealing with addiction. The role it plays in making quality life outcomes seems pretty central, at least that is how it feels from the literature.

2. Conceptualizing Quality of Life in Addiction Recovery-

Quality of life, or QoL, covers a bunch of different things like how healthy you are physically, your mental state, the people around you, and even stuff about your surroundings. I mean, it's not just one thing.

The World Health Organization talks about it as how a person sees their spot in life, all tied up with their culture and what they value, plus goals and worries they have. That definition makes sense, but it can feel a little broad sometimes.

When it comes to recovering from addiction, QoL isn't only about staying sober. It goes further, like feeling emotionally steady, having some self-esteem, finding purpose, good relationships that matter, and actually fitting into society. Psychological recovery part, that seems key, involves building ways to cope that work, getting back your sense of who you are, and feeling like you can handle things on your own, competent and all.

So, to make QoL better in that context, you have to look at internal stuff, like psychological resources inside yourself, and also the support from outside. It feels like both are needed, though I'm not totally sure how they balance exactly. Enhancing it requires attention there, anyway.

3. Understanding Resilience: A Psychological Perspective-

Resilience is basically the ability to handle tough stuff, adapt to it, and bounce back afterward. I think the American Psychological Association defined it that way in 2020 or something. At first, people saw it as just a fixed trait in your personality, but now research shows it's more like a process that changes depending on the situation and can be built up through personal, social, and environmental factors. Masten talked about that in 2014, and Zautra and others, too.

In terms of development over life, it means adapting well even when there's a lot of risk or bad experiences. Things like controlling your emotions, having secure attachments, and good support from people around you help build it. It's not some rare superpower; it comes from normal ways we adapt, at least that's what Masten says.

Cognitive behavioural approaches focus on skills, such as thinking positively about problems, solving them, regulating emotions, and staying flexible. That helps reinterpret stress, manage emotions, and keep moving toward goals. Beck in 2011 and Southwick in 2014 wrote about these.

From humanistic views, it's tied to growing as a person, finding meaning, and self-actualization. Rogers emphasized autonomy and inner drives back in 1961. Positive psychology sees it leading to well-being, optimism, and flourishing, as Seligman described in 2011. It feels like that part connects to overall happiness.

In Addiction, resilience means dealing with cravings, handling stress, sitting with tough feelings, and reacting okay to triggers that might cause relapse. Witkiewicz and Marlatt covered that in 2004.

4. Resilience and Addiction Recovery-

Addiction recovery has all these tough parts like relapses happening over and over, plus stigma from people around, messed-up relationships, and feeling really vulnerable inside. That stuff just piles on the emotional stress and makes it easier to slip back into old habits (Laudet 2007). Resilience comes in here as something that protects and also pushes things forward; it buffers against stress and helps with better ways to recover (Zautra et al 2010). I think that makes sense in this context.

Resilient people tend to do better with coping; they seek out support from others, work on regulating their emotions, and focus on solving problems directly (Southwick et al 2014). They handle distress more and do not turn to substances as much for relief. It fosters this feeling of having some control and agency, so recovery feels like it's ongoing instead of something that could break any minute (Best et al 2016).

There is evidence showing resilience links to sticking with treatment, more engaging in it for longer stretches without using, and overall better functioning in life, socially and psychologically (Laudet and White 2010). It also helps with growth after addiction, where people find new purpose and meaning and even a fresh identity (Best et al 2016). Some people might see it differently, but that stands out.

5. Role of Resilience in Enhancing Quality of Life-

Resilience is important for improving the quality of life for individuals in addiction recovery. Psychologically, resilience reduces anxiety, depression, and emotional instability. It also promotes self-esteem, optimism, and life satisfaction (Zautra et al., 2010).

Socially, resilience helps rebuild relationships and fosters community involvement. Resilient people can set healthy boundaries, resolve conflicts, and maintain supportive social networks. These factors are crucial for a good quality of life (WHO, 1997). In terms of work, resilience aids in setting goals, staying persistent, and adapting to educational and job roles. Therefore, resilience links recovery to better quality-of-life outcomes. It transforms recovery from merely surviving to living a fulfilling and meaningful life.

6. Therapeutic and Rehabilitation Implications-

Viewing resilience as a flexible psychological process significantly impacts addiction treatment and rehabilitation. Interventions should not just focus on abstinence; they must also include strategies that build resilience. Proven methods such as cognitive-behavioral therapy, mindfulness-based approaches, and strength-based counseling are effective in increasing resilience (Beck, 2011; Southwick et al., 2014).

Psychoeducation, skills training, and emotional regulation programs assist individuals in recognizing and enhancing their inner strengths. Family and community programs also boost resilience by reducing stigma and increasing social support, which is especially vital in collectivist cultures like India (Wolin & Wolin, 1993; Murthy, 2011). Rehabilitation psychologists and counselors play an important role in implementing recovery models that focus on resilience, empowerment, and improving quality of life.

7. Future Directions and Research Implications-

Even with increasing interest, resilience in addiction recovery is still not well studied, especially in culturally diverse and low-resource settings. Future research should use long-term studies to look at how resilience develops at different stages of recovery. It is also important to study resilience in specific groups, such as adolescents, women, and people with co-occurring mental health issues (Luthar, Cicchetti, & Becker, 2000).

Creating culturally appropriate assessment tools and intervention models will improve recovery outcomes. Including resilience-based approaches in national mental health policies and community rehabilitation programs could further support lasting recovery and a better quality of life.

8. Conceptual Framework: Resilience Recovery and Quality of Life-

The main idea here is that resilience acts like a key thing in the middle connecting how people recover from addiction to their overall quality of life. It seems like without its recovery can be tougher, especially with those psychological and social risks that just make everything worse for someone trying to get better. Resilience helps out by boosting stuff like adaptive coping and self-efficacy, which I guess means believing in yourself more and emotional regulation too. Then there's social connectedness that pulls people together. All that leads to better outcomes in recovery and a higher quality of life in general. The risks, though they really drag things down and affect recovery in negative ways. Maybe it's not always straightforward how it all links up, but it feels important.

9. Conclusion-

In psychology, when it comes to addiction recovery and building a good life, I think there's a need to move away from just focusing on what's wrong or missing, you know, those deficit models, and instead look at people's strengths more. Resilience seems like this key thing that helps people deal with tough stuff, keep going in recovery, and find some real satisfaction in life. It feels important, but I'm not totally sure how it all fits perfectly.

That shift to strength-oriented ways could make a difference. Integrating stuff focused on resilience into treatment programs, yeah, that might really help with long-term results and just feeling better overall. Some approaches work better than others, I guess.

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Know our Team Member



Jami Gangadhara Rao completed his graduation and post-graduation in Special Education (Intellectual Disability) from the esteemed National Institute for Empowerment of Persons with Intellectual Disabilities (NIEPID) in Secunderabad. He also earned an M.Phil. and Ph.D. in Special Education, focusing on Intellectual Disability, from the renowned Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI) in Coimbatore, Tamil Nadu. Currently, he is an Assistant Professor in the Department of Special Education at CRC, Bhopal.

Before his current position, he began his career at a community-based organization named COMMITMENTS, a public trust located in a rural area of Telangana State. There, he provided community-based rehabilitation services to persons with disabilities by creating awareness, fostering sensitization, forming self-help groups, conducting assessments, and providing aids and appliances.

He was selected and appointed as a Special Education Teacher at the Special Education Center of the National Institute for Empowerment of Persons with Intellectual Disabilities in Secunderabad, where he served for two years in a special school setup. He was also chosen and appointed as a Special Educator at the National Institute for Locomotor Disabilities in Kolkata. Later, he was promoted to Extension Service Officer and served for 13 years.

Further, he was selected through the UPSC and appointed as a Rehabilitation Officer (Gazetted) at the National Career Service Center for Differently Abled in Guwahati, under the Directorate General of Employment, Ministry of Labour and Employment, Government of India, and served for one year and two months.

In terms of research contributions, he has published six research articles in various peer-reviewed and UGC-approved national and international journals. He possesses strong expertise in clinical and community-based rehabilitation and the placement of persons with disabilities. He has conducted many ADIP camps for the distribution of aids and appliances, special education assessments, and the provision of special education services. He is actively engaged in the activities of CRC, in addition to departmental services.

Know our Department

The Prosthetic and Orthotic department at CRC Bhopal provides Orthosis , Prosthesis ,Seating devices and Mobility devices to Loco motor disabilities ,Cerebral palsy , muscular dystrophy ,Leprosy cured patients and multiple disabilities . All those devices are provided by PMDK (Pradhan Mantri Dibyasa Kendra of ALIMCO ,Kanpur) situated in CRC office premises. The prosthetic and Orthotic department is fully equipped machineries and equipments. The PMDK has two schemes like ADIP (for 21 types of disabilities) and RVY (Rastriya Bayosree Yojana for senior citizen). The senior citizen having knee pain ,back pain , hearing problems , mobility problems will get devices with provision of Adhar card and income certificate(monthly income below 1500.00 per month) /BPL card .For PWDS the documents are needed UDID (40 % disability), Adhar card and BPL CARD /Income proof (below 22500.00 per month) for avail of free devices.

Assessment of PWD for Orthosis



Fabrication of Orthosis



Trial of Right Orthosis



Padding of splint by P&O technician of PMDKstaff



Repairing of Motorized Tricycles by PMDK staff



Prosthetic and Orthotic Department

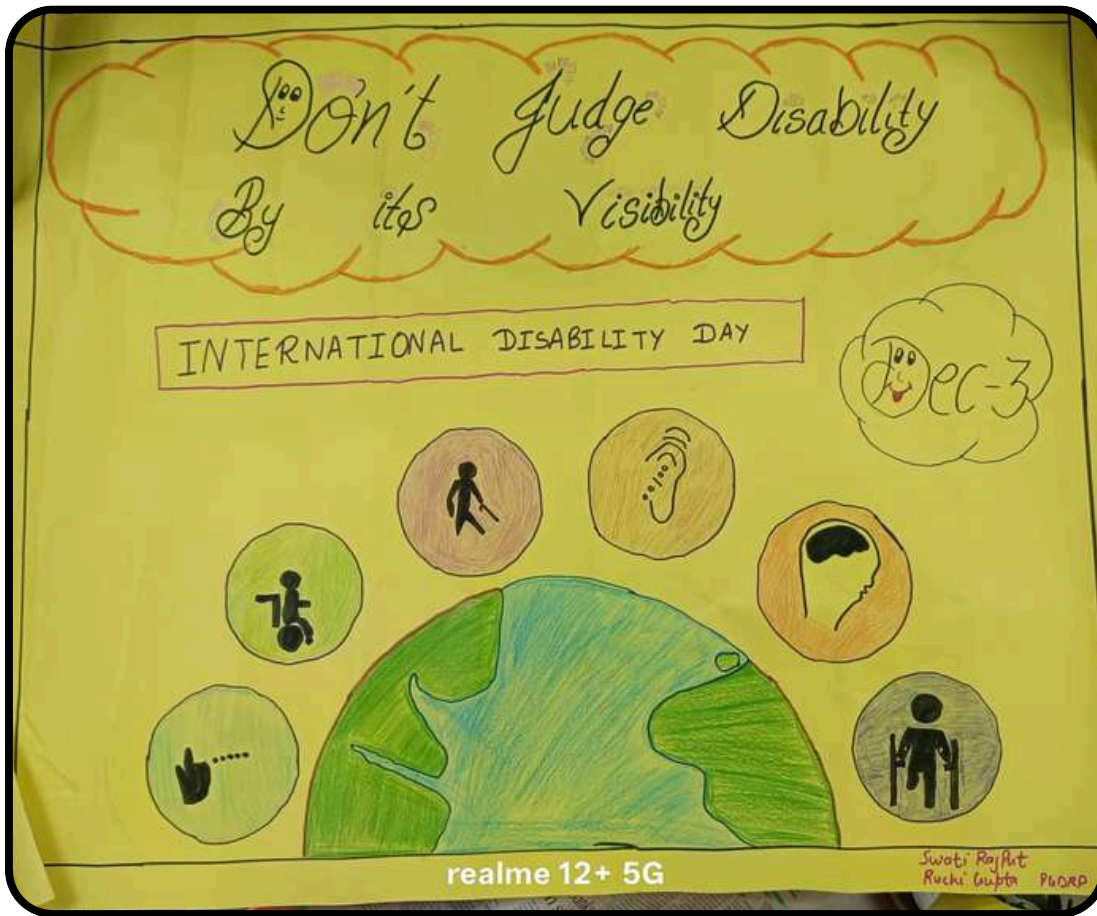


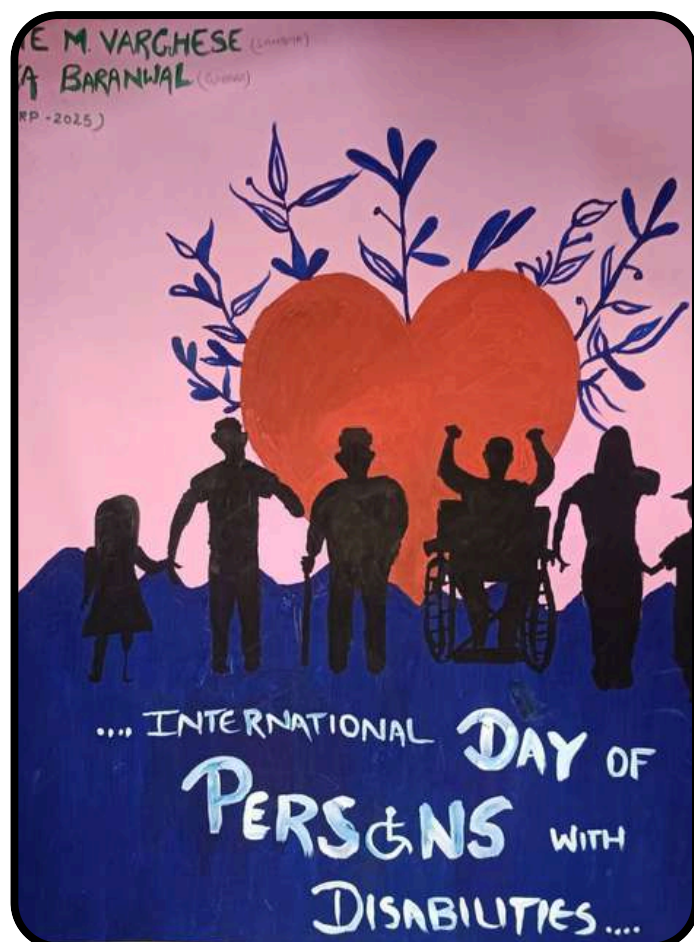
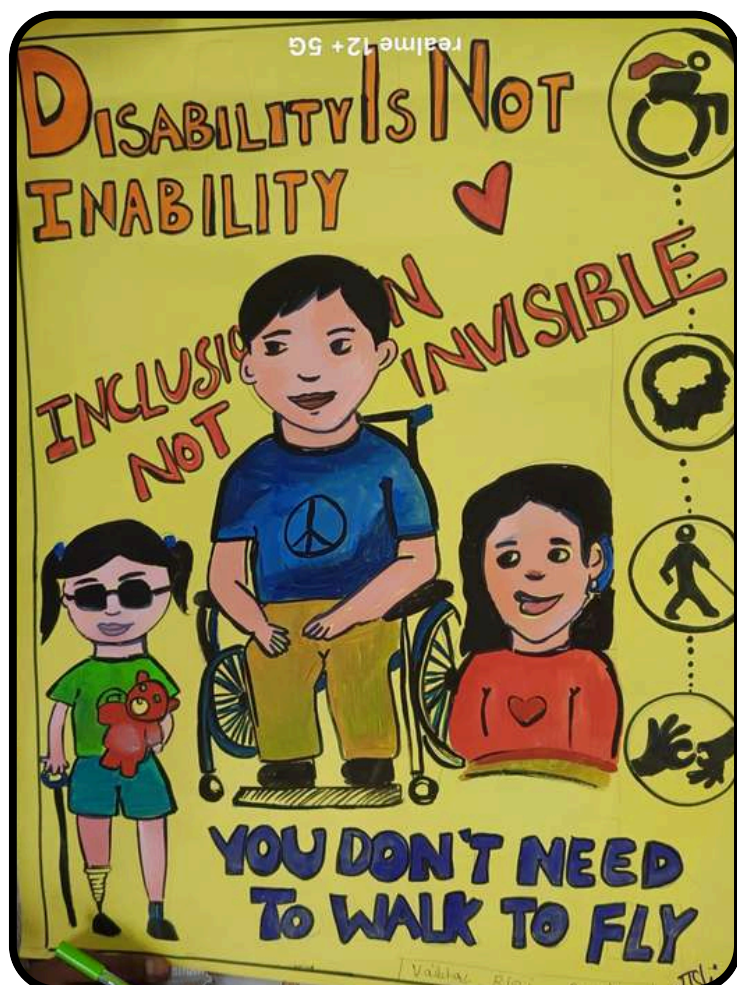
Distribution of devices by PMDK



Student's Contribution







बौद्धिक दिव्यांग/बहुदिव्यांगजनों को सहायता अनुदान योजना

योजना का उद्देश्य: यह योजना मध्य प्रदेश राज्य शासन द्वारा संचालित की जा रही है। इस योजना का उद्देश्य मध्य प्रदेश राज्य के 6 वर्ष से अधिक आयु के बौद्धिक दिव्यांगता, स्वलीनता, प्रमस्तिस्क घात तथा बहु दिव्यांगता से ग्रसित दिव्यांगजनों को आर्थिक सहायता प्रदान करना है। ऐसे दिव्यांगजनों की देखभाल करने में उनके माता-पिता तथा परिवार के सदस्यों को अत्यधिक कठिनाइयों का सामना करना पड़ता है तथा उनको प्रतिमाह सहायता अनुदान राशि प्राप्त होने से उनके जीविकोपार्जन में काफी सहायता मिल सकती है।

पात्रता: इस योजना का लाभ प्राप्त करने के लिए पात्रता की शर्तें निम्नलिखित हैं।

1. मध्य प्रदेश का नागरिक होना चाहिए।
2. लाभार्थी की आयु 6 वर्ष से अधिक होनी चाहिए।
3. बौद्धिक दिव्यांगता, स्वलीनता, प्रमस्तिस्क घात तथा बहु दिव्यांगता में से किसी 1 दिव्यांगता का कम से कम 40% का प्रमाण पत्र तथा यूडीआईडी कार्ड होना चाहिए।

लाभ: इस योजना के अंतर्गत प्रत्येक पात्र लाभार्थी को वर्तमान में प्रति माह रु. 600/- की आर्थिक सहायता दी जाती है।

आवेदन की प्रक्रिया: इस योजना के अंतर्गत आवेदन करने के लिए शहरी क्षेत्र के आवेदक को अपने वार्ड कार्यालय तथा ग्रामीण क्षेत्र के आवेदक को अपनी ग्राम पंचायत में संपर्क करके आवेदन प्रस्तुत करना होगा। इसके अतिरिक्त स्पर्श पोर्टल के माध्यम से भी आवेदक अपना आवेदन ऑनलाइन प्रस्तुत कर सकेंगे।

स्वीकृति का अधिकार: समस्त पात्र सहायता अनुदान के आवेदन जिला कलेक्टर के माध्यम से स्वीकृत किए जाएंगे।

समेकित क्षेत्रीय कौशल विकास, पुनर्वास एवं दिव्यांगजन सशक्तिकरण केंद्र (सी.आर.सी.) भोपाल

(राष्ट्रीय मानसिक स्वास्थ्य पुनर्वास संस्थान सीहोर, म. प्र. के प्रशासनिक नियंत्रणाधीन)

दिव्यांगजन सशक्तिकरण विभाग, सामाजिक न्याय एवं अधिकारिता मंत्रालय, भारत सरकार



फिजियोथेरेपी विभाग

फिजियोथेरेपी उपचार सभी आयु वर्ग के लोगों की मदद करती है ताकि वे दर्द से राहत पा सकें।
गतिशीलता में सुधार प्राप्त कर सकें, और जीवन की गुणवत्ता में सुधार ला सकें।

फिजियोथेरेपी क्या है

फिजियोथेरेपी एक विज्ञान-आधारित चिकित्सा है जो स्वास्थ्य,
गतिशीलता और आत्मनिर्भरता को बढ़ावा देती है।

फिजियोथेरेपी से होने वाले लाभ

- दिव्यांगता रोकथाम एवं पुनर्वास
- दर्द से राहत (कमर, गर्दन, जोड़ों का दर्द)
- चोट, ऑपरेशन या बीमारी के बाद उनकी कार्यक्षमता में वृद्धि
- संतुलन और ताकत में सुधार में
- बच्चों के विकास संबंधी विलंब में सुधार एवं सेरेब्रल पाल्सी में सहायता
- स्ट्रोक, लकवा, गठिया, श्वसन व हृदय रोगों का प्रबंधन

फिजियोथेरेपी की विशेष शाखाएँ:

- दिव्यांगता प्रबंधन एवं पुनर्वास
- आर्थोपेडिक फिजियोथेरेपी
- न्यूरोलॉजिकल पुनर्वास
- बाल रोग फिजियोथेरेपी
- खेल फिजियोथेरेपी
- वृद्धजन देखभाल
- महिला स्वास्थ्य

दिव्यांगजन हेतु विशेष प्रशिक्षण एवं पुनर्वास

- सहायक उपकरणों के साथ गतिशीलता प्रशिक्षण
- दिव्यांगजनों को गतिशीलता कार्यक्षमता वृद्धि एवं आवश्यक शारीरिक क्षमता वर्धन हेतु प्रशिक्षण
- न्यूरो-रीहैबिलिटेशन (स्ट्रोक, लकवा, सेरेब्रल पाल्सी, आदि)
- ऑर्थोपेडिक पुनर्वास (हड्डी/जोड़ों की चोट, ऑपरेशन के बाद देखभाल)
- बाल पुनर्वास सेवाएँ (0-6 वर्ष, विकास में विलंब, विशेष आवश्यकता वाले बच्चे)
- वृद्धजन पुनर्वास (गठिया, कमर/घुटनों का दर्द, संतुलन समस्याएँ)
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