



Estd.: 1997

# MANASA

REHABILITATION AND TRAINING CENTRE (R.)

(FOR INTELLECTUALLY DISABLED CHILDREN)

Pamboor, Padubelle, Udupi, India - 574 116

*Celebrating*

*20 Years of Service*

SPONSORED BY:







**OUR  
RESPECTFUL HOMAGE  
TO**



**ST. MOTHER TERESA**

WHO INSPIRED US TO CARRY ON GOD'S WORK ON EARTH

*Keep the joy of loving Jesus in  
your heart and share this  
joy with all your most special  
of our families - for where there  
is love there is peace, joy  
and unity. Therefore always pray  
together. Let us pray God bless you  
Mother Teresa m*





**MANASA**  
BIDECENNIAL CELEBRATION

# Message



**VAJUBHAI VALA**

Governor of Karnataka

No. GS 117 MSG 2017

28th August, 2017

I am happy to know that 'Manasa Rehabilitation & Training Centre', Pamboor, a Charitable Trust (R), Udupi is celebrating "20th Founders Day" of rehabilitating the specially abled children of all caste and creed from all over India and bringing out Souvenir on 11th November, 2017 to Commemorate the occasion.

I am sure that the members of the Trust will work for overall development of Residential School for Differently abled Children and my best wishes to the Organisers, Members, Students and also for a grand success of the event.

**(VAJUBHAI VALA)**





**MANASA**  
BIDECENNIAL CELEBRATION

*Message*

## DIOCESE OF MANGALORE

Bishop's House, Kodial Bail

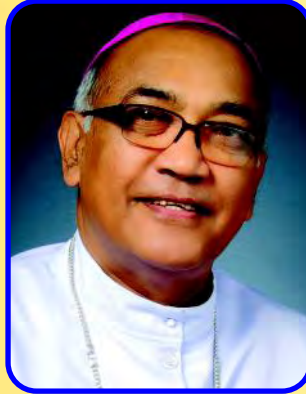
Mangalore - 575 003

Dakshina Kannada, India.

Telephone : 2440524 (4lines)

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Email: bp.alyosiuspaul@gmail.com



Dated: 10.10.2017

Dear Mr. Henry Menezes,

I am immensely happy to be informed that Manasa Rehabilitation & Training Centre, a Charitable Trust (R) in Pamboor has reached a milestone of completing 20 years of meaningful existence and meritorious service to the society by rehabilitating and training the specially-abled children and you intend to celebrate this singular event on the 20th Founder'S Day 11.11.2017. I hasten to send my hearty congratulations, warm felicitations and best wishes to you, to the office bearers and members of the Trust. My greetings are coupled with my blessings.

Manasa was founded by the Catholic Sabha, Mangalore Pradesh, The founding fathers of the Centre were moved with compassion when they saw the pitiable condition of the specially-abled children who were considered a burden to their families and society, and launched Manasa, a much needed project, I have no doubt to state that this project is divinely inspired. It has been rehabilitating and training such children in different skills to empower them. I appreciate the deep commitment of all those who administer and collaborate with the Centre.

The Centre has been striving hard to fulfill the mission of serving the most neglected section of our society. It needs support from people of goodwill. To meet the growing number of requests, the Centre has plans to expand the facility to accommodate more children who need special care. I call upon people of goodwill to collaborate with the Centre generously and thus become witness of the compassion of Jesus.

Manasa is organizing a State-level seminar on Intellectual Disability on 10.11.2017 with a panel discussion on: "Are we doing enough for our special Children". May it enlighten on our responsibility towards special children. I wish the organizers, speakers, panelists and participants all well, and pray for God's abundant blessings.

With every good wish.

Yours Sincerely in Our Lord,

*+ AJS*

**Most Rev Aloysius Paul D'Souza**  
Bishop of Mangalore





**MANASA**  
BIDECENNIAL CELEBRATION

# Message

## DIOCESE OF UDUPI

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‘ಸೇವೆ, ತ್ಯಾಗ ಮತ್ತು ಐಕ್ಯತೆ’ ಎಂಬ ಧೈಯ ವಾಕ್ಯದಡಿ ಕಾರ್ಯ ನಿರ್ವಹಿಸುತ್ತಿರುವ ಕಥೋಲಿಕ ಸಭೆಯ ಮೇಲ್ವಿಚಾರಣೆಯಲ್ಲಿ ನಡೆಯುತ್ತಿರುವ ಪಡುಬೆಳ್ಳಿಯ ಪಾಂಬೂರಿನ ಮಾನಸ ಪುನರ್ವಸತಿ ಹಾಗೂ ತರಬೇತಿ ಕೇಂದ್ರವು ಸಮಾಜದ ವಿಶೇಷ-ಚೇತನ ಮಕ್ಕಳ ನಿಸ್ವಾರ್ಥ ಹಾಗೂ ಅಮೂಲ್ಯ ಸೇವೆಯಲ್ಲಿ ಎರಡು ಸಾರ್ಥಕ ದಶಕಗಳನ್ನು ಪೂರೈಸಿರುವುದನ್ನು, ತಿಳಿದು ಅತೀವ ಸಂತಸವಾಗಿದೆ. ಕೇಂದ್ರದ ನಿಸ್ವಾರ್ಥ ಸೇವೆ ಹಾಗೂ ಸಂಬಂಧಿತ ಸಿಬ್ಬಂದಿಯ ಸಮರ್ಪಣಾ ಭಾವವನ್ನು ಶ್ಲಾಘಿಸುತ್ತಾ ಅವರಿಗೆ ಹೃದಯಾಂತರಾಳದ ನಮನಗಳನ್ನು ಸಲ್ಲಿಸುತ್ತೇನೆ.

ಸಮಾಜದ ಅಶಕ್ತ, ನಿರಾಶ್ರಿತ, ವಿಶೇಷ ಚೇತನ ಮಕ್ಕಳನ್ನು ಆಧರಿಸಿ, ಅವರ ಆರೈಕೆಯನ್ನು ಮಾಡಿ ಅವರಿಗೆ ಸೂಕ್ತ ಶಿಕ್ಷಣ ಮತ್ತು ತರಬೇತಿಯನ್ನು ನೀಡುವ ಕಾರ್ಯವು ನಿಜಕ್ಕೂ ಭಗವಂತನು ಮೆಚ್ಚುವ ಕೆಲಸವಾಗಿದೆ. ‘ನನ್ನ ಅತೀ ಕನಿಷ್ಠ ಸೋದರ/ಸೋದರಿಯರಿಗೆ ನೀವು ಏನು ಒಳಿತನ್ನು ಮಾಡಿದಿರೋ, ಅದನ್ನು ನನಗೇ ಮಾಡಿದಿರಿ’ ಎಂಬ ಯೇಸುಸ್ವಾಮಿಯ ಮಾತುಗಳು ಇದನ್ನು ಸ್ಪಷ್ಟಪಡಿಸುತ್ತವೆ. ಯೇಸುಸ್ವಾಮಿ ಸಮಾಜದಲ್ಲಿ ವಿವಿಧ ರೋಗಗಳು ಹಾಗೂ ಕಷ್ಟಗಳಿಂದ ಬವಣೆಪಡುತ್ತಿರುವವರಿಗೆ ಸಾಂತ್ವನವನ್ನು ನೀಡಿ, ನಾವು ಪ್ರತಿಯೊಬ್ಬರೂ ಕಷ್ಟಪಡುವ ನಮ್ಮ ಸೋದರ/ಸೋದರಿಯರಿಗಾಗಿ ನಮ್ಮ ಜೀವನವನ್ನೇ ಮುಡಿಪಾಗಿಡಲು ಕಲಿಸಿದ್ದಾರೆ. ಮಾತೆ ಸಂತ ತೆರೆಜಾ ಜೀವನ ಪರ್ಯಂತ ಯೇಸು ಸ್ವಾಮಿ ಕಲಿಸಿದ ಇದೇ ಕಾರ್ಯವನ್ನು ಮಾಡಿ ಪುನೀತರಾದರು.

ಸಮಾಜದ ವಿಶೇಷ ಚೇತನ ಮಕ್ಕಳ ಆರೈಕೆ ಹಾಗೂ ತರಬೇತಿಗಾಗಿ 1997ರಲ್ಲಿ ಸ್ಥಾಪನೆಯಾದ ಮಾನಸ ಪುನರ್ವಸತಿ ಹಾಗೂ ತರಬೇತಿ ಕೇಂದ್ರ ಈವರೆಗೆ ಸಾವಿರಾರು ಮಕ್ಕಳ ಉಜ್ವಲ ಭವಿಷ್ಯವನ್ನು ರೂಪಿಸಿದೆ. ಅವರನ್ನು ಸಮಾಜದ ಶಕ್ತ ನಾಗರಿಕರನ್ನಾಗಿ ಪರಿವರ್ತಿಸಿದೆ. ಈ ಶ್ರೇಯಸ್ಸು ಆರಂಭದಿಂದ ಈವರೆಗೆ ಅತೀ ಕಷ್ಟಕರ ಪರಿಸ್ಥಿತಿಯಲ್ಲೂ ಕೇಂದ್ರವನ್ನು ಮುನ್ನಡೆಸಿಕೊಂಡು ಬಂದ ಕಥೋಲಿಕ ಸಭೆಯ ಮಹನೀಯರು ಧರ್ಮಭಗಿನಿಯರು ಹಾಗೂ ಕೇಂದ್ರದ ಸಿಬ್ಬಂದಿ ವರ್ಗಕ್ಕೆ ಸಲ್ಲಬೇಕು. ಇಂತಹ ನಿಸ್ವಾರ್ಥ ಹಾಗೂ ಅಮೂಲ್ಯ ಸೇವೆಯನ್ನು ನೀಡುತ್ತಿರುವ ಈ ಕೇಂದ್ರಕ್ಕೆ ಸಮಾಜದ ಎಲ್ಲರೂ ತುಂಬು ಮನಸ್ಸು ಹಾಗೂ ಹೃದಯದಿಂದ ಸಹಾಯಹಸ್ತವನ್ನು ನೀಡಬೇಕು. ಈ ಮೂಲಕ ನಮ್ಮ ಸಮಾಜದ ಎಲ್ಲ ವಿಶೇಷ ಮಕ್ಕಳು ಒಳ್ಳೆಯ ಆರೈಕೆ, ಶಿಕ್ಷಣ ಹಾಗೂ ತರಬೇತಿಯನ್ನು ಪಡೆಯುವಂತಾಗಬೇಕು. ಸಮಾಜದಲ್ಲಿ ಗೌರವಯುತ ಜೀವನವನ್ನು ನಡೆಸುವಂತಾಗಬೇಕು.

ದ್ವಿ-ದಶಮಾನೋತ್ಸವದ ಶುಭ ಸಂದರ್ಭದಲ್ಲಿ ಕೇಂದ್ರವು ಹಮ್ಮಿಕೊಂಡಿರುವ ಎಲ್ಲಾ ಕಾರ್ಯಕ್ರಮಗಳು ಹಾಗೂ ಹೊರತರಲು ಇಚ್ಛಿಸಿರುವ ಸ್ಮರಣ ಸಂಚಿಕೆಗೆ ನಾನು ಹಾರ್ದಿಕ ಶುಭವನ್ನು ಕೋರುತ್ತೇನೆ. ಈ ಕೇಂದ್ರಕ್ಕಾಗಿ ಹಾಗೂ ಇಲ್ಲಿ ಆರೈಕೆ ಪಡೆಯುತ್ತಿರುವ ವಿಶೇಷ ಚೇತನರಿಗಾಗಿ ನಾನು ಸದಾ ಭಗವಂತನಲ್ಲಿ ಪ್ರಾರ್ಥಿಸುತ್ತೇನೆ.

ಅ ವಂ! ಜೆರಾಲ್ಡ್ ಲೋಬೊ  
ಉಡುಪಿಯ ಧರ್ಮಾಧ್ಯಕ್ಷರು





**MANASA**  
BIDECENNIAL CELEBRATION

*Message*



**ಪ್ರಮೋದ್ ಮಧ್ವರಾಜ್**

ಮೀನುಗಾರಿಕೆ,  
ಯುವಜನ ಸಬಲೀಕರಣ ಮತ್ತು  
ಕ್ರೀಡೆ ಸಚಿವರು ಹಾಗೂ  
ಉಡುಪಿ ಜಿಲ್ಲಾ ಉಸ್ತುವಾರಿ ಸಚಿವರು

ದೂರವಾಣಿ/ಫಾಕ್ಸ್: 080-22250338(ಕ)  
080-22262599(ನಿ)  
ಕೊಠಡಿ ಸಂಖ್ಯೆ: 444  
4ನೇ ಮಹಡಿ, ವಿಕಾಸ ಸೌಧ  
ಬೆಂಗಳೂರು - 560 001

ದಿನಾಂಕ: 11.10.2017

“ಜಾತಿ ಮತ ಭೇದ”ವಿಲ್ಲದೆ ವಿಭಿನ್ನ ಸಾಮರ್ಥ್ಯಕ್ಕೆ ಒಳಗಾದ ಎಲ್ಲಾ ಮಕ್ಕಳಿಗೆ ವಿಶೇಷ ಶಿಕ್ಷಣ ಹಾಗೂ ಸೂಕ್ತ ತರಬೇತಿಯನ್ನು ನೀಡುವುದರ ಮೂಲಕ ಅವರನ್ನು ಸಮಾಜದ ಮುಖ್ಯ ವಾಹಿನಿಗೆ ತರುವ ಪ್ರಮುಖ ಉದ್ದೇಶದಿಂದ, ಕಛೇರೀಲಿಕ್ ಸಭಾ ಉಡುಪಿ ಹಾಗೂ ಮಂಗಳೂರು ಪ್ರದೇಶದ ಸದಸ್ಯರಿಂದ, ಉಡುಪಿ ಜಿಲ್ಲೆ ಮತ್ತು ತಾಲೂಕಿನ ಬೆಳ್ಳೆ ಗ್ರಾಮದ ಪಾಂಬೂರಿನಲ್ಲಿ ದಿನಾಂಕ: 14.11.1997ರಲ್ಲಿ ಸ್ಥಾಪಿಸಲ್ಪಟ್ಟಿರುವ ಮಾನಸ ಪುನರ್ವಸತಿ ಮತ್ತು ತರಬೇತಿ ಕೇಂದ್ರವೆಂಬ ಬೀಜವು ದಿನಕಳೆದಂತೆ ಮೊಳಕೆಯೊಡೆದು, ಬೇರೂರಿ, ಗಿಡವಾಗಿ, ಮರವಾಗಿ ಹೆಮ್ಮರವಾಗಿ ಸಾವಿರಾರು ಮಕ್ಕಳಿಗೆ ನೆರಳನ್ನು ನೀಡುತ್ತಿರುವುದು ಉಡುಪಿ ಜಿಲ್ಲೆಗೆ ಹೆಮ್ಮೆಯ ವಿಷಯ.

ಇಪ್ಪತ್ತು ವರುಷದ ಸದ್ದಿ ಅವಧಿಯಲ್ಲಿ ತಮ್ಮ ಸಂಸ್ಥೆಯಲ್ಲಿ ತರಬೇತಿ ಪಡೆದ ವಿಶೇಷ ಮಕ್ಕಳು ಸಮಾಜದಲ್ಲಿ ಗೌರವಾನ್ವಿತ ಬದುಕನ್ನು ನಡೆಸುತ್ತಿರುವುದಲ್ಲದೇ ಅವರ ಹೆತ್ತವರಿಗೆ ಭಾರವಾಗಿರದೇ ಅದಾಯವನ್ನು ತಂದುಕೊಡುವ ವ್ಯಕ್ತಿಗಳಾಗಿರುವುದು ತೀರಾ ಸಂತಸದ ಸಂಗತಿ. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಪ್ರಸ್ತುತ ವರ್ಷ ತಾವು 20ನೇ ವರುಷದ ಸಂಸ್ಥಾಪಕ ದಿನಾಚರಣೆಯ ಶುಭಸಂದರ್ಭದಲ್ಲಿ ಸಂಭ್ರಮಾಚರಣೆಯ ನಿಮಿತ್ತವಾಗಿ ಹೊರ ತರಲಿರುವ ಸ್ಮರಣ ಸಂಚಿಕೆಯು ಯಶಸ್ವಿಯಾಗಲಿ ಎಂದು ಶುಭ ಹಾರೈಸುತ್ತಾ ತಮ್ಮ ಸಂಸ್ಥೆಯು ಉತ್ತರೋತ್ತರವಾಗಿ ಇನ್ನೂ ಅಭಿವೃದ್ಧಿ ಹೊಂದಿ ಜನ ಮೆಚ್ಚುಗೆ ಹೊಂದಲಿ ಎಂದು ಆಶಿಸುತ್ತೇನೆ.

ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳೊಂದಿಗೆ,

(ಪ್ರಮೋದ್ ಮಧ್ವರಾಜ್)





**MANASA**  
BIDECENNIAL CELEBRATION

# Message

**ವಿನಯ್ ಕುಮಾರ್ ಸೊರಕೆ**

ವಿಧಾನಸಭಾ ಸದಸ್ಯರು, ಕಾಪು ವಿಧಾನಸಭಾ ಕ್ಷೇತ್ರ  
ಹಾಗೂ ಮಾಜಿ ಸಚಿವರು ಕರ್ನಾಟಕ ಸರಕಾರ

ಕೊಠಡಿ ಸಂಖ್ಯೆ-362, ಶಾಸಕರ ಭವನ-4,

ಬೆಂಗಳೂರು - 560 001.

ಫೋನ್: 080-22253303

ರಾಜೀವ್ ಭವನ ಕಾಪು,

ಉಡುಪಿ ಜಿಲ್ಲೆ - 574 106

ಕಛೇರಿ: 0820- 2551189

Email: vinaykumar@gmail.com



ದಿನಾಂಕ: 06.11.2017

ಉಡುಪಿ ಜಿಲ್ಲೆಯ ಪಡುಬೆಳ್ಳಿ ಗ್ರಾಮದ ಪಾಂಬೂರು ಎಂಬಲ್ಲಿ 1997ರಲ್ಲಿ ವಿಶೇಷ ಮಕ್ಕಳನ್ನು ತರಬೇತಿ ಹಾಗೂ ಪುನರ್ವಸತಿಗೊಳಿಸುವ ಉದ್ದೇಶದಿಂದ ಕಥೋಲಿಕ್ ಸಭಾ ಉಡುಪಿ ಹಾಗೂ ಮಂಗಳೂರು ಪ್ರದೇಶದ ಸದಸ್ಯರಿಂದ ಸ್ಥಾಪಿಸಲ್ಪಟ್ಟಿರುವ ಮಾನಸ ಸಂಸ್ಥೆಯು, ಜಾತಿ ಮತ ಭೇದವಿಲ್ಲದೆ ವಿಭಿನ್ನ ಸಾಮರ್ಥ್ಯಕ್ಕೆ ಒಳಗಾದ ಎಲ್ಲಾ ಮಕ್ಕಳಿಗೆ ವಿಶೇಷ ಶಿಕ್ಷಣ ಹಾಗೂ ಸೂಕ್ತ ತರಬೇತಿಯನ್ನು ನೀಡುವುದರ ಮೂಲಕ ಅವರನ್ನು ಸಮಾಜದ ಮುಖ್ಯ ವಾಹಿನಿಗೆ ತರುತ್ತಿರುವುದು ಸಂತೋಷದ ವಿಷಯವಾಗಿದೆ.

20ನೇ ವರುಷದ ಸಂಸ್ಥಾಪಕ ದಿನಾಚರಣೆಯ ಅಂಗವಾಗಿ ಸ್ಮರಣ ಸಂಚಿಕೆಯೊಂದನ್ನು ಬಿಡುಗಡೆ ಮಾಡುತ್ತಿರುವುದು ಸ್ತುತ್ಯಾರ್ಹವಾಗಿದೆ. ಸಂಸ್ಥೆಯು ಉತ್ತಮ ಏಳಿಗೆಯನ್ನು ಬಯಸುತ್ತಾ, ಸಂಸ್ಥಾಪಕ ದಿನಾಚರಣೆ ಸಮಾರಂಭಕ್ಕೆ ಶುಭ ಹಾರೈಸುತ್ತೇನೆ.

ವಂದನೆಗಳೊಂದಿಗೆ,

ತಮ್ಮ ವಿಶ್ವಾಸಿ

(ವಿನಯ್ ಕುಮಾರ್ ಸೊರಕೆ)



**MANASA**  
BIDECENNIAL CELEBRATION

*Message*



**ಕರ್ನಾಟಕ ಸರ್ಕಾರ**

(ಕಂದಾಯ ಇಲಾಖೆ)

ಜಿಲ್ಲಾಧಿಕಾರಿಗಳು ಹಾಗೂ ಜಿಲ್ಲಾ ದಂಡಾಧಿಕಾರಿಗಳ ಕಾರ್ಯಾಲಯ

ಉಡುಪಿ ಜಿಲ್ಲೆ, ರಜತಾದ್ರಿ, ಮಣಿಪಾಲ, ಉಡುಪಿ ಕರ್ನಾಟಕ - 576 104

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ದಿನಾಂಕ: 26/08/2017



ಉಡುಪಿ ಜಿಲ್ಲೆಯ ಗ್ರಾಮೀಣ ಪ್ರದೇಶವಾದ ಪಡುಬೆಳ್ಳಿಯಲ್ಲಿ ವಿಶೇಷ ಮಕ್ಕಳ ಸೇವೆಯಲ್ಲಿ ನಿರತವಾಗಿರುವ ಮಾನಸ ಪುನರ್ವಸತಿ ಮತ್ತು ತರಬೇತಿ ಕೇಂದ್ರವು 20 ವರ್ಷಗಳನ್ನು ಪೂರೈಸುತ್ತಿರುವುದು ಬಹಳ ಸಂತಸದ ವಿಷಯವಾಗಿದೆ. ಜಾತಿ, ಮತ, ಭೇದವಿಲ್ಲದೆ ವಿಶೇಷ ಮಕ್ಕಳ ಆರೈಕೆ ಮತ್ತು ತರಬೇತಿಯಲ್ಲಿ ಜಿಲ್ಲೆಯಲ್ಲಿ ಅತ್ಯುತ್ತಮ ಸೇವೆ ಸಲ್ಲಿಸುತ್ತಿದ್ದು, ಇಲ್ಲಿನ ಮಕ್ಕಳು ಸಮಾಜಕ್ಕೆ ಹೊರೆಯಾಗದಂತೆ ಅವರ ಸ್ವಂತ ಬಲದಿಂದ ಸಮಾಜದಲ್ಲಿ ಗೌರವಾನ್ವಿತ ಬದುಕನ್ನು ನಡೆಸುತ್ತಿರುವುದು ಈ ಸಂಸ್ಥೆಯ ಹೆಮ್ಮೆಯಾಗಿದೆ. ಈ ಸುಸಂದರ್ಭದ ಸವಿನೆನಪಿಗಾಗಿ ನೀವು ಹೊರತರುತ್ತಿರುವ ಸ್ಮರಣ ಸಂಚಿಕೆಯು ಅತ್ಯುತ್ತಮ ಲೇಖನಗಳಿಂದೊಡಗೂಡಿ ಮೂಡಿಬರಲಿ ಎಂಬುದಾಗಿ ಹಾರೈಸುತ್ತೇನೆ. ಸಂಸ್ಥೆಯ ಏಳಿಗೆಗಾಗಿ ಹಗಲಿರುಳು ಶ್ರಮಿಸುತ್ತಿರುವ ಕಛೇರಿಗಳ ಸಭಾ ಉಡುಪಿ ಮತ್ತು ಮಂಗಳೂರಿನ ಸಂಸ್ಥೆಯ ಎಲ್ಲಾ ಸದಸ್ಯರಿಗೆ ಹಾಗೂ ಸಿಬ್ಬಂದಿಗಳಿಗೆ ನನ್ನ ಶುಭಾಶಯಗಳು.

ಶ್ರೀಮತಿ ಪ್ರಿಯಾಕ ಮೇರಿ ಫ್ರಾನ್ಸಿಸ್ (ಐ.ಎ.ಎಸ್)

*(ಹಸ್ತಾಕ್ಷರ)*





**MANASA**  
BIDECENNIAL CELEBRATION

# Message



ಮಾನಸ ಪುನರ್ವಸತಿ ಮತ್ತು ತರಬೇತಿ ಕೇಂದ್ರ, ಪಾಂಬೂರು, ಉಡುಪಿ ಇವರು 20ನೇ ವರ್ಷದ ಸಂಸ್ಥಾಪಕ ದಿನಾಚರಣೆಯ ಸಂದರ್ಭದಲ್ಲಿ “ಸ್ಮರಣ ಸಂಚಿಕೆ” ಯೊಂದನ್ನು ಹೊರತರುತ್ತಿರುವುದು ಅತ್ಯಂತ ಸಂತಸದ ವಿಚಾರವಾಗಿದೆ.

ಸಂಸ್ಥೆಯು 1997ರಲ್ಲಿ ಸ್ಥಾಪನೆಯಾಗಿ ನಿರಂತರವಾಗಿ ವಿಶೇಷ ಚೇತನರ ಸರ್ವಾಂಗೀಣ ಅಭಿವೃದ್ಧಿಗೆ ಶ್ರಮಿಸುತ್ತಿರುವುದು ಹೆಮ್ಮೆಯ ಸಂಗತಿ. ಸಾವಿರಾರು ಬುದ್ಧಿಮಾಂದ್ಯ ಮಕ್ಕಳಿಗೆ ಆಶ್ರಯ ಹಾಗೂ ತರಬೇತಿಯನ್ನು ನೀಡಿ ಅವರನ್ನು ಸಮಾಜದ ಮುಖ್ಯವಾಹಿನಿಗೆ ತರುವಲ್ಲಿ ಸಂಸ್ಥೆಯ ಪಾತ್ರ ಅತ್ಯಂತ ಶ್ಲಾಘನೀಯ.

14.11.2017ಕ್ಕೆ ಸಂಸ್ಥೆಯು ತನ್ನ 20ನೇ ವರ್ಷವನ್ನು ಪೂರೈಸುತ್ತಿದ್ದು, ಸಂಸ್ಥೆಯ ಭವಿಷ್ಯದ ಎಲ್ಲಾ ಕಾರ್ಯಕ್ರಮಗಳಿಗೆ ಯಶಸ್ಸನ್ನು ಕೋರುತ್ತಾ ಸ್ಮರಣ ಸಂಚಿಕೆ ಉತ್ತಮವಾಗಿ ಮೂಡಿಬರಲಿ ಹಾಗೂ ವಿಶೇಷ ಚೇತನರಿಗೆ ಸ್ಮರಣ ಸಂಚಿಕೆ ದಾರಿದೀಪವಾಗಲಿ ಎಂದು ಈ ಸಂದರ್ಭದಲ್ಲಿ ಹಾರೈಸುತ್ತೇನೆ.

(ಡಾ| ಸಿದ್ದರಾಜು)

ನಿರ್ದೇಶಕರು, ವಿಕಲಚೇತನರ ಹಾಗೂ ಹಿರಿಯ ನಾಗರಿಕರ  
ಸಬಲೀಕರಣ ಇಲಾಖೆ, ಬೆಂಗಳೂರು.



# Message

It fills me with great joy and gratitude to God our loving Father that “my beloved” Institution Manasa Rehabilitation and Training Centre Pamboor, is celebrating 20th founders Day. I thank you for the invitation and send here with my greetings of felicitation and prayerful wishes for this auspicious occasion!

Due to the hard work of all responsible for the smooth and successful running of this Institution in the last 20 years, today it has become well known in the whole region as the best institution for the specially-abled children.

Ever since its inception, it has been rendering yeomen service to the specially-abled children from all casts and creeds from all parts of Karnataka State and beyond, especially for the poor and less privileged children.

I thank in a very special way the Holy Spirit sisters (Principals and Wardens - previous and present), Teachers, other Helpers and workers, Catholic Sabha Managing Committee and all other office bearers for their selfless and untiring service.

I also want to thank and place on record all the Benefactors of Germany (Schools, Parishes, Dioceses, Archdioceses, Agencies like Kindermissionswerk / Holy Childhood, Missio, Misereor, Unions and Firms and above all, very many individuals) who contributed generously to start this great Institution. They are all very happy that their sacrifices have borne good fruits and many under-privileged specially-abled children are getting good physical and medical care and training and good education and so a good Rehabilitation.

May God bless all who worked till today and working in the future for this Institution, all its Inmates, day-scholars, teachers and others. May this Institution continue serving the poor and less privileged specially-abled children for many many years to come.

Once again, Congratulations and Prayerful best wishes also from all German Benefactors and Well-wishers on the occasion of the 20th Founders Day of this great Institution Manasa Rehabilitation and Training Centre.

God bless you all.

**Rev. Fr. Jephrein Monis**  
Rudersberg, Germany  
26th September 2017







**MANASA**  
BIDECENNIAL CELEBRATION

# Message

**Rev. Fr. Ferdinand R. Gonsalves**

Parish Priest,  
Spiritual Director,  
Catholic Sabha Udupi Pradesh  
Ph: 0820-2559865  
Mob: 9449591388  
Email: frferdy@yahoo.co.uk  
panglaparish2016@gmail.com



Dated: 10.10.2017

Dear Mr. Henry Menezes,

I am indeed happy and delightful to know that MANASA has completed successfully 20 years of its existence. No doubt, it has contributed significantly to the people of Udupi and Dakshina Kannada districts in taking care of specially abled children, in order to create a better world around us, Catholic Sabha of Udupi and Mangalore Pradesh is carrying out the project of Manasa Rehabilitation and Training Centre. Within a short period this institute has achieved much in the field of education, sports and games. We appreciate profusely the Trustees, Principals, Staff members of Manasa for winning several awards from State, National and International Organisations for the outstanding service they rendered to specially abled children. Manasa also has helped to transform differently abled children by educating and empowering them, Nuns belonging to the congregation of the Holy Spirit have been rendering thier service since 12 years in educating and training these unfortunate children.

Ultimately the mission of MANASA is to facilitate the specially abled children towards a happy and self - reliant life. I place it on record the leadership of the laity in Udupi and Mangalore through their most vibrant association, Catholic Sabha.

We are truly brimming with joy and praise to see the wonderful and significant progress of the children through this school and we held in high esteem all the trustees who play a vital role in its administration and management.

I wish all success and a great future to MANASA.

**Rev. Fr. Ferdinand R. Gonsalves**



# Message



I am happy to learn that Manasa Rehabilitation and Training Centre is completing 20 years of Yeoman service to the society, as a Residential School for differently abled children. Manasa strives hard to fulfill the mission of serving the most neglected section of our society, namely, the differently abled children, irrespective of caste, creed and religion. This is a special mission.

As 'Manasa' completing 20 years and looking forward for the silver jubilee in 5 years, it has a great vision for coming 5 years;

Namely:

- 1) Setting up a Data Centre
- 2) To establish a Research & Development (R & D) centre.
- 3) To develop a full pledged sports centre
- 4) To establish an Autism Centre
- 5) To expand Manasa

With the help of the generous donors and the people of goodwill, this will definitely come true. On the 20th founder's day Manasa is bringing out the Souvenir, I request all the people of goodwill in making their dream come true. Manasa founded by the Catholic Sabha, now ably managed by the Board of trustees. I appreciate, thank, and congratulate Mr. Henry Menezes the President and all the board of trustees.

May God bless Manasa.

**Fr. Mathew Vas**  
Spiritual Director  
Catholic Sabha, Mangalore Pradesh





**MANASA**  
BIDECENNIAL CELEBRATION

*Message*

## **CONGREGAZIONE MISSIONARIA DELLE SERVE DELLO SPIRITO SANTO**

**Vivat Deus Unus et Trinus  
Incordibus nostris**



Casa Generalizia  
Via Cassia 645  
I-00189 Roma  
Telefono: (06) 332.566-1  
Telefax: (06) 332.52.148

Dated: 14.11.2017

Recently I was in Pamboor and I had the pleasure of visiting your school, in which our Holy Spirit Missionary Sisters have been ministering since early in its inception. I was truly impressed by the quality of education and care you provide for the differently-abled children. I appreciated meeting members of the teaching, administrative and support staff, but most of all I enjoyed meeting the young people who have benefitted from your service. Their warm welcome, skilled performances and gracious attention touched my heart. It is clear that your school and programs foster a healthy and holistic atmosphere that encourages these children to blossom!

In the name of the Congregational Leadership Team of the Missionary Sisters, I would like to congratulate you on the 20th anniversary of the Manasa Special Children School. We are proud to stand with you for this auspicious occasion. We applaud all those who have given dedicated service to teach and to enable children with special needs to have more productive and meaningful lives. We wish you God's blessings as you boldly move into the future with new projects and plans that will improve the quality of life for these young people.

We are honored to have been in collaboration with your school for many years and we look forward to working side by side with you in this ministry for many years to come. May God, who has begun this great work through you bring it to fulfillment!

United in the Holy Spirit,

*Sr. Margaret Hansen SSps*  
**Sr. Margaret Hansen, SSps**

General Councilor  
Missionary Sisters, Servants of the Holy Spirit



# Message



Dated: 10.10.2017

We the members of Catholic Sabha have a great concern of Special children, in 1997 started a Special School called Manasa Rehabilitation and Training Centre at Pamboor. We are proud of this centre because the unit is running successfully with God's abundant blessings and with love of all beloved people.

Today 134 students without the distinction of caste and creed are studying here, because of the love and concern, and they are the witness to our selfless service.

We a Laity Organisation with support of clergy and religious Sisters are continuing Jesus Christ Mission and are blessed. It is our pleasure to say that our well-wishers & Staff are joining their hands with us in this Mission of God, making a unit stronger and stronger. Children studied here, most of them earning their daily bread and have settled down and joined the main stream of the Nation. It is our dream and we are achieving it and hence continuing it.

This year we are stepping a milestone of successfully completing 20 years. It is one of the top most Rehabilitation Centres run by the Laity. Even if it is too difficult to run these type of units, we with the blessing and support of the well wishers, members and donors overcome all the ups and downs and today we are proud of ourselves to say that we achieved something in these 20 years. In future we have more plans to uplift these children and we expect the same support and concern from every one of you.

Let us come together for these children because they are the God's Gift. It is our duty to protect them, guide them so that they can brighten their future.

**VALERIAN R. FERNANDES**

President  
Catholic Sabha Udupi Pradesh (R)





**MANASA**  
BIDECENNIAL CELEBRATION

# Message



‘ಮಾನಸ’ ಪುನರ್ವಸತಿ ತರಬೇತಿ ಕೇಂದ್ರ ತನ್ನ ಸಾರ್ಥಕ ಸೇವೆಯ 20 ವರ್ಷಗಳನ್ನು ಪೂರೈಸುತ್ತಿರುವ ಈ ಸುಸಂದರ್ಭ ಅತಿವ ಸಂತಸಮಯ.

ಕೆಫೋಲಿಕ್ ಸಭಾ ಸಂಘಟನೆಯ ಪ್ರಾಯೋಜಕತ್ವದಲ್ಲಿ ಪ್ರಾರಂಭವಾದ ಪಾಂಬೂರಿನ ಮಾನಸ ಪುನರ್ವಸತಿ ಕೇಂದ್ರ ಕಳೆದ ಎರಡು ದಶಕಗಳಿಂದ ಸಮಾಜದ ಭಿನ್ನ ಸಾಮರ್ಥ್ಯದ ಮಕ್ಕಳಿಗೆ ತರಬೇತಿ ಹಾಗೂ ಪುನರ್ವಸತಿ ಕಲ್ಪಿಸುವ ಸೇವೆಯನ್ನು ನಿರ್ವಹಿಸುತ್ತಾ ಬಂದಿದೆ. ‘ಸೇವೆ, ತ್ಯಾಗ ಮತ್ತು ಐಕ್ಯತೆ’ ಧ್ಯೇಯದಡಿ ಕಾರ್ಯ ನಿರ್ವಹಿಸುತ್ತಿರುವ ಕೆಫೋಲಿಕ್ ಸಭಾ ಸಂಘಟನೆ ನಡೆಸುವ ವಿವಿಧ ಸಮಾಜಿಕ ಕಳಕಳಿಯ ಕಾರ್ಯಕ್ರಮಗಳಲ್ಲಿ ‘ಮಾನಸ’ ಮುಂಚೂಣಿಯಲ್ಲಿ ಗೋಚರಿಸುತ್ತಿದೆ.

ಸಮಾಜದ ನಿರ್ಲಕ್ಷಿಗೆ ಒಳಗಾಗಿರುವ ಈ ಭಿನ್ನ ಸಾಮರ್ಥ್ಯದ ಮಕ್ಕಳಿಗೆ ತರಬೇತಿ ನೀಡಿ ಸಮಾಜದ ಮುಖ್ಯವಾಹಿನಿಗೆ ತರಲು ‘ಮಾನಸ’ ಸಂಸ್ಥೆಯ ಸಿಬ್ಬಂದಿ ನಿರಂತರ ಮಾನವೀಯ ಸೇವೆ ನೀಡಿದೆ. ಸಂಸ್ಥೆಯು ಇಂದು ರಾಜ್ಯದಲ್ಲೇ ಮಾದರಿ ಸಂಸ್ಥೆಯಾಗಿ ಬೆಳೆಯಲು ಸಮಾಜದ ಉದಾರ ಮನಸ್ಸಿನ ದಾನಿಗಳ ಕೊಡುಗೆ ಬಹಳಷ್ಟು ಇದೆ. ಸಂಸ್ಥೆಯ ಕಷ್ಟಕಾಲದಲ್ಲಿ ಸಹಾಯ ಹಸ್ತ ನೀಡಿದ, ಏಳಿಗೆಗೆ ಕೊಡುಗೆ ನೀಡಿದ ಮಹನೀಯರನ್ನು ಈ ಶುಭ ಸಂದರ್ಭದಲ್ಲಿ ಸ್ಮರಿಸುವುದು ಸೂಕ್ತವಾಗಿದೆ.

ಮುಂಬರುವ ದಿನಗಳಲ್ಲಿ ಭಿನ್ನ ಸಾಮರ್ಥ್ಯದ ಮಕ್ಕಳಿಗಾಗಿ ವಿಶೇಷ ಸೌಲಭ್ಯ, ಸವಲತ್ತುಗಳನ್ನು ಅಳವಡಿಸಲು ಆಡಳಿತ ಮಂಡಳಿ ಸೂಕ್ತ ಕ್ರಮ ಕೈಗೊಂಡಿದೆ. ಈ ಸಂಸ್ಥೆಯ ಸೇವೆಯಿಂದಾಗಿ ಇನ್ನಷ್ಟು ಮಕ್ಕಳ ಜೀವನದಲ್ಲಿ ಮಂದಹಾಸ ಮೂಡಲಿ, ಈ ಸಂಸ್ಥೆಯ ಸೇವೆ ರಾಷ್ಟ್ರ ಮಟ್ಟದಲ್ಲಿ ಗುರುತಿಸುವಂತಾಗಲಿ ಎಂಬುದು ನನ್ನ ಹಾರೈಕೆ.

**ಅನಿಲ್ ಲೋಬೊ**

ಅಧ್ಯಕ್ಷರು, ಕೆಫೋಲಿಕ್ ಸಭಾ ಮಂಗಳೂರು ಪ್ರದೇಶ (ರಿ.)



# Message



I am pleased to know that Manasa Rehabilitation & Training Centre, a Residential School for differently abled children, is celebrating its Bi-Decennial Jubilee of the establishment. Founded by the Catholic Sabha, Udupi/Mangalore Diocese, the Centre has been rendering the arduous task of rehabilitating the specially-abled children for the last 20 years.

The progress of the Centre has been noteworthy, with the efforts of Board of Directors. It gives immense joy and a sense of satisfaction to note that Congregation of the Missionary Sisters, Servants of the Holy Spirit, India South Province, has been a partner in this demanding and challenging specialized ministry, from its inception. At this juncture, I also take the opportunity to thank and appreciate the deeply committed services of many of our Sisters, who have given themselves, through their hard work and sincere efforts towards the welfare and well being of the Manasa Children.

My heartiest Congratulations to Manasa Rehabilitation & Training Centre, on the joyous occasion of its 20th Founders Day. I convey my best wishes and continued blessings of the Lord in this noble mission of serving these less privileged children, to become productive members to their families and society at large.

**Sr. Lissy Thelekadan SSps**  
Provincial Leader, INS  
Congregation of the Missionary Sisters,  
Servants of Holy Spirit, India,  
South Province, Bangalore





## THE FOUNDER BOARD OF TRUSTEES



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Dr. Gerald Pinto



Sri. Augustine Gomes



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Sri. John Martis



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President/Managing  
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Spiritual Director  
Catholic Sabha Udupi Pradesh



Rev Fr Mathew Vas  
Spiritual Director  
Catholic Sabha Mangalore Pradesh



Joseph Noronha  
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## *From the Editor's Desk...*

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"If it is work of demon it will perish. If it is God's work no one can stop it" Acts of Apostles.

I was fortunate enough to be the President of Catholic Sabha Mangalore Pradeh (R) during 1994-97. During the period Manasa Trust was formed myself as founder trustee and foundation stone was laid during 1995. Under the able leadership and dedicated work of Dr Edward Lobo ably supported by founder trustees Late Agustine Gomes, Late Denis D'Silva and Late B Monis and with the financial support from Rev. Fr Jephrrin Monis from Germany and Rev. Fr Agustine Mendonca from Canada Catholic Sabha was able to start Manasa from June 1997. Then president Mr L. J. Fernandes gave strong support through the units of Catholic Sabha.



**Dr. Gerald Pinto**

Manasa has grown from its infancy into youth. This has been God's work blessed by St Mother Teresa. There were lots of trials and tribulations but always God's hand was with Manasa. This is the time to thank all the past trustees, donors and well wishers. This is a unique project where Clergy, Religious and laity joined together. Even non catholic religious leaders like Swamijis of Asta Mutt Udupi and Mokambika Temple Kollur and Shri Veerendra Hegde of Dharmastala joined hand with Manasa with their financial and other support.

We appreciate the dedicated work of the staff of Manasa. The children find their parents in them. Today Manasa is well recognized by the Government and the society. Many students have shined in the international level and brought laurels to the Nation. Some are standing on their own feet and earning their lively hood. This was the dream of Manasa when it was started.

Now we are marching towards silver jubilee. All of us should work hard to realize our new projects. I pray Almighty God to bless the trustees, staff, well wishers and donors. If we succeed in bringing the Manasa children into main stream it will be a service to the Nation and to humanity.

Jai Manasa

**- Dr Gerald Pinto**





## *President Speaks*

It gives me immense pleasure, to pen few words on this auspicious occasion of the 20th anniversary of Manasa.

The institute had a small beginning as the dream of the Catholic Sabha, Mangalore & Udupi Diocese. It was the fruit of tireless efforts on the part of Catholic Sabha as well as the selfless service of Holy Spirit Sisters. In 1997 with much passion, zeal and a deep sense of commitment, all these dedicated people join together and began this noble work.

Our life is mostly froth and bubble, so in an effort to lead a meaningful life and give back to society, we have made it our goal to reach out and extend a helping hand to our less fortunate children. Looking at the reality of this fast paced world and the race to accumulate material wealth, differently-abled are being left further and further behind. Realizing this, and the fact that each child is unique in his or her own way, Manasa has been endeavoring to fill the ever widening gap, drawing inspiration and support from family, friends, benefactors, and the religious institutions.

This institute began by planting the proverbial 'mustard seed' and it has grown manifold building infrastructure to what it is today, dedicated and truly blessed staff and benefactors from far and wide. We have inmates and day scholars, teaching and non-teaching staff, religious and lay people. Our priority is the growth & development of each child, motivating and nurturing their talents and inner strength, developing in them self-confidence, instilling in them courage to face the real world, guidance in becoming good human beings.

As I look back on the growth of our institute, I can boast with certainty and confidence that at every stage of our evolution, we have made conscious and sincere efforts to reach out to these under privileged children both physically and mentally. I take this opportunity as the leader of this unique institute to express our gratitude to all those who have helped us along the way. I fervently hope and pray that, this institute of ours grows both in size and stature and that we all remain committed to this purpose.

A very big thank you to the Editorial board, the brain behind the Souvenir, for helping us commemorate this great occasion.

Long Live Manasa,



**Mr. Henry Menezes**

**Mr. Henry Menezes**  
**President of Manasa**



## *From the Principal's Desk*

It is with deep sense of satisfaction that I look back at the last twenty years of Manasa Rehabilitation & Training Centre, for it has touched the lives of hundreds of less privileged children of our society. Many who have walked through the portals of Manasa are able to lead a better and self-reliant life. It is a great joy for me to be here, to serve, train and share life with them.

I am all praise for the founders of Manasa, the leaders of the Catholic Saba, who initiated this commendable mission in the early 90s. It is admirable and laudable that the Catholic Saba members, even today, strive hard and seek ways and means to serve the best interests for these special children. The projects that are taken up during this bi-decennial year, articulates their passion and love for the children with special abilities.



**Sr. Ancilla Fernandes**

In a world of fragile peace, social inequalities and broken promises, we have come a long way in synchronizing skills, goals and objectives to give a true meaning to Love and Service. Working with special children, I have learnt that even with limited academic skills, the children still have valuable ideas, thoughts and have much to share and contribute. Listening to what they say seriously and providing opportunities for them to develop in their specific capacity has been a leap forward, albeit, slowly but surely. In one and a half years I have witnessed that Manasa has been a blessing to our children, playing a major role in their lives. "Attitude" has become a treasured word for our special teachers who take care of our children. The selfless team work is the key to our success.

We at Manasa, admit children in the age group of 6 to 25, irrespective of caste and creed. The syllabus for each child is well organized, keeping in mind the individual's special abilities. We strive to achieve the all round training and development of the students through educational, training and medical facilities. We also focus on vocational training, for children above the age of 18 years in skills, such as book-binding, flower making, computer class, tailoring, phenol making, cards and candle making to name a few. It is heartening to see children perform with exuberance in extra-curricular activities like sports, music, art & craft, painting, gardening etc. This year we have a total of 135 students, 70 reside in the hostel and 65 day scholars. We have a staff of 48 members, (teaching and non-teaching), besides caretakers.

This task is not possible without the support of people of good will. Heartfelt thanks to individuals, families, institutions and voluntary organizations who visit us regularly and encourage us. I am grateful to the management, teaching and non-teaching staff and parents of the students, who stand together and work as one team in caring for the special children entrusted to us. Thanks are due to the government officials for their wholehearted support.

My best wishes for the souvenir to be released on the occasion of the bi-decennial Founder's day of Manasa Rehabilitation and Training Centre®.

I sign off, thanking God for accompanying us all these years, for protecting and blessing us all and for all the marvels worked at Manasa. May God journey with us and continue to bless every student and associate of Manasa!

**- Sr. Ancilla Fernandes, Principal**



## Manasa - A Journey of Selfless Service

Manasa Rehabilitation and Training center stands tall today among the institutes taking care of the less privileged children, with about 140 children, both day scholars and hostelites, staff strength of about 50, dedicated team of trustees and administrators. However the beginning was humble.

In the 1990's state of the mentally challenged children in and around Udupi was pitiable. With no outside support, parents had to shoulder the responsibility of taking care of them day and night and were finding it very difficult as most of them were financially poor. They needed help. It was felt that the society should render a helping hand in rehabilitating such children so that they also can be a part of mainstream society.



Catholic Sabha a lay Organization of the then unified Diocese of Mangalore formed in the year 1979, with the aim of service, sacrifice and unity

was growing from strength to strength. The Shirva regional committee headed by Dr. Edward Lobo decided to take up the cause of mentally challenged children. In a survey conducted they found that there were more than 500 mentally challenged children in and around Udupi and Mangalore. The leaders of the Catholic Sabha understood the need for rehabilitation of mentally challenged children. The task was daunting, yet needed to be taken up.

Around the same time separate initiatives were being taken in Shankarapura, Shirva and Belman parishes to take care of the mentally challenged children. In August, 1991 at St. Johns church, Shankarapura under the able guidance of Rev. Fr. J.P. Tauro "Manasa Special School" was started with Dr. Edward Lobo as the first convener. Soon Shirva unit of the Catholic Sabha headed by late Mr. Augustine Gomes as convener started "Manasa Special School" with support



**Dr. Edward Lobo**  
**Past Managing Trustee**  
**- MRTC (1995 - 2004)**





from the then parish priest Rev. Fr. Lawrence Gomes. With the experience gained in Shankarapura and Shirva, similar school was started at Belman.

For the first time there was awareness about the plight of the mentally challenged children and the need for rehabilitating them. The schools could not accommodate more children for they had limited means. Vocational training was found necessary to be part of the curriculum. There was a need for establishing a CENTER which could provide all the facilities including vocational training and job oriented courses.

Though Late Mr. Augustine Gomes had promised the land for Manasa Center, it could not be used due to technical reason, but God provided an alternative. After marathon efforts for nearly two to three years, a government land in Pamboor in Padubelle village was acquired. Late Mr. Augustine Gomes

came forward to bear the cost of acquiring the government land.

In the year 1994, a plan was drawn out to start Manasa Rehabilitation and Training Center with an initial cost estimation of about Rs. 20 lakhs. A committee headed by Dr. Edward Lobo was formed to implement the project speedily and effectively. For professional management Manasa Trust consisting of 15 prominent members of Catholic Sabha was formed and registered. Well, it was a humble beginning indeed.

The funds for implementing the project were the need of the hour, the managing committee and the trustees were working day and night to mobilize the required funds. Late Mr. Augustine Gomes volunteered to visit United States and Middle Eastern countries and was able to mobilize over Rs. 10 lakhs rupees.

The rescuing hand came from Germany through a true son of the soil. Rev. Fr. Jephrein Monis, a priest from Pamboor parish, working in Germany, was visiting his ailing mother. Managing committee members visiting him, explained about the Manasa project, its objectives and the need for the financial support required for successfully completing the project. Rev. Fr Jephrein Monis readily agreed





to support the cause personally and institutionally. With his help a project report was sent to "MISEREOR" a funding agency for humanitarian projects. After the initial hiccups the project was sanctioned, thanks to the efforts of the board of trustees, Most Rev. Dr. Basil Dsouza, then Bishop of Mangalore, Most. Rv. Dr. Gerald Isaac Lobo, then secretary of CODP, Mangalore. Thanks to Msgr. Arnold Poll, founder director Kindermissionwerk of Germany, who could convince the small children to mobilize support for the project by Carol Singing during Christmas in the shivering cold.

Rev. Fr Augustine Mendonca, a priest from Shankarapura, working in Canada was instrumental in generating support for the project by popularizing the cause of mentally challenged children among his parishioners and other priests in Canada.

On 14th June 1995, Foundation stone for Mansa Rehabilitation and Training Center was laid late Most Rev. Dr. Basil D'Souza, then Bishop of Mangalore in a simple but touching ceremony. All were excited for their dream was to come true in the very near future. The onerous task of construction was taken up by Mr. Cyril Quadros who completed the building in spite of the financial shortage at times.

Through the then Bishop of Mangalore, Holy Spirit Sisters were invited to work for the center. As a mark of

appreciation for their self-less service, a convent is built for them in 30 cents land demarked for the purpose.

Manasa Rehabilitation and Training Center started in June 1997 and was officially inaugurated on 14th November, 1997. Initially there were thirty inmates in the hostel and an equal number of day scholars. Apart from basic school training, medical care for students were also taken by providing speech therapy, dental care, Physiotherapy, I.Q. tests etc.

We feel it is our bounding duty to thank all those who have helped us directly or indirectly in realizing this project. But for their support and active co-operation the barren land of Pamboor would not have become the sprawling campus of Manasa.

The Intellectually disabled children are one of the most neglected lot of the society, They suffer for no fault of theirs. The society's work will never be complete unless it does its duty towards them. We have taken up this project as God Sent opportunity to realize our Christian Vocation and message "Whatever you do the least of your brethren, you do unto me"

"Long Live Manasa"

**Dr. Edward Lobo**

**Past Managing Trustee - MRTC**

**(1995 - 2004)**



## Catholic Sabha: The Magnetic Force of Lay Appostolate

The Catholic Sabha Udupi and Mangalore Pradesh® has completed 38 years of its meaningful, purposeful and useful service to the community and the society at large. Born on 29th April, 1979, it has tried its level best in realizing its objectives by organizing various programmes and activities based on the needs of the people of the community and the society within the limited resources. Keeping the entire organization together and making it relevant on the basis of changing needs and times for the last 38 years, is in itself the greatest achievement.

### History and Growth:

The catholic Sabha was a long felt need of the Catholics of Mangalore and Udupi Dioceses. The need became more crystalized in response to the special role the laity was called upon to play in the aftermath of the Second Vatican Council, in carrying forward the mission of Christ in the form of Lay Apostolate. But the immediate reason for the birth of Catholic Sabha was the anti-conversion bill (Tyagi Bill), which was intended to be introduced in the year 1979. As the catholic community was not organized and united, it was politically weak. This weakness was felt strongly when protest rallies were organized in different places against the



Tyagi Bill. In the beginning of the year 1979, under the initiatives of the Canara Communication Center (whose dynamic director then was Late Rev. Fr. Stanley R. Periera), rallies



**Dr. Thomas J Quadros**  
Past President  
Catholic Sabha  
(1988-1991)

and meetings were organized in different places to create the required popular opinion. This culminated in holding the convention of delegates,

consisting mainly of the vice presidents of the parish assemblies and other lay bodies of the community on 29th

April, 1979 at Don Bosco Hall, Udupi. The convention was inaugurated and blessed by his Lordship, Late Rt. Rev. Dr. Basil S. Dsouza, the then bishop of erstwhile Mangalore diocese.



The convention was addressed by Late Rev. Fr. Stanley R. Pereira, Mr. Thomas J. Quadros, and Mr. Richard Rebello. In the discussion that followed, it was unanimously agreed upon to form a permanent organization and Sri Oscar Fernandes was selected as its first president. The catholic Sabha came into





existence with the following objectives.

1. Lay apostolate
2. Creating political awareness.
3. Organizing programmes to uplift the economic, educational, social and cultural wellbeing of the people.

Initial years were very trying and difficult. It was hard to convince the parish priests and the people of the community in order to build the parish and the varado units. Further the problem of finance was acute. However because of the dedication and hard work of the presidents, office bearers and members, the Catholic Sabha withstood all the tests of time and organized itself in such a way that today it has established itself in all the parishes and varados having active units and organizing programmes based on the needs of the people of the community and society. Hence it has

completed its thirty eight years of selfless service making great sacrifices and maintaining the unity of the community. The Catholic Sabha is standing tall on the magnetic edifice of SERVICE, SACRIFICE and UNITY. We can all now say that Catholic Sabha is here to stay.

### **Manasa Center, the shining example of Lay Apostolate:**

One outstanding and shining example of Catholic Sabha and its main objective of Lay Apostolate is Mansa Rehabilitation and Training Center. It has completed 20 years of its useful and meaningful service to the society. Manasa center has helped many mentally challenged children to rediscover themselves as children are born to win provided they are given opportunities, facilities and encouragement to stand on their own

legs. They are no more a burden or liability to others. With the support and encouragement of Catholic Sabha Manasa center has several novel future plans and projects for the upliftment of these children. These projects require generous





and generous people, we earnestly appeal to all kind hearted people to give your helping hand in realizing these noble future plans and projects for the well-being of the most deserving and so far neglected our fellow brethren.

Long live  
Catholic Sabha &

Long live Manasa Center

help and support from magnanimous people. It is our belief that projects of this nature will never remain unfulfilled because of lack of resources or generous people. God has his own ways to fulfill such noble projects. While we pray God Almighty to identify such noble

**- By: Dr. Thomas J Quadros**

**Past President**

**Catholic Sabha (1988-1991)**



“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around”

- Leo Buscagila





## Activities of Manasa 2017 - 2018

Manasa, founded by Catholic Sabha in 1997 and run by a Board of Trustees is a Rehabilitation and Training Centre for the specially-abled children. The Centre has undertaken the onerous task of rehabilitating the specially-abled children by giving them suitable training to become productive assets of their families in particular and the society at large.

While tracking the progress of the children continuously, every effort is made to keep the children happy and smiling by organizing various activities. The co-curricular activities are given due importance in the training schedule and methodology. Yoga, dance, Music, Gardening, Games are included as co-curricular activities. In the seasonal and occasional events like Independence Day, Birthday and Anniversary celebrations, the children get good exposure in meeting various people and in cultural activities.

The year 2017- 18 is another mile stone in the history of Manasa as it completed 20 years of its fruitful service to the specially-abled children. Admissions were opened for all the children in the month of May. The academic year began on 1st June, 2017 with 134 Students on the roll, 121 being

readmissions and 13 new admissions. Rev. Fr Mathew Vas spiritual Director of Manasa blessed the children in the inaugural function and wished every success for the new academic year.



**Mrs. Muriel  
Premalatha**

The first Parents Teachers Association (PTA) meeting for the academic year 2017-2018 was held on 8th July, 2017 with about eighty five parents attending the meet. Dr. P.V Bhandary, Director of Baliga group of hospitals was the chief guest. New office Bearers were elected for the years 2017-2019.

On 5th August, 2017 Fr. Paul and Fr. Jason along with other 15 Brothers from Assisi Seminary, Moodubelle spend half a day with the children by performing cultural programmes, action songs, dance etc.

Around thirty students and teachers participated in the program "DaanUtsav" conducted by Manipal University from 4th August to 6th August 2017. A stall was set up exhibiting the crafts, candles and phenol etc. made by Manasa students. Around sixty schools had participated in the event.





Like every year, Shirva unit of the Catholic Sabha organized Independence Day celebrations on 14th August, 2017. Mr. Monthu Menezes, president unfurled the national flag and delivered Independence Day message and complimented the management and the staff for their dedicated service. The solemn parade with the brass band and the children dressed in colorful attire was a sight to behold.

Manasa teachers attended the Teacher's day celebrations held at Asha Nilaya special school, Udupi on 5th September, 2017. Teachers actively participated in various competitions like group dance, solo singing, flower arrangement etc. and won many a prizes for the school.

Parent Teachers Association (PTA) organized Teachers Day celebrations in Manasa on 9th of September, 2017. All teachers were honored for their selfless service and commitment in serving the less privileged ones. The management also recognized and appreciated the service rendered by the teachers and presented gifts to all the staff. The day was marked with full of Joy and happiness.

On 16th September, 2017 Special Olympics Bharat, Karnataka in Association with Rotary Mid Town Mysore Organised Hand Ball state Level

selection in Hunsur Road Mysore. From Manasa Special School Anusha and Subramanya participated in the event. Anusha secured second place & Subramanya third place. Anusha was selected in state level in Agra (U. P.)

On 26th September, 2017 Eunice Kennedy Shriver's day was celebrated at Asare Special School Manipal, Ten of our students who have received state, National and District level awards were honored and given cash prizes.

"Design for change" a unique program was organized by Dr. N. Shankara Adyanthya memorial senior secondary school, Nitte on 27th and 28th September, 2017. Five students led by their teacher Mrs. Shreemudradi taught our children action songs, craft, yoga, outdoor games, dance in a creative way, helping them to think differently and be creative in the modern world.

Rev. Sr. Margaret Hansen S. Sp. S General councilor of missionary sister's servants of the Holy Spirit, Rome visited our School on 7th October, 2017. Sr. Margaret was felicitated at a cultural program by Manasa students. Rev. Sr. Margaret was moved by the warmth and expressed her joy to be with our special children. She complimented the management and the staff for the selfless service and a job well done.



On 23rd November, 2017 a state level Festival of Fine-Arts program was organized in Sandesha foundation Mangalore. Twenty of our children took part in solo singing, Group dance, drawing, Fancy dress etc. winning one gold, one silver and seven bronze medals, with overall championship trophy.

On 30th November, 2017 Special Olympics Bharat organized a Felicitation program to all the athletes and coaches who won the medals in Special Olympics event in state and national level at Manipal Greens. Nine students in state Level and six students in National level winner were felicitated.

Thirty students and six our teachers participated in the World Disable Day program held at Manipal Greens on 3rd December, 2017, actively participating in the various cultural activities.

Manasa children made us proud while they won the overall championship Trophy at a state level International cultural Fest for the special children "CHIGURU -2017" organized in St. Aloysius College, Mangalore on 17th December, 2017. Twenty five of our children took active part in competitions like group dance, group song, collage, Embroidery, pot painting, and brass band, winning 1st prize in group dance, 1st prize in collage, and 2nd prize for brass band.

On 19th December, 2017 Christmas program organized at Manasa for the students, staff, parents and well-wishers brought joy and cheer to one and all. Dr. Benjamin D'Souza and Mrs. T. P. D'Souza, our regular donor were the guests of honor for the occasion. Rev. Fr. Ferdinand Gonsalves, spiritual director of Manasa, wished all a season of joy and happiness. Manasa trustees and well - wishers were present to share the joy of Christmas.

Many well-wishers visit Manasa regularly and celebrate their birthdays and anniversaries with our special children. On 5th January, 2018 Kaup Block congress committee celebrated Birthday of Mr. Vinay Kumar Sorake M. L. A Kaup in Manasa with the Special children.

On 17th January, 2018 A. B. Shetty memorial institute of Dental Sciences Deralakatte, Mangalore Organized one day Free Dental camp for the Manasa children. More than 100 students benefited from the program.

We at Manasa are grateful for the love and support that we receive from all corners. Their appreciation is our motivation.

**Mrs. Muriel Premalatha**  
**Vice Principal,**  
**Manasa Spl. School**



## Manasa Staff 2017-18



**Teaching & Non Teaching**



**Trust Office**



**Hostel**





## Manasa Staff & Students 2017-18



**Pre-Primary Section**



**Primary Section**





## Manasa Staff & Students 2017-18



**Secondary Section**



**Computer Data Entry Section**



## Manasa Vocational Class 2017-18



**Book Binding**



**Candle Making**



**Tailoring**





## Manasa Vocational Class 2017-18



**Flower Making**





# Looking ahead into the future

Manasa Rehabilitation and Training Center, a brain child of the Catholic Sabha, established in 1997 with a lot of zeal and enthusiasm to serve the specially-abled children of our society had a very humble beginning. One of the main objectives of Manasa Special School was to “create a conducive atmosphere for the specially-abled children and enable them to lead a dignified normal life through special education and vocational training”. For the last 20 years Manasa has fulfilled its aspirations to a great extent. The results achieved are quite significant and the children have performed much better than expected, thanks to all the people who have worked tirelessly for training more than 580 children at Manasa Special School. At Manasa, we see their abilities and not disabilities.

Manasa has the facilities for vocational training. At Manasa, children are trained on specific trades like candle making, tailoring, book binding, envelop making, phenol making, flower making etc. Such vocational training aimed at providing job opportunities for the

specially-abled children has its own limitations. The craft activities have no profit motive and are considered more as recreational activities, helping to keep the children engaged and occupied. There is no set time period for the training as the learning capacity of individual child is different. Production targets neither can be set nor can be achieved and the efficiency is low as

there is a lot of wastage of raw material. The limitations of employability through vocational training are well understood.

Manasa is at the cross roads of its journey and looks ahead to serve the needs of the specially-abled children with renewed zeal and enthusiasm. It intends to make use of the experience gained over the last twenty years and the good will of the people to grow further and be marked among the finest institutions serving our special children.



**Joseph Noronha**  
Administrator,  
MRTC





### **Establishing Manasa Computer Centre**

In order to overcome the limitations of employability, Manasa has tied up with AMBA, Bangalore for “Alternative Education for adults with moderate to severe Intellectual Disabilities”. AMBA has evolved a scalable livelihood solution for intellectually disabled community using Information & Communications Technology (ICT) and peer driven process. AMBA’s scaling model facilitates the special schools to involve into hubs for learning and earning, using existing infrastructure, administration and trainers keeping overheads to a minimum.

From 1st of June 2017 Manasa Special School has become AMBA Certified Partner Centre (ACPC). Manasa has established a computer training center with all the facilities. The selected children are being trained using AMBA curriculum. Different stages of training and their efficiency is tracked by monitoring staff from AMBA Core Centre at Bangalore. The curriculum throughout the learning process does not teach computer literacy but encourages each individual to use the computer as a tool to do visual data entry. The process also encourages mainstream standards of accuracy, accountability and meeting time frame. Empathy and sympathy can get them the job but efficiency will help them keep the job. Manasa needs to establish a separate computer center for productive work once the training is successfully completed.

### **Establishing Manasa Autism Centre**

More than one third of intellectually disabled children are affected by Autism Spectrum Disorders. There is an urgent demand for appropriate educational facility for education of children with Intellectual Disability with Autistic Disorders. Commonly Autism is defined as a clinical condition in which a person withdraws into a private world, unable to communicate with others or respond to the environment. Autism is a combination of symptoms over lapping with other disabilities. This makes the task of assessment and diagnosis difficult. In addition, intervention requires efforts of a team of professionals including pediatrician, psychiatrist, speech pathologist, psychologist, occupational therapist and a special educator.

The existing facilities are insufficient and are available only in cities. There is an urgent need for providing the required facilities for autistic children. Many of the parents are approaching special schools to provide such facilities. Manasa is planning to provide education to children with Autism Spectrum Disorders by creating necessary infrastructure along with trained manpower. A suitable model to train autistic children will be selected based on the experience of other established autism centers.

### **Establishing Manasa Research & Development Centre**

The use of knowledge, experience and





innovation will play a predominant role in creating a better world of citizens, especially in those who are intellectually disabled. The review in the field of mental retardation reveals that very little information is recorded in our country. There is a need for systematic documentation of Research and Development on various areas of intellectual retardation which would in turn throw light on the gaps to be filled leading to progress in the field. Research is also needed to establish the effectiveness of existing treatment methods, models, strategies and practices in India and abroad. Recording the case studies, documenting and analyzing the gathered information will help the professionals, researchers, students, policy makers and interested agencies for planning, draw action plans and policy decisions in the field. It will also help international collaborative plans and activities.

Manasa Rehabilitation and Training Centre (MRTC) and Manipal University (MU) have been extending mutual support to each other in various fields like physiotherapy,

speech therapy, field studies for students of MU etc. Both MRTC and MU would like to extend the mutual support and collaboration in the field of research for mutual benefit and the benefit of the special children. A Memorandum of Understanding (MOU) is signed on 11.11.2017. Broadly the areas identified for collaborative research are medical, covering the causes of mental disability, rehabilitation techniques and the social aspect of mental disability.

Games and Sports are an integral part of any childhood and at Manasa are given their due importance. Many of our special children have won laurels for the institute at the state, national and international level. Manasa is planning to improve upon the sports facilities at the center.

I am very sure that with the support people of good will and the dedicated hard work of Manasa trustees and staff we will be able to realize all our dreams when we celebrate our Silver Jubilee.

**- Joseph Noronha**  
Administrator, MRTC

**Hope is being able to see that  
there is light despite all of the darkness**

**- Desmond Tutu**





## **I am Special with an Extra Chromosome**

### **An elaboration on the needs of children with Down syndrome**

Down syndrome is a set of physical and mental traits caused by certain problems in the genes that occur before birth. Normally a person has 46 chromosomes, but most people with Down syndrome have 47 chromosomes. Having extra or abnormal chromosome changes the way the brain and the body develop. Children who have Down syndrome tend to have certain features such as a flat face and a short neck. They also have some degree of intellectual disability. This varies from person to person and in most cases varying from mild to moderate.

Children and adolescents with Down syndrome are exposed to significant physical, sexual and emotional developmental changes. They also often have some psychiatric problems such as externalizing compulsive disorder. They also suffer from behavioral and psychosocial disabilities in the process of their growth, such as expressing their feelings, learning problems which are due to inability to grasp a language and due to cognitive conditions. Children with Down syndrome are amenable to good education and in the special schools with specialized teachers they can obtain training for their fine motor, gross motor and intellectual abilities which is helpful for the improvement of their

development. They can be encouraged to improve their body functions and accentuating, gaining more functional proficiencies which facilitate in their participation in age suitable activities. Early detection and proper treatment of emotional, psychiatric, and developmental disorders ensures good prognosis.



**Mrs. Veronica Clement**  
Counselling  
Psychologist  
& Psychotherapy

Children with Down syndrome usually learn and progress more slowly than most other children. However, not all areas of development are equally affected. There is a

specific pattern of cognitive and behavioral features that are observed among children with Down syndrome that differ from those seen in typically developing children and children with other intellectual disability.

Research suggests that people with Down syndrome learn better when they can see

things illustrated. These findings have been demonstrated across a number of areas of development including learning a language, literacy and motor skills. This suggests that teaching will be more effective when





information is presented with the support of pictures, gestures or objects.

Many children with Down syndrome can develop reading abilities in advance of what might be expected for their cognitive and language levels. Reading makes an important contribution to vocabulary and language development for all children and may be a particular benefit for children with Down syndrome given their specific language delays.

Motor skills develop at a slower rate for children with Down syndrome than for those without. These delays reduce infant's opportunities for exploring and learning about the world around and therefore further affect cognitive development. Poor oral motor control may impact the development of language skills.

Children with Down syndrome show specific delays in learning to use spoken language relative to their non-verbal understanding. Almost every child will have expressive language that is delayed relative to their language comprehension. The children experience two types of expressive difficulty, one delay in mastering sentence structure and grammar and two, specific difficulties in developing clear speech production. The gap between the understanding and their ability to express themselves is a cause of much frustration and can sometimes lead to behavioral problems. It can also result in their cognitive abilities being underestimated. Language delay also leads to cognitive delay as, much

as human learning is through language and language is internalized for thinking, remembering and self-organization.

Most children with Down syndrome struggle with basic number skills, which are typically two years behind their reading skills. This calls for full use of visual support while teaching numbers or mathematics to them.

The ability of children with Down syndrome to hold and process verbal information is not as good as their ability to hold and process visual information. These verbal short term memory problems make it more difficult to learn new words and sentences. They also make it more difficult to process spoken language and this can adversely affect learning in the classroom. Studies suggest that the processing and recall of spoken information is improved when it is supported by relevant visual information. Hence use of visual support like pictures, signs etc enhances their ability to learn using their stronger visual memory skills.

Children with Down syndrome need support with speech and language, memory and processing information, social skills and independence, literacy and numeracy. They have strong empathy with others, good social skills, good short term memory and visual learning skills. Like all children, children with Down syndrome also have a wide range of strengths, areas of interest; all they need is a little support.

**- By Veronica Clement**

(Counselling Psychologist & Psychotherapy)





## Multiple facets of Disability Rehabilitation NGOs

In this fast moving world, time and again it is repeated, if we don't move fast enough we will be left behind. Very few stop to ask, isn't fast a relative term? Why should everybody move at the same pace? Why can't people be different? It is then not difficult to see why special children or children with disability are seen as a burden. Disability is defined as any restriction or lack of ability to perform an activity in a manner or within the range considered normal for human beings, resulting from impairment. The types of disability include loco-motor, hearing, speech, visual and mental disability.

It is wisely said that if you are not part of the solution, you are part of the problem. In a county where there is tendency to pass the buck, blame the government more often than not, it is encouraging to see a number of Non Governmental Organizations (NGOs)

working towards rehabilitating children with disability, one of the most vulnerable sections of society.

Non - Governmental Organizations (NGOs) are institutions,

recognized by governments as non-profit or welfare oriented, which play a vital role as advocates, service providers, activists and researchers on a range of issues pertaining to human and social development. Historically, NGOs have played a critical role in promoting and facilitating health and educational activities in India. Prior to independence, religious bodies set up a number of educational institutions, health facilities and other charities. Three key changes



Miss. Carol D'Souza  
Asst. Professor,  
Mount Carmel College,  
Bangalore





have occurred in the evolution of the NGO- first, the greater degree of professionalization of NGO activities; second, the widening of sources of funds for NGO activities to include major national and international donor agencies; and third, the secular origins of NGOs.

Department of Empowerment of Persons with Disabilities, Ministry of Social Justice and Empowerment, Government of India has a list of 2944 NGOs across states that work for the empowerment of Persons with Disabilities in various capacities. Karnataka itself has 37 listed NGOs that specially work towards education and rehabilitation of children with disabilities.

When it comes to conversation around disability in India, there is a tendency for people to think it is not big enough a problem. Conversely, estimates from the Census of India (2001) and National Sample Survey (NSSO, 2002) indicate that persons with 'mental' disabilities (including those with intellectual disabilities and those with psychosocial disabilities) comprise about 10% of the population with disabilities. However, a World Bank report (2007) projects higher estimates for all disabilities, including intellectual disabilities, and indicates that intellectual disabilities as well as mental illness are neglected or under-represented in large-

scale surveys. According to World Health Organization, disability is the best example of the iceberg phenomenon of disease. This is because of difficulty in identifying the mild and moderate degrees of physical and mental disability which are unrecognized by the health care delivery system and the survey team members. Therefore the primary task of any organization working towards rehabilitation becomes spreading awareness among the common population regarding various kinds of disabilities.

It goes without saying the NGOs are doing a lot of good work in multiple social fields but the picture is far from rosy. In 2013 Delhi High Court called for toughening licensing norms for NGOs observing that 99% of them were fraud and merely money making devices. According to a study by the Asian Centre for Human Rights (ACHR) in 2013, Central and State governments provided at least Rs.6, 654.36 crore to NGOs as grants during 2002-09. What is shocking is that in an overwhelming number of cases, almost 97 per cent, the NGOs had not furnished utilization certificates indicating the purpose for which the grants were given. Nor had the governments asked for these certificates. Where children are involved especially, the matter becomes even more sensitive. The Supreme Court, in



September 2015, directed the Centre and State Governments to shut down all children's homes run by unregistered NGOs, saying many of these centers had become child-trafficking hubs. It has become a tragic problem of 'who will guard the guards'.

Considering the magnitude of the problem of disability, vulnerability of children affected by it and the questionable motives of people involved in rehabilitation, it is safe to say this issue will not be fixed in a day. But it is very important for concerned, educated citizens to not turn a blind eye towards problems that may not necessarily affect them personally.

The picture is not all doom and gloom, however; there are a number of passionate individuals and organizations which are working tirelessly towards

bettering the situation of the less fortunate. May it be teaching children with disability as part of Corporate Social Responsibility or celebrating special occasions with rehabilitation centers, these are the small gestures that count, that let the children know they matter. Even in an ocean, every drop counts. If individuals in society come together to do their bit, true difference can be made. Apathy is the real enemy.

**- Miss. Carol D'Souza**

Asst. Professor,  
Mount Carmel College, Bangalore







## Mental Retardation- FAQ

Some frequently asked questions and answers.

### 1) Can mental retardation be cured..?

No. Mental retardation is a medical condition where there is arrest in development of brain. It can not be cured.. There are no brain tonics which improve the condition of brain.

### 2) Can mentally retarded children go to normal school?

Yes, children with mild mental retardation can study in normal schools. They are called educable M.R'S. but they can only be able to score just pass or fail marks. There are instances where these children have just scraped through tenth standard.

### 3) Can medicines be of help in a case of mental retardation?

Yes, medicines are helpful in treatment of epilepsy (fits).. medicines can help control anger.. aggressive impulses.. some psychotic behaviors like suspicion, hitting others, injuring oneself, being hyperactive or being restless will need treatment with anti epileptics or anti

psychotics.. but there are no medicines to cure mental retardation.

### 4) Can marriage cure mental retardation...?

No, marriage is not a cure for any medical condition. Majority of mentally retarded do not have the capacity to understand concept of marriage. So it is not right to force them to get into wedlock. Many of them will not be knowing functions of marriage like procreation, child bearing. It is always better to take professional advice by a psychiatrist before thinking of marriage.

### 5) Can mentally retarded ever work?

Yes, mentally retarded can be trained to work. They usually are good in doing monotonous work like book binding, candle making, packing things in a grocery shop.. tilling the land. He might not be able to think and act... or take independent decisions.. work definitely improves self esteem of these people.



**Dr. P. V. Bhandary**  
Dr. A.V. Baliga  
Group of Hospitals,  
Udupi





**6) Can mentally retarded individuals attempt suicide or commit suicide..?**

Yes, individuals with mental retardation are prone to attempt suicide.. many develop clinical depression owing to isolation and discrimination in society. They attempt suicide when they are depressed. detection of depression is very difficult in them. Decreased sleep, decreased appetite, repeated talks of guilt, becoming slow in day to day activities as observed by others are evidences for depression. Depression needs to be treated using antidepressants. Suicide risk is very high will need modified electro convulsive therapy.

**7) Is autism same as mental retardation?**

No. autism is a different condition of brain...not all autistic's mentally retarded.. some can have exceptionally high intelligence. Majority of autistic individuals have mental retardation.. autism can be identified by certain signs and symptoms like lack of eye to eye contact, repetitive behaviors, delay in developing speech.

**8) Can mentally retarded individuals develop sexual attraction?**

Yes, sexual behaviors are found in mentally retarded children. Some are

age appropriate like in any individuals. Like auto erotic self stimulating behaviors like masturbation. Many a times they can develop over familiarity, hyper sexual behaviors, exhibiting their genitals in front of everybody... masturbating in public.. not understanding the consequences of these behaviors. These behaviors need medicines or psychological treatment called behavior therapy.

**8) Will parents of a child with mental retardation have another child with mental retardation?**

No, not necessarily, however in some cases where genetic factors are responsible for mental retardation, it is better to take help of genetic consultants. Whenever you have a genetic cause like chromosomal defects, chemical defects, there are chances of another such birth in the family.

**9) Can alternative medicines be tried in mental retardation?**

Very wrong on my part to comment. You can try at your own discretion. please keep in mind that the medicines are prescribed by qualified practitioners of alternative medicine and not by unqualified quacks.. and don't get carried away by advertisements of nutraceuticals or pharmaceuticals. On newspapers.. fads like malaysian mushrooms, Indian herbs etc.



**10) Can mental retardation be caused by curse of gods or naga dosha or sins of previous birth..?**

No, it is not at all true.. I don't think gods or ghosts can curse the mortals. no illness can be caused because of sins of previous birth, this theory is not at all scientific. Science has not proved life after death. Mental retardation is caused by damage to brain during first three months of early pregnancy. when fetus in womb is exposed to toxic substances like alcohol or cigarettes or medicines or when there is head injury to new born child due to obstruction in birth canal or when there is jaundice that rises rapidly

entering the brain or infection to brain of course there are few causes which are genetic but definitely not due to curse or sins.

alcohol or cigarettes or medicines or when there is head injury to new born child due to obstruction in birth canal or when there is jaundice that rises rapidly entering the brain or infection to brain of course there are few causes which are genetic but definitely not due to curse or sins.

**- Dr. P. V. Bhandary**

**Dr. A.V. Baliga Group of Hospitals,  
Udupi**



"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well"

**- Ralph Waldo Emerson**

Hope is being able to see that there is light despite all of the darkness

**- Desmond Tutu**







**MANASA**  
BIDECENNIAL CELEBRATION



## **MANASA REHABILITATION & TRAINING CENTRE**

(A Residential School for Differently-Abled Children)

Promoters: Catholic Sabha, Udupi & Mangalore Pradesh ®

E-mail : [manasapamboor@gmail.com](mailto:manasapamboor@gmail.com)

Website : [www.manasarehabilitation.org](http://www.manasarehabilitation.org)

*CORDIALLY INVITE YOU TO THE*

## **BIDECENNIAL CELEBRATIONS** **(1997-2017)**



**Date : 10th and 11th November 2017**

**Venue: Manasa Special School Campus, Pamboor, Udupi-574 116**



Date: 10<sup>th</sup> November, 2017 (Friday) at 9.30 a.m.

## STATE LEVEL SEMINAR ON INTELLECTUAL DISABILITY

Theme: "Every Child is born to win: Are we doing enough for our Special Children?"

### INAUGURAL SESSION

- Inauguration : **Mr. Pramod Madhwaraj**  
Honorable Minister for Sports, Fisheries, Youth Welfare & Minister in-charge for Udupi District
- President : **Most Rev. Dr. Aloysius Paul D'souza**  
Bishop of Mangalore Diocese
- Honorable Guests : **Most Rev. Dr. Gerald Isaac Lobo**  
Bishop of Udupi Diocese
- Mrs. Priyanka Mary Francis, IAS**  
Deputy Commissioner, Udupi District
- V. Rev. Fr. Stany Tauro**  
Parish Priest, Our Lady of Health Church, Shirva
- Dr. Nibedita Patnaik**  
HOD, Dept. of Special Education, NIEPID, Secunderabad

### PAPER PRESENTATION

- Key Note Address : **Dr. Thomas J. Quadros**  
Founder and Principal, Glowin Star Integrated School, Ambalpady, Udupi
- Thought Paper 1 : Current Status of Intellectual Disability at the National level.  
By: **Dr. Nibedita Patnaik**  
HOD, Dept. of Special Education, NIEPID, Secunderabad
- Thought Paper 2 : Rehabilitation of Intellectually Disabled Children.  
By: **Dr. P.V. Bhandari**  
Director, Baliga Group of Hospitals, Udupi
- Thought Paper 3 : Empowerment of adults with intellectual disability using ICT  
By: **Ms. Sugandha Sukrutaraj**  
Founder & CEO (Hon.) AMBA, Bengaluru

### PANEL DISCUSSION

Time : 2.00 to 4.30 p.m.

- Moderator : **Dr. Vincent Alva,**  
Principal, Milagres College, Kallianpur
- Panelists
1. Department View : **Mrs. Gracy Gonsalves**  
Deputy Director, Department for the Empowerment of Differently Abled and Senior Citizens, Udupi District.
  2. Academic View : **Sr. Shruthi, A.C.**  
Principal, St. Agnes Special School, Mangalore
  3. Management View : **Mr. Vasanth Kumar Shetty**  
Administrator, Sanidhya Special School, Mangalore
  4. Social View : **Dr. Muzafar Assadi**  
Chairperson, Political Science, University of Mysore
  5. Legal View : **Mr. Wilson Rodrigues**  
Lawyer/Notary, Member of Udupi Zilla Panchayat
  6. Parents View : **Mr. K. S. Jaivittal**  
President, Aasare Special School, Manipal



**Date: 11<sup>th</sup> November, 2017 (Saturday)**

Flag Hoisting  
(at 9.30 a.m.)

: **Mr. Henry Menezes**  
Managing Trustee, MRTC Pamboor

## **MANASA ALUMNI MEET**

**Time : 11:00 a.m.**

President

: **Rt Rev. Msgr Baptist Menezes**  
Vicar General, Udupi Diocese

Chief Guests

: **Mr. Dinakar Babu**  
President, Udupi Zilla Panchayat

**Mr. Wilson Rodrigues**  
Lawyer/Notary, Member of Udupi Zilla Panchayat

**Mrs. Ranjani Hegde**  
President, Belle Panchayat

**Rev. Fr. Paul Rego**  
Parish Priest, Holy Cross Church, Pamboor

**Mrs. Veronica Cornelio**  
Past President, Karnataka Soaps & Detergents Limited

**Mr. Niranjana Bhat**  
Welfare Officer, Dept. for the empowerment of  
Differently - abled & Senior Citizens, Udupi District

**Mrs. Celine Karkada**  
PTA President Manasa Special School, Member Udupi Municipal Council

## **FOUNDER'S DAY CLOSING CEREMONY**

**Time : 3.00 to 6.30 p.m.**

President

: **Most Rev. Dr. Gerald Isaac Lobo**  
Bishop of Udupi Diocese

Chief Guests

: **Sri Sri Vishvavallabha Theertha Swamiji**  
Sri Sode Vadiraja Mutt, Udupi

**Mr. Vinay Kumar Sorake**  
Hon. Ex. Minister and MLA Kaup

**Mr. Ivan D'souza**  
MLC and Chief Whip Karnataka Legislative Council

**Mr. J.R. Lobo**  
MLA, Mangalore South

**Mr. Siddaraju**  
Director: Department for the Empowerment of Differently  
Able and Senior Citizens, Govt. of Karnataka, Bengaluru

**Haji Abdul Jaleel**  
Proprietor, Haleema Sabju Auditorium, Udupi





**Rtn. PHF. Abhinandan Shetty**

DGE 2018-19 (3182 Dist.)

**Dr. Poornima Baliga**

Pro Vice Chancellor, Manipal University

**Rev. Fr. Ferdinand Gonsalves**

Spiritual Director, Catholic Sabha, Udupi Pradesh®

**Rev. Fr. Mathew Vas**

Spiritual Director, Catholic Sabha, Mangalore Pradesh®

**Mr. Anil Lobo**

President, Catholic Sabha, Mangalore Pradesh®

**Mr. Valerian Fernandes**

President, Catholic Sabha, Udupi Pradesh®

Achievers to be honoured : **Rev. Sr. Maria Jyothi**

Rtd. Principal, St. Agnes Special School, Mangalore'

**Dr. P. V. Bhandary**

Psychiatrist and Director, Dr. A.V. Baliga Group of Institutions, Udupi

Entertainment Program : Musical Extravaganza –Melodious Singing from Renowned Artists.

Mimicry From: **"Bale Telipaale"**

**Mr. Henry Menezes**

Managing Trustee, MRTC Pamboor  
Mob.: 8277219523

**Rev. Sr. Ancilla Fernandes**

Principal, Manasa Special School, Pamboor  
Mob.: 8277219524

**Mr. Elroy Kiran Crasto**

Chairman, Program Organizing Committee  
Mob.: 9620675742

**Mr. Joseph Noronha**

Secretary, Program Organizing Committee  
Mob.: 7760650145

**All Trustees, Staff & Students**

Manasa Rehabilitation & Training Centre, Pamboor

**"Whatsoever you do to the least of my people  
That you do unto me."**

**- Matthew 25:40**



Key note address by Dr. Thomas J. Quadros



Message form Hon'ble Minister Mr Pramod Madhwaraj



Moderator Dr Vincent Alva Speaks



# SEMINAR



Presentation by Dr. P V Bhandary



Presidential Remarks by Most Rev. Dr Gerald Issac Lobo



Presentation by Dr Nibedita





## *Seminar*



**Inauguration by Most Rev Dr Alysouis Paul D'Souza**



**Delegates and Participants**



**Presentation by Mr Thusar, Director AMBA, Bangalore**



## *Seminar*



**Mr Steevan P Lewis & Mrs Jacintha Mathias (MC)**



**Dr Thomas Quadros handing over memento to Mr. Niranjan Bhatt**



## **State Level Seminar on Intellectual Disability:**

**Theme : "Every Child Is Born To Win"-**

**Are We Doing Enough For our Special Children ?**

**Key Note Address by Dr. Thomas J Quadros**

Manasa Rehabilitation and Training Centre (MRTC) Pamboor is now 20 years old. To celebrate this event in a befitting manner, we have thought it fit and timely to organize a state level seminar on "INTELLECTUAL DISABILITY" with the theme -

"EVERY CHILD IS BORN TO WIN" -  
Are we doing enough for our special children ?

The main objective of this state level seminar is to create an awareness among all stake holders, namely, the Parents, Teachers, the Principals, the management, the elders and the leaders in the society and of course the Government about the importance of this burning problem - 'Intellectual Disability' and to ask ourselves as to whether we have done justice to our role and responsibility as Parents, Teachers, Principals, Elders and Leaders of the Community and Society in imparting what is their due to these special children.

It is our experience during these 20 years that if you give these special children appropriate education, training, infra - structural facilities and opportunities, they can also stand on their own feet and live an honorable, self sufficient and productive life in the society.

**To give few examples:**

- 1) Over 25 children of our school, after getting required training and education joined the normal schools and have completed their SSLC with others.
- 2) Several of our students participated in the National & International Olympics and won Gold medals and other medals.
- 3) In dance, art, painting, music, craft etc they are very good. You can see for yourselves their outstanding works in the exhibition hall which is a "Must See" for all of you.
- 4) Students are given vocational training so as to teach them a particular craft where they can be productive and generate income. They are taught book binding, candle making, preparing greeting cards, note books, detergents etc. in order that they can stand on their own feet.
- 5) Computers and Laptops are also provided to the students and we see very good progress. So given the opportunities, training and education they can make a success of their life and find self satisfaction. That is why the theme. "Every child is born to win". These special children are also born to win provided we play our role effectively as Parents, Teachers,





Principals, Management and the Government officials. We all have a social and moral responsibility to contribute our mite towards this noble cause.

The state level seminar papers will certainly enlighten our minds and motivate us to perform our roles with utmost responsibility.

The I paper is on "STATUS ON INTELLECTUAL DISABILITY" at the national level. This paper will emphasize on the gravity of the problem at the national level with details and statistics by Dr. Nibedita Patnaik, HOD Department of Special Education, NIEPID, Secundarabad.

The II paper on Rehabilitation of Mentally Disabled children by Dr .P.V. Bhandary, Director, Baliga group of hospitals, Udupi and The III paper on Empowerment of Adults with Intellectual Disability by Sugandha Sukrutaraj, Founder & CEO AMBA, Bangalore.

The three thought papers will throw enough light on the problem of Intellectual Disability and how much we have cared for these special children. It is time for all of us and the stake- holders to find out how much concern we have shown for these children, individually and collectively. If there is a gap let us fill it up.

Life to all of us is the greatest and most precious gift of God. But what we make of it will be our gift to God. Life becomes meaningful only when it is lived for others. That's why it is said the eternal law of life is not self assertion, not self

seeking but self sacrifice. If we look around we find everything that exists in this universe is existing and living for others. What about man? Mark Twain says: Going in search of food for oneself is a materialistic question but going in search of food for someone else is a spiritualistic question. Spiritualistic means it links us to our creator, God. In Bible we read "What profits a man if he gains the whole world but suffers the loss of his own soul". Materialistic things, wealth, money power cannot give us peace of mind and happiness. To make our life successful with peace and happiness we have to integrate our life with the life of the less fortunate ones. The haves must integrate their life with the have nots. The family, society and our nation can become strong and prosperous peaceful and happy only when the members sacrifice for each other. Peace, happiness and spiritual growth is to be earned with sacrifices and cannot be purchased with money power. In the ultimate analysis, our Jeevaatma can merge with the Paramaatma only with the punya. We achieve through our sacrifices. It is said :

ತನಗೋಸ್ಕರವಾಗಿ ಅರಳುವ ಹೂ, ಹೂ ಅಲ್ಲ  
ತನಗೋಸ್ಕರವಾಗಿ ಉರಿವ ದೀಪ, ದೀಪ ಅಲ್ಲ  
ತನಗೋಸ್ಕರವಾಗಿ ಜೀವಿಸುವ ಜೀವನ, ಜೀವನ ಅಲ್ಲ

Let us therefore join the noble cause of these special children and perform our role most effectively by integrating our lives with them and find mutual peace, mutual happiness and mutual self fulfillment in life.



## **Status of Persons with Disabilities in India (1st Seminar Paper)**

As per censuses 2011 in India, out of 121 crore population about 2.68 crores persons are disabled which is 2.21% of the total population. Promoting quality of life of this population has become the major concern of this welfare state. With growing awareness on various challenges posed due to individual differences; and technological advancement, inclusion is the main slogan. Emphasis is on the building of relationships where difference is welcomed and all benefit.

### **Historical perspective**

India is known for its rich culture where persons with disabilities (PwD's) enjoyed privilege of living together with general mass without any discrimination.

In ancient system of education, "gurukula", all children were taught together, whether they were normal/gifted/physically or intellectually disabled. They were seen as worthy of the benefits of education, each according to his or her abilities.

However, the history of special school education can be traced back to 1885, when the first school for the deaf was established in 1885 and for the blind in 1887. The first school for children with intellectual disability was established in 1940. After independence, there has

been a growth in the special school for intellectual disabilities (ID) in our country. It is recorded that around 81 schools were



**Dr. Nibedita Patnaik**  
H.O.D, Special Education,  
NIEPID, Secunderabad

established by 1975. With the establishment of National Institute for the Mentally Handicapped in 1984 and the resultant trained manpower, suitable service models, there has been a speedy growth of special schools for children with ID. Currently, there are around 3000 special schools and vocational training centres offering services to persons with ID in the country.

### **Constitutional Provision**

The Constitution of India through its preamble seeks to ensure right to equality of status and of opportunity. Parliament through 86th amendment to the Constitution (2002), has made education a fundamental right of all children in the age group of 6-14 years - Article 21 (A).

Article 41 of Constitution of India states that the state shall within the limits of its economic capacity and development, make effective provision



for securing the right to work, to education and to public assistance in certain cases including disablement.

Article 45 of the Constitution commits to the provision of free and compulsory education.

### **National and International Instruments**

Education is the foundation for empowerment through ensuring equality of status and opportunity. India being aware of its constitutional obligation towards persons with disabilities, has introduced various programmes and schemes and has become signatory to various UN resolutions concerning PwDs.

Education is a basic human right which is a universal phenomenon. Yet, million of children were out of school. Hence, UNESCO had taken the global movement to meet the learning needs of all children, youth and adults by 2015. Recognizing the necessity and urgency of education for all, Salamanca Statement (1994) explicitly emphasized that the schools should accommodate all children regardless of their physical, intellectual, social, linguistic or other condition. BIWAKO Millennium Framework (BMFA) for Action towards an Inclusive, Barrier free and Rights based Society for Persons with Disabilities in the Asia and the Pacific.

In spite of all these international instruments, still there exist discrimination towards disability. To combat this discrimination, UN Convention on the Rights of Persons with Disabilities (UNCPRD) (2006) was held in New York with a purpose to promote, protect, ensure full and equal enjoy of all human rights and fundamental freedom by all persons with disabilities. It intended to promote respect for the inherent dignities of PwDs. This convention marks a paradigm shift from the medical approach to right based approach towards the issues related to PwDs. This convention gives universal recognition of persons with disability. The convention postulates that children with disabilities can have access to regular primary and secondary education and school should provide reasonable accommodation for individual student's requirements. India is the signatory of the first 81 countries to ratify the convention.

### **National Policies and Legislations**

National Policy on Education (NPE) 1986 and Programme of Action, 1992 included separate section on disability. Education in regular school for children with disabilities, provision for special schools with hostel facilities in district headquarters for children with disabilities, vocationalisation of





education and teacher training programmes are the major focus in NPE.

In attempt of providing proper education and training to persons with disabilities, Government established various National Institutes (Nis). NIs are responsible for manpower development, development of service models for concerned disability and undertake research in the area of disability rehabilitation. Enactment of Persons with Disability Act 1995 thrust the responsibility on appropriate governments to ensure free education for PwDs upto the age of 18 years. National Trust was enacted in 1999 for the welfare of persons with Autism, Cerebral Palsy, Mental Retardation and Multiple Disabilities.

Right to Education Act 2009 is a landmark in Indian History of Education for children with special needs. This brought a revolutionary change in the field of special education by making education a fundamental rights of every child with and without disability. This Act brought the constitutional amendment (Article 21A) to describe the modalities of the provision of free and compulsory education for children between the age 6 to 14 years.

Persons with Disability Act 1995 was enacted to give effect to the proclamation on the full participation and equality of the people with disabilities. Over a period

of time, there has been worldwide change in approach to handle the issues concerning persons with disabilities. Thus the UNCRPD laid down the principles to be followed by the State parties for empowerment of persons with disabilities. India being a signatory to the said convention has an international obligation to comply with the provision of the said convention which required a new legislation. Thus, the draft bill on the Rights of Persons with Disabilities was passed by the Parliament and the Right of Persons with Disabilities Act 2016 has come into force. In this act rights and entitlements are made for 21 types of disabilities grouped under five categories. Special provisions are made for inclusive education for children with disabilities, skill development and employment, social security, health, rehabilitation and recreation.

### **Educational Provisions**

With the enactment/implementation of different Acts, Policies, Convention at different time, educational provisions and various benefits accrued to persons with disabilities have undergone remarkable changes at different phases. As India is one of the signatories for UNCRPD, a remarkable milestone has been achieved as a result of which there has been a paradigm shift from medical mode to a Right based approach and resultant inclusive education for all.



Education of persons with disabilities has undergone an evolutionary change from special school education to integrated education and finally inclusive education.

### **Integrated education for disabled children:**

Realizing the need for appropriate placement of children with special needs, Government of India evolved with various strategies through which children with mild disabilities get placement in regular schools and those with severe disabilities get placed in special schools. To materialize this assumption, Ministry of Social Welfare launched the centrally sponsored scheme of integrated education for disabled children in 1974, which was transferred to Ministry of Human Resource Development in 1982. This scheme aimed to provide educational opportunities for children with disabilities in regular school for integrating them with the mainstream school. The scheme was implemented in more than 20,000 schools covering more than 1,20,000 children with disability facilitating an entry to regular schools.

### **Project Integrated Education for the Disabled (PIED):**

During 1987 to 1994, the first systematic programme was implemented in the country with the joint

effort of UNICEF and NCERT aiming at providing education for all children with disabilities and to allow them, their families, neighbours and non-disabled children to interact socially in normal setting. Among the enrolled children under PIED, 13.5% were children with mental retardation. Project Integrated Education for the Disabled recommended for general education system to facilitate inclusion which is being materialized through SSA.

### **District Primary Education Programme (DPEP):**

In 1994, Government of India launched District Primary Education Programme, a centrally sponsored scheme, funded by the World Bank and other foreign agencies, which emphasized Universalization of Primary Education through Developmental Management, participatory processes and capacity building at all levels. DPEP covered IEDC as its component and was started in 1998 in 18 states by adopting an area approach. Children from a particular locality are involved in schools for acquiring primary education. Priority is given to children with mild and moderate levels of disabilities.

### **Sarva Siksha Abhiyaan (SSA):**

Provision of Universal Elementary Education which has been a salient feature of National Policy since



independence has been emphasized to ensure free and compulsory education for all children upto the age of 14 years as per the constitutional commitments. Through SSA India has made maximum progress in terms of providing elementary education to children with disabilities in regular schools by the trained manpower. Many of the challenges faced by children with special needs in the school such as inadequate infrastructure, inadequate teaching learning materials, high rate of teaching absenteeism are being addressed through funding from World Bank for the SSA activities. The emphasis of SSA is on providing integrated and inclusive education to all children with special needs in regular schools. The rate of enrolment in primary school has been tremendously enhanced through the approaches and strategies adapted by SSA. Support is being provided to the children with special needs through various approaches by the SSA teachers and wherever necessary home based education, itinerant teacher model, remedial teaching and part time classes are being used as teaching strategies for children with special needs. SSA undertakes the following activities for imparting services to children with his disability:

- Early Detection and Identification
- Functional and Formal Assessment

- Educational Placement
- Aids and Appliances
- Support services
- Teacher training
- Resource room support
- Individualized Education Plan
- Parental training and community mobilization
- Planning and Management
- Strengthening of special schools
- Removal of architectural barriers
- Research

### **Rashtriya Madhyamik Shiksha Abhiyan (RMSA)**

RMSA is a major scheme launched in March, 2009 with the vision of making secondary education of good quality available, accessible and affordable to all young persons in the age group 15-16 years.

- The scheme envisages enhancing the enrollment for classes IX-X.
- Inclusive Education for Disabled at Secondary Stage and Vocational Education were subsumed from 2013-14 under the RMSA.

### **Inclusive Education for Disabled at Secondary Stage (IEDSS)**

- The aim of this scheme is to enable all students with disabilities to pursue





four years of secondary education in an inclusive and enabling environment, after completing eight years of elementary schooling.

- The scheme covers all children studying in classes IX to XII.
- Every student in need of aids and appliances, assistive devices, will be provided with aids.
- All architectural barriers in schools
- Each student with disability will be supplied with learning material as per his/ her requirement

Student-oriented components such as medical and educational assessment, books and stationery, uniforms, transport allowance, reader allowance, stipend for girls, support services, assistive devices, boarding and lodging facilities, therapeutic services, teaching learning materials, etc.

In spite of all the Government initiatives, action of voluntary organizations and professional efforts, we couldn't achieve the goal. Still this marginalized group has not received the

benefits it is entitled for, children with disabilities are deprived of education which is the fundamental right of each child and is the machinery for empowerment. This is a serious concern for everyone involved in welfare of the persons with disabilities. There is need for an attitudinal change in the society. A modification in the school system in terms of physical facilities, teacher preparation, curricular adaptations, use of assistive devices is imperative for benefiting this deprived group. This is an herculean task and requires convergence among government departments, proper networking between government and non government organizations, creating awareness among general public and parents and developing strong family support system.

To make a barrier free, accessible inclusive society where differences are welcome and all due benefits are given to the disabled, we all have to work together and get a smile on the face of each child with disability.

“There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.”

- Mandy Hale



## Alumni Day

11th November 2017



Inauguration of Exhibition



March past



Catholic Sabha President Mr. Valerian speaks



# Alumni Day

11th November 2017



Flag hoisting



Fancy Dress



President Vicar General Rev. Dr. Baptist Menezes Speaks



Alumni with staff





# Alumni Day

11th November 2017



Exhibition



Feed back by Alumni



Parents



# Valedictory

11th November 2017



18 laks donation by SWAK to Manasa



Anil D'Sa



Dance by Manasa Students



Dr Vincent Alva



Founder Trustee



Fr Ferdinand  
Honouring Present Trustees - Valerian





## Valedictory

11th November 2017



**Anil Lobo - President Mangalore Pradesh**



**Bale Tepale**



**Founder Trustee**



**Founder Trustee**



**Guest Ivan D'Souza Speaks**



**Honouring Administrator**





# Valedictory

11th November 2017



**Honouring Alumnus Artist**



**Honouring Dr P V Bhandari & Sr Maria Jyothi**



**Honouring Simon D'Souza Man behind Manasa**



**Honouring Founder President & Present President**



**Release of Souvenir**



**Treasurer Elroy Kiran**



## Valedictory

11th November 2017



Honouring Principal



R & D Centre Inauguration



VIPs







## *Valedictory*

11th November 2017



**Dr. Gerald Pinto**



**Prayer Dance**



**Wilson Olivera**



**Dance**



**Dance**



**Dance**





## Bi-Decennial Celebrations 9th to 11th November 2017

A 3 day program was organised at Manasa campus to commemorate 20th Founder's Day of Manasa Rehabilitation & Training Centre. As a part of celebration a month long exhibition declared open by Mr. Elroy Kiran Crasta, organising committee chairman on 5th November 2017. Around 100 office bearers of Catholic Sabha, Udupi Diocese along with staff members present on the occasion. The exhibition contains the awards won by the institution, National and International medals won by children, arts & crafts of Manasa students and other selected photographs to depict the achievements of Manasa during the last 20 years.

On 9th Nov. 2017 a thanks giving mass was offered at our School Hall. Rev. Fr. Ferdinand Gonsalvis, Spiritual Director Catholic Sabha Udupi Pradesh was the main celebrant. On the occasion, a special prayer was offered in memory of souls of our departed



**Inauguration**

Founder Trustees.

On 10th Nov. 2017 a State Level Seminar on "Intellectual Disability" was held. The theme of the seminar "Every Child is born to win, Are we doing enough for our



**Mr. Simon D'Souza  
Shirva**

Special Children?" The distinguished guests viz. Most Rev. Dr. Aloysius Paul D'Souza, Bishop of Mangaluru Diocese, Most Rev. Dr. Gerald Isaac Lobo, Bishop of Udupi Diocese, Mr. Pramod Madhwaraj, Hon. Minister of Fisheries, Youth Affairs & district-in-charge along with other dignitaries attended the inaugural ceremony. The delegates of the seminar were representatives of School Management, Principal, Teaching Staff from prominent Specials Schools all over Karnataka. The other participants included students of MSW and Nursing from Manipal University and other Colleges. There were over 400 delegates participated in the Seminar.

"It is the dream of every parent to have a healthy child. However, sometimes, children are born with intellectual disabilities. In such cases parents accept them as gift of God. Creating future for special children is the responsibility of the society. The role of society to take care of specially-abled children is very significant," said district



in-charge minister Mr. Pramod Madhwaraj.

He further said, "Special children need scientific training and their future has to be shaped by providing supplementary information from different parts of the world. They are hope of their parents. Manasa Special School is offering this noble service, which is more pleasing to God, than offering prayers at temples. The institution will reap rich benefits of their service to these children."

Dr Aloysius Paul D'Souza, bishop of Mangaluru diocese, in his presidential address said, "I inaugurated this institution 20 years back, today I feel privileged to participate in its bi-decennial celebration. Bringing all people of the society together is a service of God. Manasa is doing this extremely well by taking care of people of the weaker section of society, disabled people and those who are neglected by the society under one roof." He blessed and wished the institution all the best.

The key note address was delivered by Dr. Thomas Quadros, Founder and Principal of Glowin Star Integrated School Udupi & Trustee of Manasa. Dr. Nibedita Patnaik, HOD, Department of Special Education, NIEPID, Secunderabad presented a paper on "Current status of Intellectual disability at the National level. Second paper regarding-Techniques, Role of Government and the Society presented

by Dr. P.V. Bhandari , Director. Dr. A.V. Baliga Group of Hospitals, Udupi. Mr. Tushar Sujith, Director, Business Operations AMBA, Bangalore gave a multi media presentation on "Empowerment of Adults with intellectual Disability"

After presentation of each paper, the delegates were given time for discussion regarding the various issues raised by the presenters. All the delegates actively participated in the deliberations / discussions.

There was panel discussion in the afternoon session. The panellists were from various fields represented. Sr. Shruthi A.C. Principal St. Agnes Special School Mangaluru presented academic view, Mr. Vasanth Kumar Shetty, Administrator, Sanidya Special School Mangaluru on management view, Mr. Wilson Rodrigues, Lawyer/Notary, member of Udupi zilla panchayat on legal view and Mr. K.S. Jaivittal, President Aasare Special School Manipal on parents view. i.e., After presentation of panellists views the stage was set open for discussion to delegates/participants. Dr. Vincent Alva, Principal, Milagres College Kallianpur was the moderator for morning and afternoon sessions. More than 400 deligates/MSW & Nursing Students participated in the deliberations.

After deliberations the following resolutions were adopted unanimously

As the special intellectually disabled



children require a teacher with special training, so also the government department, which handles the affairs pertaining to these children should be manned by the people with special orientation and sensitivity towards their problems.

1. There should be at least one teacher's training centre in Udupi District to train the teachers in educating the intellectually disabled children.
2. The government should allot sufficient funds on priority basis for the intellectual growth of intellectually disabled students.
3. The special schools should be treated on par with the regular schools by providing grant-in-aid along with all the facilities provided to the students of regular schools. They should be brought under the department of public instructions. It goes without saying that it is the intellectually disabled students who require more financial aid and other facilities since they come under lesser privileged category in the society.
4. All the laws and acts passed by the legislature and the constitutional provisions that guarantee the fundamental rights should be implemented immediately.
5. The government should take steps to conduct Continuous Rehabilitation Education (CRE) programmes for the teachers working in the special schools in order to help them in their

promotion and the renewal of their registration.

6. The government should extend the facility of an assistant to read out the questions to the intellectually disabled students writing their 10th std public exam as this facility is already given to the 10th std students who have grasping problems. They should be given green stickers for the exam.

Mr. Anil Lobo welcomed the gathering and Sr. Ancilla Fernandes proposed the vote of thanks Mrs. Jacintha Maria Mathias and Mr. Steevan Prakash Lewis compered the programme.

On 11.11.2017 Saturday morning Alumni Meet organized where the present and old students and parents had a get together. After the Flag hoisting and march past by Manasa Special Children various games were conducted including fancy dress competition. Winners were given prizes. The success stories were shared by the old students and their parents and the moment was



**Guests of Alumni day**





turned into an emotional one. A stage function was held and it was presided over by Rt. Rev. Msgr. Baptist Menezes, Vicar General, Udupi Diocese. The other guests were Mr. Dinakar Babu, President, Udupi Zilla Panchayat, Rev. Fr. Ferdinand Gonsalves, Spiritual Director, Catholic Sabha, Udupi Diocese, Rev. Fr. Paul Rego, Parish Priest, Holy Cross Church, Pamboor, Mr. Wilson Rodrigues, member, Udupi Zilla Panchayat Mrs. Veronica Cornelio, past president, Karnataka Soap & Detergents, Mrs. Ranjani Hegde, president Belle Panchayat, Mr. Niranjana Bhat, Welfare Officer, District Disabled senior citizens Department. Mr. Henry Menezes, welcomed the gathering and Mrs. Muriel Premalatha proposed the vote of thanks. Mrs. Anitha D'souza and Mr. Flywan D'souza compered the programme.

On the Founder's day closing ceremony the second day, Saturday afternoon, November 11, Most Rev. Dr. Gerald Isaac Lobo, Bishop of Udupi



**Welcome by Chairman of Committee**

Diocese said, "none of the parents want to have disabled child, but we can see such children in some cases. It is not their fault. If we consider them an asset, everything will be alright. Every child is a reflection of God. He is the creator; he has created special children with some good purpose in mind. When we accept such special skilled children as the gift of God, then there is no space to negative thoughts."

"If we nurture them as good citizens, God will definitely bless them. Now a days public is aware of needs of special children. The thought process has changed. Earlier there was a superstitious belief in people that 'defective children are born because of the sins of our ancestors or it is a curse,' he added.

He further stressed, "One should recognize the skills of special children and encourage them. There are examples of differently-abled children getting medal in Sports. Every special child is blessed with some skill. Poor people in society can be classified as financially poor, educationally poor, poor by heart and poor in good behaviour. The special children can perform like others, though they are some hindrances. According to a research special children can be doctors like normally-abled people. The point of view has been changing and it is really a good sign."

Recollecting the days of Mother Teresa, the bishop said, "Her thoughts



are still relevant. There is a saying that, 'Loving other is true service' Jesus is the inspiration for service. This institution belong to all religions and not one community. Let this institution may emerge as one of the model institution in India."

"This is a very meaningful programme organized to mark the bi-decennial celebration. I hope this institution is considered the very best special school in our State. The teachers of this institution are rendering their service and forming life and discipline of the special children. Humanity is a character of humans, without humanity in an individual, there is no difference between human being and animal. Manasa School is known for its best service and sacrifices. I have never seen such an advanced special school earlier," said Mr. Vinay Kumar Sorake, MLA, Kaup constituency.

He added, "I and my family have been celebrating my birthday with special children since few years. In modern era, there is need to give extra care to their development. Let all dreams may come true and let this school develop to University level."

Mr. Ivan D'Souza, MLC and chief whip Karnataka Legislative council addressing the 20th Founders day closing ceremony said, "Teachers of Manasa are imparting education to special children by providing all needed guidance. They are also providing skill training".

"It is the Government's responsibility to provide facilities and bringing them to mainstream of the society who are not able to lead normal life. It is also mentioned in the Constitution of India. The institution is doing the Government's job. There are five lac special children in the state, but do not have sufficient number of special schools. Everyone is talented, but they need encouragement. I will give my possible support for installation of rooftop solar panel and will try to release funds from the government," he promised.

Seven important resolutions were passed on the basis of the outcome of the seminar on the first day session's which were read by Dr. VincentAlva.

A MOU copy was exchanged by Dr. Suma Nair, Director of Manipal University and Mr. Henry Menezes, President MRTC regarding setting up of Research and Development Center.

The institution wants to complete three major projects like establishing the Computer Data Centre for gainful employment of differently abled children, an Autism Center and Research & Development Center.

Eminent psychiatrist, Dr. P V Bhandary described the features of autism and its treatment to the gathering.

Sr. Maria Jyothi, retired principal, St Agnes Special School, Mangaluru and Dr P V Bhandary, Psychiatrist, Director of Dr. A V Baliga Group of Institutions were felicitated on the occasion for their



remarkable achievements and service.

Trustees, Mr. Simon D'Souza (donor), retired principals, and teachers were honoured on the occasion for their dedicated service. Dr P V Bhandary symbolically launched Autism Center project, Mr. Vinay Kumar Sorake launched the Computer Data Center project and Dr. Suma Nair launched the R&D Center project.

A souvenir was also released on the occasion, edited by Dr. Gerald Pinto.

Mr. Alban D'Souza, President of Shirva Welfare Association Kuwait (SWAK), handed over a cheque of Rs 18,12,625 to the institution for establishing the new projects.

Rev. Fr Ferdinand Gonsalves, spiritual director, Catholic Sabha, Udupi Pradesh, Mr. Anil Lobo, President, Catholic Sabha Mangaluru, Mr. Valerian Fernandes, President Catholic Sabha Udupi, Mr. Henry Menezes, Managing

trustee, Mr. Elroy Kiran Crasta, Treasurer and organising committee chairman, Mr. Joseph Noronha, Administrator and Secretary, organizing committee, Sr. Ancialla Fernandes, Principal, were present.

Mr. Elroy Kiran Crasto, welcomed the gathering and Mr. Joseph Noronha proposed the vote of thanks. Mr. Alwyn Quadros and Mrs. Flavia Menezes compered the programme.

There was a cultural and variety entertainment program from Manasa Special School children and celebrities viz. Wilson Olivara, Anil D'sa, Saumya Bhat., Nihal, Fareed, Nestor and Bale Telipaale team. The entertainment program was compered by Mr. Alwyn Danthy. Around 1000 invitees attended the program.

The program was organized in association with Catholic Sabha Udupi Pradesh and Mangaluru Pradesh.

“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”

- Buddha





## Special Olympics

ವಿಶೇಷ ಒಲಿಂಪಿಕ್ಸ್ (Special Olympics) ಎನ್ನುವಂತದ್ದು, ಸಾಮಾನ್ಯರಿಗಿಂತ ಕಡಿಮೆ ಸಾಮರ್ಥ್ಯವುಳ್ಳ ಮಕ್ಕಳು ತಾವೂ ಕೂಡ ಇತರರಿಗಿಂತ ಸಾಟಿಯಿಲ್ಲ ಎಂಬುದನ್ನು ತೋರಿಸಿಕೊಡಲು ನಿಯೋಜಿಸಲ್ಪಟ್ಟ ಕ್ರೀಡೆಯೇ ವಿಶೇಷ ಒಲಿಂಪಿಕ್ಸ್ (Special Olympics).

ಇಡೀ ಜಗತ್ತಿನಲ್ಲಿ ಇಂತಹ ಭಿನ್ನ ಸಾಮರ್ಥ್ಯವುಳ್ಳ ಮಕ್ಕಳ ಸಂಖ್ಯೆ 100ರಲ್ಲಿ ಶೇಕಡ ಎರಡರಷ್ಟಿದೆ. ಇವರೂ ಕೂಡ ಸಾಮಾಜಿಕ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಆಟೋಟ ಸ್ಪರ್ಧೆಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿ, ತಮ್ಮ ಸಾಮರ್ಥ್ಯವನ್ನು ತೋರ್ಪಡಿಸಿಕೊಳ್ಳುವಂತಹ ಕ್ರೀಡೆಯಾಗಿದೆ. ಇದನ್ನು Eunice Kennedy ಯವರು 1962ರ ಜೂನ್ ತಿಂಗಳಿನಲ್ಲಿ 35 ಭಿನ್ನ ಸಾಮರ್ಥ್ಯವುಳ್ಳ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಒಗ್ಗೂಡಿಸಿ, ಮೇರಿಲ್ಯಾಂಡ್‌ನಲ್ಲಿರುವ ರೋಕ್‌ವಿಲ್ಲಾ ಎಂಬ ತನ್ನ ವಸತಿಯಲ್ಲಿ ಮೊದಲ ಬಾರಿಗೆ ಆರಂಭಿಸಿದರು. ಇವರು ಇಂತಹ ಭಿನ್ನ ಸಾಮರ್ಥ್ಯವುಳ್ಳ ಮಕ್ಕಳ ದೈಹಿಕ ಸಾಮರ್ಥ್ಯವನ್ನು ಅಳಿಯಲು ವಿವಿಧ ಆಟೋಟ ಸ್ಪರ್ಧೆಗಳನ್ನು ಏರ್ಪಡಿಸಿ, ಪ್ರದರ್ಶಿಸುವ ಕಾರ್ಯಕ್ರಮವನ್ನು ಹಮ್ಮಿಕೊಂಡರು. ಇದು ಜಗತ್ಪ್ರಸಿದ್ಧವಾಗಿ ಇಡೀ ವಿಶ್ವದಲ್ಲಿ ವಿಶೇಷ ಒಲಿಂಪಿಕ್ಸ್ Special Olympic ಎಂಬ ಹೆಸರಿನಿಂದ 20ನೇ ಜುಲೈ 1968ರಲ್ಲಿ ಮೊದಲ ಬಾರಿಗೆ ಚಿಕಾಗೋ (ಯು.ಎಸ್.ಎ.) ಯಲ್ಲಿ ಆರಂಭವಾಯಿತು.

ವಿಶೇಷ ಒಲಿಂಪಿಕ್ಸ್ (Special Olympics) ನಲ್ಲಿ 2 ವಿಧಗಳಿವೆ.



ಶ್ರೀ ಶಂಕರ

1. Summer Games
2. Winter Games

ಇದು 4 ವರ್ಷಗಳಿಗೊಮ್ಮೆ ನಡೆಯುವಂತಹ ಕ್ರೀಡೆಯಾಗಿದೆ.

ಇದರಲ್ಲಿ ಮಕ್ಕಳ ಆಯ್ಕೆವಿಧಾನವು ಈ ರೀತಿಯಾಗಿ ನಡೆಯುತ್ತದೆ. ಜಿಲ್ಲಾಮಟ್ಟ, ರಾಜ್ಯಮಟ್ಟ, ರಾಷ್ಟ್ರೀಯಮಟ್ಟ, ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟ, ರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದಲ್ಲಿ 4 ಕೋಚಿಂಗ್ ಕ್ಯಾಂಪ್‌ಗಳು ನಡೆಯುತ್ತವೆ. ಇದರಲ್ಲಿ ಉತ್ತಮ ಪ್ರತಿಭೆ ಪ್ರದರ್ಶಿಸಿದವರನ್ನು ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆ ಮಾಡಲಾಗುತ್ತದೆ.

ಇದರಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಎರಡು ವಿಧವಾಗಿ ವಿಂಗಡಿಸಲಾಗುತ್ತದೆ.

- 1) Higher Ability
- 2) Lower Ability

Higher Abilityಗೆ ಆಯ್ಕೆ ಮಾಡಿರುವ ವಿದ್ಯಾರ್ಥಿಗಳ ಬುದ್ಧಿ ಶಕ್ತಿಯ ಸಾಮರ್ಥ್ಯವು 50% ರಿಂದ 70%ರಷ್ಟಿರುತ್ತದೆ. ಹಾಗೆಯೇ Lower

### Our World Special Olympic Champions



PRAMILA PINTO



SANDEEP D'SOUZA



VARUN KUMAR



SUNEETHA LOBO



POOJA RAI



WILMA PEREIRA



MUKESH NAYAK



**Ability**ಗೆ ಆಯ್ಕೆ ಮಾಡಿದ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಾಮರ್ಥ್ಯವು 50%ಕ್ಕಿಂತ ಕಡಿಮೆ ಇರುವವರನ್ನು ಆಯ್ಕೆಮಾಡಿರುತ್ತಾರೆ.

ನಮ್ಮ ಮಾನಸ ಸಂಸ್ಥೆಯಿಂದ ರಾಜ್ಯಮಟ್ಟದ ಸ್ಪೆಷಲ್ ಒಲಿಂಪಿಕ್ಸ್‌ಗೆ ಪ್ರಪ್ರಥಮವಾಗಿ 2001ರಲ್ಲಿ **St. Agnes special school** ನಲ್ಲಿ ನಡೆಯಿತು. ನಮ್ಮ ಶಾಲೆಯಿಂದ 50ರಷ್ಟು ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು, ಇದರಲ್ಲಿ ಮಾನಸ ಸಂಸ್ಥೆಯು ಅತ್ಯಂತ ಹೆಚ್ಚು ಚಿನ್ನ ಪಡೆದು ಪ್ರಥಮ ಸ್ಥಾನ ಪಡೆಯಿತು.

2002ರಲ್ಲಿ ರಾಷ್ಟ್ರಮಟ್ಟಕ್ಕೆ 8 ಮಂದಿ ಆಯ್ಕೆಯಾಗಿದ್ದರು. ಇವರು ಬೇರೆ ಬೇರೆ ರಾಜ್ಯದ ವಿಶೇಷ ಒಲಿಂಪಿಕ್ಸ್‌ನಲ್ಲಿ ಭಾಗವಹಿಸಿ ಹಲವಾರು ಪದಕಗಳನ್ನು ಪಡೆದಿರುತ್ತಾರೆ. ನಂತರ 2004 ಫೆಬ್ರವರಿ ತಿಂಗಳಿನಲ್ಲಿ ವಿಶೇಷ ಒಲಿಂಪಿಕ್ಸ್ ಬಗ್ಗೆ **Coastal Region Special Olympics Coaching clinic** ಪಾಂಬೂರ್‌ನಲ್ಲಿ ನಡೆದಿತ್ತು. ಇದರಲ್ಲಿ ಸುಮಾರು ನೂರರಷ್ಟು ವಿಶೇಷ ಶಿಕ್ಷಕರು ಭಾಗವಹಿಸಿ ತರಬೇತಿ ಹೊಂದಿತ್ತು. ನಂತರ 2004ರಲ್ಲಿ ನಮ್ಮ ಮಾನಸ ಸಂಸ್ಥೆಯಲ್ಲಿ ರಾಜ್ಯಮಟ್ಟದ ಸ್ಪೆಷಲ್ ಒಲಿಂಪಿಕ್ಸ್ ನಡೆಯಿತು. ಇದರಲ್ಲಿ ರಾಜ್ಯದ ಬೇರೆ ಬೇರೆ ಜಿಲ್ಲೆಗಳಿಂದ ಸುಮಾರು 1300ರಷ್ಟು ವಿಕಲಚೇತನ ಮಕ್ಕಳು ಈ ಕ್ರೀಡೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು, ಇದೊಂದು ವಿಶೇಷ ಒಲಿಂಪಿಕ್ಸ್ ಕ್ಷೇತ್ರದಲ್ಲಿ ದಾಖಲೆಯ ವಿಷಯವಾಗಿದೆ. ಈ ಕ್ರೀಡಾಕೂಟದಲ್ಲಿ ನಮ್ಮ ವಿದ್ಯಾರ್ಥಿಗಳು ಅತ್ಯಧಿಕ ಚಿನ್ನ ಪಡೆದು ಅದರ ಜೊತೆಗೆ ಪದಕಸಂಚಲನ ಪ್ರದರ್ಶನದಲ್ಲಿ ಪ್ರಥಮ ಸ್ಥಾನ ಪಡೆದಿರುತ್ತಾರೆ. ಸಮಗ್ರ ಪ್ರಶಸ್ತಿ ನಮ್ಮ ಶಾಲೆಗೆ ಬಂದಿರುವುದು ಹೆಮ್ಮೆಯ ವಿಷಯವಾಗಿದೆ.

2005ರಲ್ಲಿ ರಾಜ್ಯಮಟ್ಟದಿಂದ ರಾಷ್ಟ್ರಮಟ್ಟಕ್ಕೆ ಸುಮಾರು 15ಮಂದಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಆಯ್ಕೆಯಾಗಿದ್ದರು. ಇವರು ಬೇರೆ ಬೇರೆ ರಾಜ್ಯದ

ವಿಶೇಷ ಒಲಿಂಪಿಕ್ಸ್‌ನಲ್ಲಿ ಭಾಗವಹಿಸಿ ಹಲವಾರು ಪದಕಗಳನ್ನು ಪಡೆದುಕೊಂಡಿದ್ದರು. ಇದರಲ್ಲಿ ನಮ್ಮ ವಿದ್ಯಾರ್ಥಿ ಮುಕೇಶ್ ನಾಯಕ್ ಆಯ್ಕೆಯಾಗಿ ಜಪಾನಿನಲ್ಲಿ ನಡೆದ ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ಫ್ಲೋರ್ ಹಾಕಿ ಕ್ರೀಡೆಯಲ್ಲಿ ಭಾರತ ದೇಶವನ್ನು ಪ್ರತಿನಿಧಿಸಿ ತಂಡಕ್ಕೆ 5ನೇ ಸ್ಥಾನವನ್ನು ತಂದಿದ್ದನು.

2005ರಲ್ಲಿ ಬೆಂಗಳೂರಿನ ಕಂಠೀರವ ಕ್ರೀಡಾಂಗಣದಲ್ಲಿ ನಡೆದ ಕ್ರೀಡಾ ಕೂಟದಲ್ಲಿ ಮಾನಸ ಸಂಸ್ಥೆಯು 20 ಮಂದಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು. ಇದರಲ್ಲಿ 14 ಮಂದಿ ರಾಷ್ಟ್ರಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆಯಾಗಿದ್ದರು. ಆಯ್ಕೆಯಾದ ವಿದ್ಯಾರ್ಥಿಗಳು 2006ರಲ್ಲಿ ನಡೆದ ತರಬೇತಿ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ರಾಜ್ಯದ ವಿವಿಧ ಕಡೆಗಳಿಗೆ ತೆರಳಿ ತರಬೇತಿ ಪಡೆದಿದ್ದರು. ತರಬೇತಿ ಪಡೆದ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ನಮ್ಮ ಸಂಸ್ಥೆಯ ಮೂವರು ವಿದ್ಯಾರ್ಥಿಗಳು ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆಯಾದರು. 2006ರಲ್ಲಿ ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ಕ್ರೀಡಾಕೂಟವು ಮುಂಬೈಯಲ್ಲಿ ನಡೆಯಿತು. ಇದರಲ್ಲಿ ಟೀಮ್ ಇಂಡಿಯಾದಲ್ಲಿ ನಮ್ಮ ಸಂಸ್ಥೆಯ ಸಂದೀಪ್ ಡಿ'ಸೋಜ ಎಂಬ ವಿದ್ಯಾರ್ಥಿಯು ಕ್ರಿಕೆಟ್‌ನಲ್ಲಿ ಚಿನ್ನದ ಪದಕವನ್ನು ಗೆದ್ದಿದ್ದನು.

2007ರಲ್ಲಿ ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ಕ್ರೀಡಾಕೂಟವು ಚೈನಾದ ಶಾಂಘೈನಲ್ಲಿ ನಡೆಯಿತು. ಇದರಲ್ಲಿ ಮಾನಸ ಸಂಸ್ಥೆಯ ವರುಣ್ ಕುಮಾರ್ ಎಂಬ ವಿದ್ಯಾರ್ಥಿಯು **Volley Ball**ನಲ್ಲಿ ಸ್ವರ್ಣದ ಪದಕ ವಿಜೇತನಾಗಿದ್ದನು. ಇದರೊಂದಿಗೆ ಪೂಜಾ ಪ್ರೇ ಎಂಬ ವಿದ್ಯಾರ್ಥಿನಿಯು ಶಾಂಘೈನಲ್ಲಿ ನಡೆದ **Basket Ball** ಕ್ರೀಡೆಯಲ್ಲಿ ಬೆಳ್ಳಿಯ ಪದಕ ಗೆದ್ದಿದ್ದಳು.

2009ರಲ್ಲಿ ಮೈಸೂರ್‌ನಲ್ಲಿ ನಡೆದ ರಾಜ್ಯಮಟ್ಟದ ಕ್ರೀಡಾಕೂಟದಲ್ಲಿ ನಮ್ಮ ಸಂಸ್ಥೆಯ 30 ಮಂದಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು. ಇದರಲ್ಲಿ 8 ಮಂದಿ ವಿದ್ಯಾರ್ಥಿಗಳು ರಾಷ್ಟ್ರಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆಯಾಗಿದ್ದರು.



2010ರಲ್ಲಿ ರಾಷ್ಟ್ರಮಟ್ಟದ ವಿವಿಧ ರಾಜ್ಯಗಳಲ್ಲಿ ನಡೆದ **Skating** ತರಬೇತಿಯಲ್ಲಿ ನಮ್ಮ ಸಂಸ್ಥೆಯ ವಿದ್ಯಾರ್ಥಿನಿ ಪ್ರಮೀಳಾ ಪಿಂಟೋ ತರಬೇತಿ ಪಡೆದು ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆಯಾಗಿ 2011ರಲ್ಲಿ ಗ್ರೀಸ್‌ನಲ್ಲಿ ನಡೆದ ವಿಶೇಷ ಒಲಿಂಪಿಕ್‌ನಲ್ಲಿ **Skating**ನಲ್ಲಿ 1 ಚಿನ್ನದ ಪದಕ ಹಾಗೂ 1 ಕಂಚಿನ ಪದಕ ಪಡೆದಿದ್ದಳು.

2012ರಲ್ಲಿ ಬೆಂಗಳೂರಿನಲ್ಲಿ ನಡೆದ ಫುಟಿಬಾಲ್ ಉಚಿಚ್ಚ ನಲ್ಲಿ **Floor Hockey**ಯಲ್ಲಿ 5 ಜನ ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು. ಇದರಲ್ಲಿ 2 ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ರಾಷ್ಟ್ರಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆ ಮಾಡಿದ್ದರು. ರಾಷ್ಟ್ರಮಟ್ಟದಲ್ಲಿ ಆಯ್ಕೆಯಾದವರಿಗೆ ವಿವಿಧ ರಾಜ್ಯಗಳಲ್ಲಿ ಕೋಚಿಂಗ್ ಕ್ಯಾಂಪನ್ನು ಏರ್ಪಡಿಸಲಾಗಿತ್ತು. ಅದರಲ್ಲಿ ನಮ್ಮ ಸಂಸ್ಥೆಯ ಸುನಿತಾ ಲೋಬೋ ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆಯಾಗಿದ್ದಳು. 2013ರಲ್ಲಿ **South Korea**ದಲ್ಲಿ ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ಪಂದ್ಯಾವಳಿ ನಡೆಯಿತು. ಇದರಲ್ಲಿ ಸುನಿತಾ ಲೋಬೋ ಸ್ವರ್ಣ ಪದಕ ವಿಜೇತಳಾಗಿದ್ದಳು.

2014ರಲ್ಲಿ ಬೆಂಗಳೂರಿನಲ್ಲಿ ರಾಷ್ಟ್ರಮಟ್ಟದ ಕ್ರೀಡಾಕೂಟವು ನಡೆಯಿತು. ಇದರಲ್ಲಿ 15 ಮಂದಿ ಭಾಗವಹಿಸಿದ್ದರು. ಇದರಲ್ಲಿ 8 ಮಂದಿ ರಾಷ್ಟ್ರೀಯ ಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆಯಾಗಿದ್ದರು. ಇವರು ವಿವಿಧ ಕಡೆಯಲ್ಲಿ ನಡೆದ ಕೋಚಿಂಗ್ ಕ್ಯಾಂಪ್‌ನಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದರು. ಇದರಲ್ಲಿ ನಮ್ಮ ಸಂಸ್ಥೆಯ **Wilma Pereira Hand Ball**ಗೆ ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆಯಾಗಿದ್ದಳು. 2015ರಲ್ಲಿ **U.S.A.**ಯಲ್ಲಿ ನಡೆದ ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ಕ್ರೀಡಾಕೂಟದಲ್ಲಿ ಭಾಗವಹಿಸಿ 4ನೇ ಸ್ಥಾನವನ್ನು ಪಡೆದಿದ್ದಳು.

2016-2017ರಲ್ಲಿ ರಾಜ್ಯದ ವಿವಿಧ ಜಿಲ್ಲೆಯಲ್ಲಿ ನಡೆದ ಕ್ರೀಡಾಕೂಟದಲ್ಲಿ 20ಮಂದಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು. ಇದರಲ್ಲಿ 9 ಮಂದಿ ರಾಷ್ಟ್ರೀಯ ಮಟ್ಟಕ್ಕೆ ಆಯ್ಕೆಯಾಗಿ, 6 ವಿದ್ಯಾರ್ಥಿಗಳು ತರಬೇತಿ ಮುಗಿಸಿ ಹಲವು ಪದಕಗಳನ್ನು ಪಡೆದುಕೊಂಡಿದ್ದರು.

ಪ್ರತಿ ವರುಷವೂ ನಮ್ಮ ಮಾನಸ ಸಂಸ್ಥೆಯಿಂದ ಸರಾಸರಿ 50 ಮಂದಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಜಿಲ್ಲಾ ಮಟ್ಟದ ಕ್ರೀಡಾಕೂಟಕ್ಕೆ ಭಾಗವಹಿಸುತ್ತಾರೆ.

ಇದುವರೆಗೂ ನಡೆದ ರಾಷ್ಟ್ರಮಟ್ಟದ ಒಲಿಂಪಿಕ್ಸ್ ಪಂದ್ಯಾವಳಿಯಲ್ಲಿ ನಮ್ಮ ಮಾನಸ ಸಂಸ್ಥೆಯ 250 ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು.

ರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದಲ್ಲಿ 65 ಮಂದಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು. ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟಕ್ಕೆ 7 ಮಕ್ಕಳು ಆಯ್ಕೆಯಾಗಿದ್ದರು. ಇದರಲ್ಲಿ ಸ್ವರ್ಣಪದಕ-4, ರಜತಪದಕ-1, ಕಂಚು-1, 4ನೇ ಪದಕ ಹಾಗೂ 5ನೇ ಪದಕವನ್ನು ನಮ್ಮ ಸಂಸ್ಥೆಯ ವಿದ್ಯಾರ್ಥಿಗಳು ಪಡೆದುಕೊಂಡಿದ್ದಾರೆ. ಹಾಗೂ ಇದುವರೆಗೆ ಸಂಘ ಸಂಸ್ಥೆಗಳು ನಡೆಸಿರುವ ರಾಷ್ಟ್ರಮಟ್ಟದ ಕ್ರೀಡಾಕೂಟದಲ್ಲಿ 130 ಮಂದಿ ಭಾಗವಹಿಸಿದ್ದರು.

ಕ್ರೀಡಾಪಟುಗಳಿಗೆ ಸಿಗುವ ಸೌಲಭ್ಯ ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದಲ್ಲಿ ಭಾಗವಹಿಸಿದ ವಿದ್ಯಾರ್ಥಿಗಳು ಸ್ವರ್ಣಗದ್ದರೆ-5 ಲಕ್ಷ, ರಜತ ಪದಕ ವಿಜೇತರಾಗಿದ್ದರೆ-3 ಲಕ್ಷ, ಕಂಚು ವಿಜೇತರಾಗಿದ್ದರೆ-2 ಲಕ್ಷ ಮೊತ್ತವನ್ನು ನೀಡಲಾಗುತ್ತದೆ. ಈ ಮೊತ್ತವು ಸ್ಪೆಷಲ್ ಒಲಿಂಪಿಕ್ಸ್ ಭಾರತ್ ರವರು ಪ್ರಾಯೋಜಿಸುತ್ತಾರೆ.

- ಶ್ರೀ ಶಂಕರ, ಸ್ಟೇಷನ್ ಟೀಚರ್

ಮಾನಸ ಸ್ಟೇಷನ್ ಶಾಲೆ





## ವಸತಿ ಗೃಹದ ಕುರಿತು ನನ್ನ ಮನದಾಳದ ಮಾತುಗಳು.....

ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯಿಂದರೆ ಒಂದು ದೇಗುಲವಿದ್ದಂತೆ. ಮನೆಯೇ ಮೊದಲ ಪಾಠ ಶಾಲೆ ಎಂಬಂತೆ, ಮಾನಸ ವಸತಿ ಗೃಹ ವಿಶೇಷ ಮಕ್ಕಳಿಗೆ ಒಂದು ಆಶ್ರಯವಾಗಿದೆ. ಇಲ್ಲಿ ಇದುವರೆಗೆ ಸುಮಾರು 500ಕ್ಕೂ ಹೆಚ್ಚಿನ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಆಶ್ರಯವನ್ನು ನೀಡಲಾಗಿದೆ ಎಂದರೆ ತಪ್ಪಾಗಲಾರದು. ಒಂದು ಜ್ಞಾನ ದೇಗುಲದ ಉನ್ನತಿ ಎಂದರೆ ಅದು ಅಲ್ಲಿನ ಸಮಾಜದ ಉನ್ನತಿ. ಅದೇ ರೀತಿ ಒಂದು ಮನೆಯ ಏಳಿಗೆ ಆಗುತ್ತಿದೆಯೆಂದರೆ ಅದು ಮನೆಯಲ್ಲಿ ವಾಸಿಸುವ ಕುಟುಂಬದ ಏಳಿಗೆ ಎಂದು ಹೇಳಬಹುದು.

ಯಾವುದೇ ಯಶಸ್ವಿ ಕಾರ್ಯದ ಹಿಂದೆ ಉತ್ತಮ ಮಾರ್ಗದರ್ಶಕರು ಬೇಕೇ ಬೇಕು. ನಮ್ಮ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ ಮಾರ್ಗದರ್ಶಕರೆಂದರೆ ಕಥೋಲಿಕ್ ಸಭಾ ಉಡುಪಿ ಹಾಗೂ ಮಂಗಳೂರು ಪ್ರದೇಶ. ಉಡುಪಿ ಜಿಲ್ಲೆಯಿಂದ ಸುಮಾರು 10 ಕಿ.ಮೀ. ಒಳಗಿನ ಬೆಳ್ಳಿ ಗ್ರಾಮ ಪಂಚಾಯತ್ ವ್ಯಾಪ್ತಿಯ ಪಾಪನಾಶಿನಿ ನದಿ ತೀರದ ಸುಂದರ ಪ್ರದೇಶವೇ ಪಾಂಬೂರು. ಸಮಾಜದಲ್ಲಿರುವ ಅಶಕ್ತ ಮಕ್ಕಳ ಬಾಳಿಗೆ ದಾರಿ ದೀಪವಾಗಿ ಮೂಡಿ ಬರಲೆಂದು ಮಂಗಳೂರು ಹಾಗೂ ಉಡುಪಿ ಕ್ಯಾಥೋಲಿಕ್ ಸಭಾ ಸದಸ್ಯರು 1997 ನವೆಂಬರ್ 14ರಂದು ಸ್ಥಾಪಿಸಿದ ಸಂಸ್ಥೆಯ “ಮಾನಸ” ಎಂಬ ವಿಶೇಷ ಶಾಲೆ. ಇದೀಗ ಈ ಸಂಸ್ಥೆ 20ರ ಯುವಕ. ಇಂದು ಈ ಸಂಸ್ಥೆಯು ವಿಶೇಷ ಮಕ್ಕಳ ಕ್ಷೇತ್ರದಲ್ಲಿ ತನ್ನದೇ ಆದ ಸ್ಥಾನಮಾನ, ಗೌರವವನ್ನು ಹೊಂದಿದೆ.

ಮಾನಸ ವಸತಿ ಗೃಹವೆಂದರೆ ಅಲ್ಲಿ ಬರೀ ಊಟ, ನಿದ್ರೆ ಅಲ್ಲ ಅದು ವಿಶೇಷ ಮಕ್ಕಳನ್ನು ಸಮಾಜದ ಮುಖ್ಯ ವಾಹಿನಿಗೆ ತರುವಲ್ಲಿ ಹಗಲು ರಾತ್ರಿ

ಶ್ರಮಿಸುತ್ತಿದೆ. ಅದೆಷ್ಟೋ ವಿಶೇಷ ಮಕ್ಕಳಿಗೆ ದೈನಂದಿನ ಚಟುವಟಿಕೆಗಳ ಬಗ್ಗೆ ತಿಳಿದಿರುವುದಿಲ್ಲ. ಅವರಿಗೆ ನಿಧಾನವಾಗಿ ನಾವು ಹೇಳಿಕೊಡುತ್ತೇವೆ. ಅವರವರ ಕೆಲಸಗಳನ್ನು ಅವರು ಮಾಡುವ ಹಾಗೆ ತರಬೇತಿಯನ್ನು ನೀಡುತ್ತೇವೆ. ನಮ್ಮ ವಸ್ತು ಯಾವುದು ಇನ್ನೊಬ್ಬರ ವಸ್ತು ಯಾವುದು, ಸರಿ ಯಾವುದು ತಪ್ಪು ಯಾವುದು, ಸಮಯದ ಪರಿಕಲ್ಪನೆ, ಎಷ್ಟೋ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ವರ್ತನೆಯ ಸಮಸ್ಯೆಗಳು ಇರುತ್ತದೆ. ಅದನ್ನೆಲ್ಲ ನಿಧಾನವಾಗಿ ಕಡಿಮೆ ಮಾಡುವ ತರಬೇತಿಯನ್ನು ನೀಡುತ್ತೇವೆ.

ಅವರಿಗೆ ಬೇರೆ ಬೇರೆ ಚಟುವಟಿಕೆಗಳ ಮೂಲಕ (ಉದಾ: ಚಿತ್ರಕಲೆ, ಸಂಗೀತ, ನೃತ್ಯ, ತೋಟಗಾರಿಕೆ ಇತ್ಯಾದಿ.) ಅವರ ಕೆಲವು ಸಮಸ್ಯೆಗಳನ್ನು ಸರಿಪಡಿಸಲು ಪ್ರಯತ್ನಿಸಿದ್ದೇವೆ. ಫಲಿತಾಂಶವನ್ನು ಕೂಡ ಪಡೆದಿದ್ದೇವೆ. ಊಟ ಆದ ನಂತರ ತಾವು ಉಪಯೋಗಿಸಿದ ಬಟ್ಟಲು ತೊಳೆಯಲು, ತೊಳೆದು ಮೊದಲು ಇಟ್ಟ ಜಾಗದಲ್ಲಿ ಇಡಲು ಊಟದ ಹಾಲನ್ನು ಸ್ವಚ್ಛಗೊಳಿಸಲು, ನೀರಿನ ಮಿತ ಬಳಕೆಯ ಬಗ್ಗೆ, ಹಿರಿಯರಿಗೆ ಗೌರವ ನೀಡಲು, ತಮಗೆ ಸಹಾಯ ಮಾಡಿದವರಿಗೆ ಕೃತಜ್ಞತೆ ಸಲ್ಲಿಸಲು.....

ವಸತಿ ಗೃಹವು ವಿಶೇಷ ಮಕ್ಕಳ ಪಾಲನೆ ಪೋಷಣೆಯಲ್ಲಿ ಮಹತ್ತರವಾದ ಪಾತ್ರವನ್ನು ವಹಿಸುತ್ತಿದೆ. ಬೇರೆಯವರಿಗೆ ಸಹಾಯ ಮಾಡುವುದು, ಶಾಲೆಗೆ ಹೋಗಲು, ಸ್ವಚ್ಛತೆ, ಗಿಡಗಳನ್ನು ನೆಡಲು ಅದಕ್ಕೆ ನೀರು ಹಾಕಲು ಇತ್ಯಾದಿ.



ಅಶ್ವಿನಿ



ರಜಾ ದಿನಗಳಲ್ಲಿ ಬೇರೆ ಊರಿನ ಕ್ಯಾಥೋಲಿಕ್ ಸಭಾ ಸದಸ್ಯರು, ವಿವಿಧ ಸಂಘ ಸಂಸ್ಥೆಯ ಸದಸ್ಯರು ಇಲ್ಲಿಗೆ ಆಗಮಿಸಿ ಮಕ್ಕಳಿಗೆ ವಿವಿಧ ರೀತಿಯ ಆಟೋಟ ಸ್ಪರ್ಧೆಯನ್ನು ಏರ್ಪಡಿಸಿ ತಮ್ಮ ಅಮೂಲ್ಯವಾದ ಸಮಯವನ್ನು ವಿಶೇಷ ಮಕ್ಕಳ ಜೊತೆಗೆ ಬೆರೆತು ಮಕ್ಕಳಿಗೆ ಮನೋರಂಜನೆಯನ್ನು ನೀಡಿ ತಾವು ಆನಂದಿಸುತ್ತಾರೆ. ಬೇರೆ ಶಾಲೆಯ ವಿದ್ಯಾರ್ಥಿಗಳು, ಎನ್.ಎಸ್.ಎಸ್ ವಿದ್ಯಾರ್ಥಿಗಳು ಕೂಡ ಇವರಿಗೆ ವಿವಿಧ ರೀತಿಯ ಶಿಕ್ಷಣಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಚಟುವಟಿಕೆಗಳ ಮೂಲಕ ಅವರನ್ನು ಸಮಾಜದ ಮುಖ್ಯ ವಾಹಿನಿಗೆ ತರುವ ಪ್ರಯತ್ನವನ್ನು ಮಾಡುತ್ತಿದ್ದಾರೆ.

ವಸತಿ ಗೃಹದ ಇನ್ನೂ ಹೆಚ್ಚಿನ ವಿವರವನ್ನು ಪ್ರಚಾರ ಜಾಹಿರಾತು ಕಿರುಚಿತ್ರ (AD Film) ಎಂಬ ಸಿಡಿಯಲ್ಲಿ ವಿವರಿಸಲಾಗಿದ್ದು, ಅದು ತಮ್ಮ ಗಮನಕ್ಕೆ ಬಂದಿರಬಹುದೆಂದು ಭಾವಿಸುತ್ತೇನೆ.

ಮಾನಸ ಪುನರ್ವಸತಿ ಹಾಗೂ ತರಬೇತಿ ಕೇಂದ್ರದ ಚರಿತ್ರೆಯನ್ನು ಸುವರ್ಣ ಅಕ್ಷರಗಳಲ್ಲಿ ಬರೆದಿರುವಂತಹ

ಘಟನೆಯಾಗಿದೆ. ಈ ಸಂಭ್ರಮದ ಹಿಂದೆ ಮಧುರ ಮನಗಳ ಪ್ರೀತಿ ತ್ಯಾಗ ಸೇವೆಗಳಿವೆ.

ಉತ್ತಮ ಶಿಕ್ಷಣ ಮಾನವ ವಿಕಾಸಕ್ಕೆ, ಸಮಾಜದ ಏಳಿಗೆಗೆ ಅಡಿಗಲ್ಲು. ಕಳೆದ 20 ವರುಷಗಳಲ್ಲಿ 600ಕ್ಕೂ ಹೆಚ್ಚು ವಿದ್ಯಾರ್ಥಿ-ವಿದ್ಯಾರ್ಥಿನಿಯರಿಗೆ ಈ ಸಂಸ್ಥೆ ಉತ್ತಮ ವ್ಯಕ್ತಿತ್ವವನ್ನು ರೂಪಿಸಿ, ಭವಿಷ್ಯದ ಜೀವನಕ್ಕೆ ದಾರಿ ದೀಪವಾಗಿರುವುದು ಸಂತಸದ ವಿಚಾರ. ಹಳೆ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಹಲವು ಮಂದಿ ಸ್ವಾವಲಂಬಿ ಜೀವನವನ್ನು ನಡೆಸುತ್ತಿದ್ದಾರೆ. ತಮ್ಮ ಏಳಿಗೆಗೆ ತಮ್ಮ ಮಾತೃ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯೇ ಮುಖ್ಯ ಕಾರಣವೆಂದು ಸ್ಮರಿಸಿದ್ದನ್ನು ಕೇಳುವಾಗ ಮಹಾನಂದವಾಗುತ್ತದೆ. ಈ ಸಂಸ್ಥೆ ಇನ್ನೂ ಬೆಳೆಯಲಿ, ಬೆಳೆಯುತ್ತಾ ಬೆಳಗಲಿ ಎಂದು ಶುಭವನ್ನು ಹಾರೈಸುತ್ತೇನೆ.

- ಅಶ್ವಿನಿ, ಸಹಾಯಕ ವಾರ್ಡನ್

ಮಾನಸ ವಸತಿ ನಿಲಯ



"If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody."

- Chinese Proverb





## Children of Lesser God



The Sun shines on everyone?  
Why is it that I'm forever in the shadow  
Perhaps it's the trees  
I guess they have to

Blow the wind for everyone  
But why is it not taking me where I want to go  
Perhaps I'm too heavy  
Or is it that the wind is not fast enough?

But where do I want to go  
I don't really know  
It's good to have a purpose  
Do you know where you want to go?

What is your purpose?  
People smile a lot  
Why do they look away when they see me  
Probably I'm too bright

Yeah that should be it  
But I don't want to be that bright  
That I don't make any friends  
Everyone makes friends?

I guess I'm yet to find them  
But I don't like sharing  
My parents share with me though  
They love me a lot

I can see it  
I think I'm special  
But why doesn't anyone else bother  
Maybe I'm not really  
God loves everyone right?  
What about me?

- Kevin D'Souza

## From a Special Student!

What thanks can I offer  
To you dear Teacher & Sir?  
Your care I will cherish  
Till the day I perish!

You stand by me everyday,  
Rain, sunshine – come what may!  
Teaching and training me time and again,  
Regardless of your own pains!

Grateful I am for all that I know,  
To wash, clean, dress, eat and grow,  
To laugh, play, shout, dance and sing  
Many learnings that's given me wings!

I dream big now because of you  
Yesterday's fears gone from view;  
And the sky's ever expanding blue,  
Is an invitation for something new!

My knowledge's been expanded,  
And behavior somewhat mended;  
My help can also be extended  
To the society when I am included!

Surely it's not mine to say die  
Nor a time to give up and sigh  
You have borne my howls and tears  
Heartfelt thanks for all these years!

Thanks for caring and for sharing,  
For admonishing and encouraging  
For trusting and being attentive  
Save love what else can I give?

Manasa I love and Manasa I treasure,  
My sweet home in a big measure;  
Manasa reassures our future,  
"God Bless" Manasa Home & Teacher!

- By Sr Molly Rego





## Manasa Rehabilitation & Training Centre

What can I say about Manasa Rehabilitation & Training Centre? There are so many things that I can tell about it, but the most important for me is that this centre is a place where the children grow up really happy and this is something incredible.

I'm Lorena Sajardo and I'm from Spain. I have finished my university degree of medicine and I have worked with this kind of children in the main hospital of my city, Albacete.

In my experience, I know that these children need a lot of attention and it's also necessary that they take their medication everyday properly. To work with them and to teach them some knowledge you have to be really patient and you must try to understand them although sometimes it could be difficult. I think that Manasa has got a really good system of education because in each classroom there is a teacher and there are only seven children so, in this form teachers can take care of them individually really good.

I have stayed in India for five months in total. I have visited another centre before Manasa because I came India to know about the different type of medicine that exist in this country and how people work with different kind of clients. Then I have volunteered in this school, I've spent here one month and a half. All the people in charge of this centre offered me to see all the parts of the place. They wanted to show me all the things that they do for these special children. I'm

very grateful for that because I have lived a wonderful time with all of them. I feel really comfortable here and I also feel that all the people who work in Manasa, try to do the best for each one of the children.



In this time that I have spent in Manasa, I have spent my time in different classes to see how the teachers teach these kids, I have been with the instructor who do speech therapy with them and also with the physiotherapist. I have a general idea of all the work that Manasa does every day. I think that this centre can offer young people like me the opportunity of living a wonderful experience here like a volunteer.

Many of these children spend a lot of years here, so for this reason I think that this is like their second house. They can learn a lot of things and the most important of them is that they learn how to be more independent. This is really important so they can live in this society. I think that in this place they receive a lot of love and this is marvellous because if they feel good and happy, they are open to learn more concepts and they pay more attention. "The good way to improve oneself is to be happy and to listen with the heart around yourself".

Thank you.

**Miss. Lorena Sajardo**  
**Volunter, Spain**



## Autism Centre to Our Manasa'



Autism is a Neurodevelopmental disorder characterized by impaired social interaction, impaired verbal and non-verbal communication and restricted and repetitive behavior caused by genetic and environmental factors. Typically developing infants are social by nature, they gaze at faces, turn towards voices, grasp a finger and at 3 months of age they even smile in contrary most children, who develop autism have difficulty in the give-and-take of everyday interaction engagements. When the infant of autism is between 8-10 months of age, certainly shows some symptoms such as failure to respond to their names reduce interest in people and delayed babbling. Like failure of social games, withdraw in initiating actions of others and prefer to play alone. They seek comfort and respond to parents displays

of anger or affection in typical ways. Autism disorders characterised as\* Tendency to engage in repetitive behaviors. All those with Autism have difficulty on emotions and immature behaviors, like cry or outbursts in inappropriate situations because they loose control.



**Maria Jacintha Mathias  
Shirva  
Manasa Trust Member**

AUTISM CENTRE TO OUR MANASA IS A DREAM COME TRUE AND A NEED OF AN HOUR URGED BY MANY SUCH PARENTS OF AUTISTIC CHILDREN ELEANOOR ROOSEVELT SAYS "The future belongs to those who believe in



the beauty of their dreams". When, we have many children with mild challenges, Manasa is set ready to high functioning to end autistic problems. Even to help children of more severe symptoms because of repetitive behaviors and lack of spoken language interference with their everyday life. Autism Centre would help children to grow communication difficulties. Delayed Babbling, speaking, learning to use gestures is catered to the children. The centre would provide good therapy and learn spoken language and all can learn to communicate, Autism Centre would help them to provide 'Give and Take' of conversation which proves difficult. with out care. We wish to help to have children communicate 'Kid-speak' in return it can help Autistic child to get along with their peer-group. Because some children do not exhibit body language, facial expressions, movements and gestures, may not match when they speak or it could be their tone of voice may fail to reflect their feelings, like high pitched sing-song or it could be flat, robot like voice. Such things many a times make home members or other's more difficult to tackle situations. So the new Bloom of our 'MANASA' 'Autism Centre' is the need of an hour because among autistic children failed communication in turn can lead to frustration and inappropriate behavior on the part of the person is a big setback.

But a unique centre has proven methods of helping such children to learn better ways to express their needs and face challenges.

Some common repetitive behavior like hand-flapping, rocking, jumping, twirling, arranging and rearranging objects, repeating sounds, words, phrases, self-stimulations behavior like wiggling fingers by keeping in front of their eyes. Such children will have an extreme consistency in their environment and daily routine. Such stress lead to outbursts. So Autism centre would keep to face their future life by controlling genetic disorders, gastro intestinal disorders, seizure disorders sleep dysfunction by providing and extending ATN sleep strategies tool kits is a far-sighted view.

Autism centre helps Autistic child to avoid eating PICA which is a tendency to eat things that are not food. Sometimes dirt, clay chalk or paint chips which are dangerous might be contaminated with this common environmental toxin. No doubt there is currently 'No Cure' for Autism spectrum disorder, but we at Manasa Try to open a window of hope; to understand to evolve rapidly for early diagnoses with special medical aid directions and therapy in cooperation of the parents. To help our special children and with new skills to face their life






challenges. Autism Centre at Manasa Pamboor is long awaited dream to make a breadth and depth to match medical care and education. Our sincere efforts are to customise care to each child's and family's particular needs. 'Manasa' teachers, trainers, well wishers and providers want to expertise and this want to help in the developmental behavioral pediatric and have an extension of child behavioral pediatrics and have an extension of child Neuro-specialist whenever necessary. It can help autistic children and their parents about their Psychology, speech, language and something on genetics. Deliberate language program can help in individual care and communication enhancement. A centre can certainly draw an awareness to pregnant woman to

prevent the birth of Autistic child by keeping away infections of Rubella and Vaccination against it in our mere future.

A sweet family of "Manasa -Pamboor" installed by "Catholic Sabha two decades, that we made 'Where love was never weighed' is a true home away from home, to the special children is at this centre; a rare gem. Because we honestly believe in "To Teach is to Touch the lives of many and to keep others to earn life's lessons." We pledge in Teaching and Serving in a special way is to make a difference in all the lives we touch. as we believe in Lord the God Almighty.

**Maria Jacintha Mathias - Shirva**

**Manasa Trust Member**



God, grant me the serenity to accept the things I cannot change, Courage to change the things I can, And wisdom to know the difference.

- Reinhold Niebuhr





## *Down the Memory Lane*



**Establishment of  
Manasa Special School  
by Catholic Sabha under the  
leadership of Dr Edward Lobo  
at Shankarpura 1991 June**



**Establishment of  
Manasa Special School  
by Catholic Sabha under  
the leadership of  
Agustine Gomes in Shirva**

**Registration of Manasa Rehabilitation  
& Training Centre Trust by  
Catholic Sabha Mangalore Pradesh  
on 28-3-1995, President of  
Catholic Sabha as Founder,  
Dr Edward Lobo,  
Mr Agustine Gomes,  
Mr Denis D'Siva and  
others total 12 trustees.**



**Foundation stone laid  
for Manasa by Bishop Basil  
on 14-6-1995**



**Blessing of Mother Theresa  
for Manasa 13-8-1995.**



**Shifting of Manasa Schools of Shirva  
and Shankarpura to Manasa  
Centre Pamboor June 1997**



**Inauguration of  
Manasa Centre on 14-11-1997**



**Manasa School 1997**



**Manasa Hostel 1997**



**Manasa Staff 1997**

**Inauguration of Second Floor,  
Convent building  
&  
Computer Centre  
29-12-2002 in the presence of  
Cardinal Oswald Gracious of Agra,  
Bishop Gerald Lobo of Shimoga  
and M.P. Vinaykumar Sorake**



**14-11-2002 Manasa received  
best school award at state level**



## ಮಕ್ಕಳನ್ನು ಇತರ ಸಾಮಾನ್ಯ ಮಕ್ಕಳೊಂದಿಗೆ ಹೋಲಿಸಬಾರದು

(ಮಾನಸಾ ಸಂಸ್ಥೆಯ 20ನೇ ವಾರ್ಷಿಕೋತ್ಸವದ ಸಂದರ್ಭದಲ್ಲಿ ಮಾರುತಿ ಪ್ರಭು, ಈ ಶಾಲೆಯ ಹಳೆ

ವಿದ್ಯಾರ್ಥಿಯಾದ ಮನೋಜ್ ಪ್ರಭು ತಂದೆಯವರ ಮನದಾಳದ ಮಾತುಗಳು)

ಶ್ರೀ ಮಾರುತಿ ಪ್ರಭು (ತಂದೆ)

ಶ್ರೀ ಮನೋಜ್ ಪ್ರಭು (ಹಳೆ ವಿದ್ಯಾರ್ಥಿ)

ಈ ಸಂದರ್ಭದಲ್ಲಿ ಇಲ್ಲಿನ ಪೋಷಕರೊಂದಿಗೆ ನನ್ನ ಒಂದೆರಡು ಅನಿಸಿಕೆಗಳನ್ನು ಹಂಚಿಕೊಳ್ಳಬಯಸುತ್ತೇನೆ. ನಮಗೆ ಹುಟ್ಟಿದ ಸಂತಾನದ ಬಗ್ಗೆ ನಮಗೆ ಚೋಯ್ಸ್ ಅಂದರೆ ಆಯ್ಕೆ ಇಲ್ಲ. ಅದು ಗಂಡಾಗಿರಬಹುದು, ಹೆಣ್ಣು ಮಗು ಆಗಿರಬಹುದು, ಆರೋಗ್ಯವಂತ ಮಗು ಇರಬಹುದು ಅಥವಾ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಯಿಂದ ಕೂಡಿರಬಹುದು. ಜನಿಸಿದ ಮಗುವನ್ನು ನಾವು ದೇವರ ಪ್ರಸಾದವೆಂದು ನಾವು ಸ್ವೀಕರಿಸಬೇಕು. ಅದರ ಶ್ರೇಯಾಭಿವೃದ್ಧಿಗೆ ಒಬ್ಬ ಪೋಷಕನಾಗಿ ಏನೆಲ್ಲಾ ಮಾಡಬೇಕೋ ಅದನ್ನೆಲ್ಲಾ ಖಂಡಿತ ಮಾಡಬೇಕು. ಅದರಲ್ಲೂ ವಿಶೇಷ ಮಕ್ಕಳಿಗೆ ಇನ್ನೂ ವಿಶೇಷವಾಗಿ ನಾವು ಕಾಳಜಿ ವಹಿಸಬೇಕು.

ಮೊದಲನೆಯದಾಗಿ ನಮ್ಮ ಮಗುವಿನಲ್ಲಿರುವ ನ್ಯೂನತೆಯನ್ನು (deficiency) ನಾವು ಸ್ವೀಕರಿಸಬೇಕು. ಅದು ದೇವರು ನಮಗೆ ಕೊಟ್ಟಿರುವ ಒಂದು ಅವಕಾಶವೆಂದು ತಿಳಿದು ಅದನ್ನು ನಿಭಾಯಿಸಬೇಕು. ಇದಕ್ಕಾಗಿ ನಮಗೆ ಎಷ್ಟು ಸಮಸ್ಯೆಗಳು ಬಂದರೂ, ತ್ಯಾಗಗಳನ್ನು ಮಾಡಬೇಕಾಗಿ ಒಂದಾಗಿ ಎದೆಗುಂದದೇ ಮುಂದುವರಿಸಬೇಕು. ನಮ್ಮ 100%

ಪ್ರಯತ್ನ ಬಂದಲ್ಲಿ ಇಂತಹ ಮಕ್ಕಳು ಸಾಮಾನ್ಯ ಮಕ್ಕಳಂತೆ ಆಗಲು ಖಂಡಿತ ಸಾಧ್ಯವಿದೆ. ಇದೊಂದು

Team Work. ಇಲ್ಲಿ

ಪೋಷಕರು, ಕುಟುಂಬದ

ಸದಸ್ಯರು, ಅಧ್ಯಾಪಕ ವೃಂದದವರು, ವೈದ್ಯರು ಎಲ್ಲರ

ಸಹಕಾರ ಬೇಕು. ಆದರೆ ಇದರ ಮುಂದಾಳುತ್ವವನ್ನು

ಪೋಷಕರೇ ವಹಿಸಬೇಕು. ಇನ್ನೊಂದು

ವಿಚಾರವೆಂದರೆ ಇಂತಹ ಮಕ್ಕಳನ್ನು ಇತರ ಸಾಮಾನ್ಯ

ಮಕ್ಕಳೊಂದಿಗೆ ಹೋಲಿಸಬಾರದು

(comparing). ಆ ಮಗುವನ್ನು

ಅದರ ಕಾಲಕಾಲದ ಪ್ರಗತಿಯೊಂದಿಗೆ

ಹೋಲಿಸಿದಾಗ ಖಂಡಿತ ನೆಮ್ಮದಿ

ಸಿಗುವುದು.

ಮನೋಜ್ ಈಗ ಸಾಮಾನ್ಯ

ಮಕ್ಕಳಂತೆ ಎಲ್ಲ ವಿಚಾರಗಳಲ್ಲೂ

ವ್ಯವಹರಿಸುತ್ತಿದ್ದಾನೆ. ತನ್ನ

ಪ್ರಾರ್ಥನಿಕ ಶಾಲೆಯಿಂದ

ಮೊದಲ್ಗೊಂಡು ಈಗಿನ ಕಾಲೇಜು

ಶಿಕ್ಷಣದ ವರೆಗೆ ಬಹುತೇಕ

Distinctionನಲ್ಲಿ ಪಾಸಾಗುತ್ತಾನೆ.

ನಮ್ಮ ಸತತ ಪ್ರಯತ್ನ, ಸಮಾಜದ

ಸಹಕಾರ ಮತ್ತು ದೇವರ ದಯೆ



ಶ್ರೀ ಮಾರುತಿ ಪ್ರಭು







ಇದರಿಂದ ಇದು ಸಾಧ್ಯವಾಗಿದೆ ಎಂದು ನಾವು ನಂಬಿದ್ದೇವೆ. ಇನ್ನು ನಮ್ಮ ಉದ್ದೇಶಗಳು ಎರಡು, ಮೊದಲನೆಯದಾಗಿ ಮನೋಜನಿಗೆ ಒಂದು ಉತ್ತಮ ಮತ್ತು ಅವನೊಬ್ಬ ಸಬ್ಬ ನಾಗರಿಕನಾಗುವುದು. ಎರಡನೆಯದು ಸಮಾಜಕ್ಕೆ ಒಂದು ಉತ್ತಮ ಸಂದೇಶ ತಲುಪಿಸುವುದು. ಈಗ ಇಂತಹ ನೂರಾರು ಮಕ್ಕಳು ಮತ್ತು ನೂರಾರು ಪೋಷಕರ ಸಮೂಹದಲ್ಲಿರುವರು. ಆದ್ದರಿಂದ ಇಂತಹ ಮಕ್ಕಳು ಸಹ ಸಾಮಾನ್ಯ ಮಕ್ಕಳಾಗಿ ಮುಖ್ಯವಾಹಿನಿಗೆ ಬರಲು ಸಾಧ್ಯವಿದೆ ಎಂಬುದನ್ನು ಅರಿತಾಗ ಅವರೆಲ್ಲರಿಗೂ ಹೊಸ ಪ್ರೇರಣೆ ದೊರೆಯುವುದರಲ್ಲಿ ಸಂಶಯವಿಲ್ಲ.

ಈ ದಿನ ನಮ್ಮನ್ನು ಈ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಆಹ್ವಾನಿಸಿ, ಈ ಸಂದರ್ಭದಲ್ಲಿ ನನ್ನ ಒಂದೆರಡು ಅನಿಸಿಕೆಗಳನ್ನು

ನಿಮ್ಮೊಂದಿಗೆಲ್ಲ ಹಂಚಿಸಿಕೊಳ್ಳಲು ಅವಕಾಶ ನೀಡಿದ ಈ ಸಂಸ್ಥೆಗೆ ಸಂಬಂಧಿಸಿದವರೆಲ್ಲರಿಗೂ ನಾನು ಧನ್ಯವಾದಗಳನ್ನು ಸಮರ್ಪಿಸುತ್ತೇನೆ. ಈ ಸಂಸ್ಥೆ ಎಂದಿನಂತೆ ಸಮಾಜದ ವಿಶೇಷ ಮಕ್ಕಳಿಗೆ ಇನ್ನೂ ಹೆಚ್ಚಿನ ಸೇವೆ ಸಲ್ಲಿಸುವಂತಾಗಿ ಮತ್ತು ಇಲ್ಲಿ ಶಿಕ್ಷಣ ಪಡೆದ ಎಲ್ಲ ಮಕ್ಕಳು ಮುಖ್ಯ ವಾಹಿನಿಗೆ ಬಂದು ಸಬ್ಬ ನಾಗರಿಕರಾಗಿ ಬಾಳಲಿ ಎಂದು ಭಗವಂತನಲ್ಲಿ ಪ್ರಾರ್ಥಿಸುತ್ತಾ ನನ್ನ ವರಾತುಗಳನ್ನು ಸಮಾಪ್ತಗೊಳಿಸುತ್ತೇನೆ.

ಜೈಹಿಂದ್.

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The future belongs to those who believe in the beauty of their dreams.

- Eleanor Roosevelt

"It's not how long the road is that matters- It's about finding the power, the conviction, and the daring to reach deeply into your mind, heart, and spirit in pursuit of the secret world of a child lost behind the invisible veil of autism."

-Barry Neil Kaufman





## ಆಟನಂ (ಸ್ವಲೀನತೆ)

### 1. ಸ್ವಲೀನತೆ (ಆಟಸಂ) ಎಂದರೆ:

ಸ್ವ ಸಾಮರ್ಥ್ಯವನ್ನು ಕುರಿತಗೊಳಿಸುವ ಜೀವನ ಪರ್ಯಂತದ ನ್ಯೂನತೆಯಾಗಿದ್ದು. ಇದು ಹುಟ್ಟಿನಿಂದಲೇ ಇದ್ದರೂ ಮೂರನೇ ವರ್ಷದಲ್ಲಿ ಗುರುತಿಸಲ್ಪಡುತ್ತದೆ. ಮೆದುಳಿನ ಕಾರ್ಯವೈಖರಿಯ ಮೇಲೆ ಪರಿಣಾಮ ಉಂಟು ಮಾಡುವ ನರ ಮಂಡಲದಲ್ಲಿನ ಅವ್ಯವಸ್ಥೆಯೇ ಮೂಲಕಾರಣವಾಗಿದೆ. ಖಚಿತ ಕಾರಣವನ್ನು ಇದುವರೆಗೆ ಗುರುತಿಸಲಾಗಿಲ್ಲ.

### 2. ಸ್ವಲೀನತೆ (ಆಟಸಂ)ಯ ಗುರುತಿಸುವಿಕೆ:

ಸ್ವಲೀನತೆಯನ್ನು ಗುರುತಿಸಲು (ಪತ್ತೆಗೆ) ಯಾವುದೇ ವೈದ್ಯಕೀಯ ಪರೀಕ್ಷೆಗಳು ಇಲ್ಲ ಸಾಧಾರಣ ಬೆಳವಣಿಗೆಯ ಹಂತಗಳನ್ನು ತಲುಪದೇ ಇದ್ದು ಮಗುವಿನ ಬೆಳವಣಿಗೆ ನಿಧಾನವಾಗಿದ್ದಲ್ಲಿ. ಮಾತನಾಡಲು ಆರಂಭಿಸಿ ಮಾತನ್ನು ನಿಲ್ಲಿಸುವುದು ಬೆಳವಣಿಗೆ ಸಾಮಾನ್ಯ ರೀತಿಯಲ್ಲಿ ಕಂಡುಬಂದು ನಿಂತುಬಿಡುವುದು. ಇಂತಹ ವ್ಯಕ್ತಿಗಳು ಕೆಲವೊಂದು ಕೌಶಲ್ಯಗಳಲ್ಲಿ ಅತ್ಯಂತ ಪರಿಣಿತರಂತೆ ಕಂಡುಬಂದರೂ. ಉಳಿದ ವಿಷಯಗಳಲ್ಲಿ ತೀರಾ ದುರ್ಬಲರಾಗಿರುತ್ತಾರೆ. ಇಂತಹ ಅಸಾಮಾನ್ಯ ಗುಣಲಕ್ಷಣಗಳಿಂದ ಸ್ವಲೀನತೆಯನ್ನು (ಆಟಸಂ) ಗುರುತಿಸಬಹುದು.



### 3. ಸ್ವಲೀನತೆ ಬರಲು ಕಾರಣಗಳೇನು?

ಸದ್ಯದ ಪರಿಸ್ಥಿತಿಯಲ್ಲಿ ಸ್ವಲೀನತೆಗೆ ಕಾರಣಗಳು ತಿಳಿದಿಲ್ಲ. ಆದರೂ ಪ್ರಸಕ್ತ ಸಂಶೋಧನೆಯ ಪ್ರಕಾರ ನರಮಂಡಲದ ವ್ಯವಸ್ಥೆಯಲ್ಲಿ ಉಂಟಾಗುವ ಯಾವುದೇ ರೀತಿಯ ಹಾನಿಯಿಂದಾಗಿ ಬರುತ್ತದೆ.

ಎಂದು ತಿಳಿದು ಬಂದಿದೆ. ಕೆಲವೊಂದು ವೈರಸ್‌ಗಳು ಮತ್ತು ಅನುವಂಶಿಕ ಪರಿಸ್ಥಿತಿಗಳು (ಶೇಖಡಾ 10ರಷ್ಟು) ಕಾರಣವಾಗಿವೆ.



### 4. ಸ್ವಲೀನತೆ (ಆಟಸಂ) ಚಿಕಿತ್ಸೆ ಲಭ್ಯವಿದೆಯೇ?

ಶ್ರೀಮತಿ ಪ್ರಭ ಕೆ. ಶಿಕ್ಷಕಿ, ಮಾನಸ

ಸ್ವಲೀನತೆ ಹೊಂದಿರುವ ವ್ಯಕ್ತಿಗಳು ಸ್ವಾವಲಂಬಿತರಾಗಿ ಸಾಧ್ಯವಾದಷ್ಟು ಸ್ವತಂತ್ರವಾಗಿ ತಮ್ಮನ್ನು ತಾವು ಪುನರ್ವಸತಿಗೊಳಿಸಲು ಸೂಕ್ತವಾಗುವಂತೆ ಅವರಿಗೆ ಶಿಕ್ಷಣ ಮತ್ತು ತರಬೇತಿಯನ್ನು ನೀಡುವುದೊಂದೇ ಅತ್ಯುತ್ತಮ ಪರಿಹಾರವಾಗಿದೆ. ಅನುರೂಪವಾದ ಶಾಲೆಗಳನ್ನು

ರಚಿಸಿದಲ್ಲಿ ಕೌಶಲ್ಯಗಳ ಆಧಾರದ ತರಬೇತಿ ಮತ್ತು ವ್ಯಕ್ತಿಗತ ಪಠ್ಯಕ್ರಮವಿದ್ದರೆ. ವ್ಯಕ್ತಿಗಳು ಪ್ರಯೋಜನ ಪಡೆದುಕೊಳ್ಳಬಹುದು ಎಂದು ಸಂಶೋಧನೆಗಳಿಂದ ತಿಳಿದಿದೆ.

### 5. ಸ್ವಲೀನತೆಗೆ (ಆಟಸಂಗೆ) ಮತ್ತು ಬುದ್ಧಿಮಾಂದ್ಯತೆಗೆ ಇರುವ ವ್ಯತ್ಯಾಸ:

ಬುದ್ಧಿಮಾಂದ್ಯತೆ ಹೊಂದಿರುವ ಹೆಚ್ಚಿನ ಜನರಲ್ಲಿ ಕೌಶಲ್ಯಗಳು ಒಂದು ಸಮಾನದರದಲ್ಲಿ ಇರುತ್ತದೆ. ಆದರೆ ಸ್ವಲೀನತೆ ಹೊಂದಿರುವ ವ್ಯಕ್ತಿಗಳಲ್ಲಿ ಕೌಶಲ್ಯಗಳ ಬೆಳವಣಿಗೆಗಳಲ್ಲಿ ಅಸಮಾನತೆ ಇರುತ್ತದೆ. ಮತ್ತು ಕೆಲವೊಂದು ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಈ ಬೆಳವಣಿಗೆಯು ತೀರಾ ಕಡಿಮೆ ಮತ್ತೆ ಕೆಲವೊಂದು ಕ್ಷೇತ್ರದಲ್ಲಿ ವಿಶೇಷ ಪ್ರತಿಭೆಯನ್ನು ಹೊಂದಿರುತ್ತಾರೆ.



**6. ಸ್ವಲೀನತೆ (ಆಡಿಸಂ) ಹೊಂದಿರುವ ಪಾಲಕರು ಮತ್ತು ಅಧ್ಯಾಪಕರು ಯಾವ ರೀತಿ ಮಗುವಿಗೆ ಸಹಕರಿಸಬಹುದು?**

ಇವರು ವಿಶೇಷ ಮಾಹಿತಿಗಳನ್ನು ಸಂಗ್ರಹಿಸಿ ತಮ್ಮ ಕುಟುಂಬಕ್ಕೆ ಸಲಹಾಗಾರರಾಗುವುದು. ಈ ವ್ಯವಸ್ಥೆಗೆ ಆರಂಭಿಕ ನೆರವು ನೀಡಬಲ್ಲ. ವೃತ್ತಿಪರ ತಜ್ಞರನ್ನು ಗುರುತಿಸಿಕೊಳ್ಳುವುದು. ಮತ್ತು ಎಲ್ಲರೂ ಸೇರಿ ಮಗುವಿನ ಕೊರತೆಗೆ ಅನುಗುಣವಾಗಿ ಬೇಕಾದ ಅವಶ್ಯಕ ಸೇವೆಯನ್ನು ದೊರಕುವಂತೆ ಮಾಡಿ ಆ ಮಗುವನ್ನು ಸಾಮಾನ್ಯ ಮಗುವಿನಂತೆ ನೋಡಿಕೊಂಡಾಗ ಮಗುವಿನ ಕಲಿಕೆಯಲ್ಲಿ ವಿಪರೀತ ಬೆಳವಣಿಗೆ ಸಾಧ್ಯವಾಗುತ್ತದೆ. ಸಮಾಜಕ್ಕೆ ಸೂಕ್ತ ಶಿಕ್ಷಣನೀಡಿ ಸ್ವಲೀನತೆಯಬಗ್ಗೆ ಅವರನ್ನು ಮೂಡಿಸಿ ಸಮಾಜದ ಮುಖ್ಯವಾಹಿನಿಯಲ್ಲಿ ಜೀವನ ನಡೆಸಲು ಮಾರ್ಗದರ್ಶನ ನೀಡಬಹುದು.

**7. ಸ್ವಲೀನತೆ (ಆಟಿಸಂ) ಹೊಂದಿರುವ ಮಗು ಎಂದಿಗಾದರೂ ಒಂದು ಸ್ವತಂತ್ರ ಜೀವನವನ್ನು ನಡೆಸಬಲ್ಲದೇ?**

ಸ್ವಲೀನತೆ ಎನ್ನುವುದು ಒಂದು ವೈವಿಧ್ಯಮಯವಾದ ಅವ್ಯವಸ್ಥೆಯಾಗಿದೆ. ಇಂತಹ ಮಕ್ಕಳಲ್ಲಿ ತಮ್ಮದೇ ಆದ ವಿಶೇಷ ಪ್ರತಿಭೆ ಬೆಳೆಸಿಕೊಳ್ಳುವ (ಹೆಚ್ಚು ಪ್ರತಿಭೆಗಳು ಇರುತ್ತಾರೆ) ಸಾಮರ್ಥ್ಯ ಇರುತ್ತದೆ. ಒಂದು ವೇಳೆ ಅವರಿಗೆ ಆರಂಭದಲ್ಲಿಯೇ ಉತ್ತಮವಾದ ಶಿಕ್ಷಣ ಮತ್ತು ತರಬೇತಿ ದೊರೆತಲ್ಲಿ ಅವರಿಗೆ ಸಾಕಷ್ಟು ನೆರವು ನೀಡಬಹುದು. ಮಕ್ಕಳ ವ್ಯಕ್ತಿಗತ ಪ್ರತಿಭೆ ಮತ್ತು ಅವರಿಗೆ ದೊರೆಯುವ ಮಧ್ಯಸ್ಥಿಕಾ (ತರಬೇತಿ) ಸಹಾಯದ ಆಳವನ್ನು ಅವಲಂಬಿಸಿ ತಮ್ಮದೇ ಆದ ಸ್ವತಂತ್ರ ಜೀವನ ನಡೆಸಬಹುದಾದ ವ್ಯಕ್ತಿಗಳಾಗುತ್ತಾರೆ.

**8. ಸ್ವಲೀನತೆ ಹೊಂದಿರುವ ಮಗುವಿನ ವೈಕಲ್ಯವನ್ನು ಗುಣಪಡಿಸಬಹುದೇ?**

ಸದ್ಯದ ಪರಿಸ್ಥಿತಿಯಲ್ಲಿ ಮಗುವಿನ ಮೆದುಳಿನಲ್ಲಿ ಏನು ತಪ್ಪಾಗಿದೆ ಎಂದು ತಿಳಿದುಕೊಳ್ಳುವುದು ಸಾಧ್ಯವಾಗಿಲ್ಲ. ಒಂದು ಮಗುವಿನ ನಿರ್ದಿಷ್ಟ

ಅವಶ್ಯಕತೆಗಳಿಗೆ ಅನುಗುಣವಾಗಿ ತರಬೇತಿ ನೀಡಿದಲ್ಲಿ ಸ್ವಲ್ಪ ಪ್ರಯೋಜನ ಸಿಗಬಹುದು. ಸೂಕ್ತ ಚಿಕಿತ್ಸಾ ವಿಧಾನಗಳಿಂದ ಉತ್ತಮ ಪ್ರಗತಿ ಸಾಧ್ಯ ಎಂದಷ್ಟೆ ಹೇಳಬಹುದು.

**9. ಸ್ವಲೀಲತೆ (ಆಟಿಸಂ) ಹೊಂದಿರುವ ಮಗುವು ರೆಗ್ಯುಲರ್ ಶಾಲೆಗೆ ಹೋಗುವ ಅವಕಾಶವಿದೆಯೇ?**

ರೆಗ್ಯುಲರ್ ಶಾಲೆಗಳಲ್ಲಿ ಸ್ವಲೀನತೆ ಹೊಂದಿರುವ ಮಕ್ಕಳಿಗೆ ವಿಭಿನ್ನ ಪಠ್ಯಕ್ರಮ, ಶೈಲಿ ಮತ್ತು ಮಗುವಿಗೆ ಅತಿಯಾದ ಗಮನನೀಡಲು ಸಾಧ್ಯವಾಗದು. ಮಗುವನ್ನು ಅರ್ಥ ಮಾಡಿಕೊಳ್ಳದೇ ಇದ್ದಲ್ಲಿ ಮಗು ಸಂಕಷ್ಟಕ್ಕೆ ಒಳಗಾಗುವ ಸಂಭವಗಳು ಜಾಸ್ತಿಯಾಗಿರುತ್ತದೆ.

**10. ಮಗು ಎಂದಾದರೂ ಮಾತನಾಡಬಹುದೇ ಮಾತಿನ ಚಿಕಿತ್ಸೆಯಿಂದ (S.T) ಸ್ವಲೀನತೆ ಹೊಂದಿರುವ ಮಗು ಮಾತನಾಡಬಹುದೇ?**

ಸ್ವಲೀನತೆ ಹೊಂದಿರುವ ಅರ್ಧದಷ್ಟು ಮಕ್ಕಳು ಮಾತನಾಡುವುದಿಲ್ಲ. ಕೆಲವು ಮಕ್ಕಳು ಹಸುಕೂಸು ಅವ್ಯವಸ್ಥೆಯಲ್ಲಿ ಮಾತನಾಡುತ್ತಾರೆ. ಬಳಿಕ ನಿಲ್ಲಿಸುತ್ತಾರೆ. ಇವರು ಮುಂದೆ ಮಾತನಾಡಲೂಬಹುದು. ಮಾತನಾಡದೇ ಇರಲೂಬಹುದು. ಮಾತಿನ ಚಿಕಿತ್ಸೆಯು (S.T) ಕೆಲವು ಮಕ್ಕಳಿಗೆ ನೆರವಾಗುತ್ತದೆ. ಚಿಕಿತ್ಸಕನು ವೈಯುಕ್ತಿಕ ಮಾಹಿತಿಯನ್ನು ಮಗುವಿನ ಬಗೆಗೆ ಪಡೆದುಕೊಂಡು. ಅದಕ್ಕೆ ಸರಿಯಾಗಿ ಮಗುವಿನೊಂದಿಗೆ ಸ್ಪಂದಿಸಬೇಕಾಗುತ್ತದೆ. ಈ ಸಂಪರ್ಕ ಚಿಕಿತ್ಸೆಗಳಿಂದ ಮಗು ಲಾಭಪಡೆದುಬಹುದು.

**11. ಸ್ವಲೀಲನತೆ (ಆಟಿಸಂ) ಹೊಂದಿರುವ ಮಗು ಹೈಪರ್ ಆ್ಯಕ್ಟಿವ್ ಆಗಿರುವುದೇಕೆ ಮತ್ತು ಬೆರಳುಗಳೊಂದಿಗೆ ಆಡುವುದು. ಜಿಗಿಯುವುದು ತಿರುಗುವುದು, ಕಿರುಚುವುದು ಏಕೆ?**

ಮಗು ಕೆಲವೊಂದು ವಿಷಯದ ಬಗ್ಗೆ ಅತಿಯಾಗಿ ಪ್ರತಿಕ್ರಿಯೆ ತೋರಿಸಬಹುದು ಮತ್ತು ಮಗು





ಗುರುತಿಸುವ, ಸಂಪರ್ಕಿಸುವ ಮತ್ತು ಸಾಮಾಜಿಕ ಕೌಶಲ್ಯಗಳಲ್ಲಿ ನ್ಯೂನತೆ ಹೊಂದಿರುವುದರಿಂದಾಗಿ ಅರ್ಥರಹಿತವಾಗಿ ನಡೆದುಕೊಳ್ಳುವ ಸಾಧ್ಯತೆಗಳಿವೆ ಮತ್ತು ಆ ಮಕ್ಕಳಿಗೆ ಆಯಾಸವಾಗುವುದು ಕಡಿಮೆ. ಆಹಾರ ಕ್ರಮದಿಂದಲೂ ಈ ರೀತಿಯ ವರ್ತನೆಗಳು ಬರುತ್ತವೆ. ಮಕ್ಕಳಿಗೆ ಹೊಸಹೊಸ ಕೌಶಲ್ಯಗಳನ್ನು ಕಲಿಸುತ್ತಾಹೋದಂತೆ. ಈ ವರ್ತನಾ ಕೌಶಲ್ಯ ಮತ್ತು ಹೈಪರ್ ಆಕ್ಟಿವೀಟಿ ಕಡಿಮೆಯಾಗುತ್ತಾ ಹೋಗುತ್ತದೆ. ಮಗುಕಿರುಚುವುದು ಕೆಲವೊಮ್ಮೆ ಸಂಪರ್ಕಿಸುವ ವಿಧಾನವಾಗಿರಬಹುದು. ಇಂದ್ರಿಯ ಗ್ರಹಣಾ ಶಕ್ತಿಯಲ್ಲಿ ಅತಿಯಾದ ಶಕ್ತಿ ಕೆಲವೊಮ್ಮೆ ಕಡಿಮೆ ಗ್ರಹಣಾಶಕ್ತಿ ಇರುವುದು. ಆದ್ದರಿಂದ ಅಲ್ಲಾಡುವುದು. ಬೆರಳುಗಳೊಂದಿಗೆ ಆಡುವುದು.

ಇತ್ಯಾದಿ ಅವರು ನೀಡುವಂತಹ ಪ್ರತಿಕ್ರಿಯೆಯಾಗಿದೆ.

- ಶ್ರೀಮತಿ ಪ್ರಭಾ ಕೆ.

‘ಆಟಸಂ’ ಶಿಕ್ಷಕಿ, ಮಾನಸ ವಿಶೇಷ್ ಶಾಲೆ

ಮಾಹಿತಿಮೂಲ: “ಪ್ರಕಟಣೆಗಳು”

“ಆಕ್ಷನ್ ಫಾರ್ ಆಟಸಂ” ಹೊಸದೆಹಲ್ಲಿ

ಅಕಾಡೆಮಿ ಫಾರ್ ಸೀರಿಯರ್ ಹ್ಯಾಡಿಕಾಪ್ಸ್ ಆಂಡ್

ಆಡಿಸಂ (Asha) ಬೆಂಗಳೂರು

ಇನ್ಫಿರೋಷನ್ ಸೆಂಟರ್, ಹೊಸದೆಹಲಿ

ನ್ಯಾಷನಲ್ ಟ್ರಸ್ಟ್ ಪ್ರಕಟಣೆಗಳು



### The Pledge of Kindness

I Pledge to myself  
on this very day  
to try to be kind  
in every way  
To every person,  
big or small  
I will help them  
if they fall  
when I love myself  
and others too  
that is the best  
that I can do

Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing it is stupid.

- Albert Einstein

