

# Child Guidance Centre

**Dr. Zakir Husain Memorial Welfare Society  
Jamia Sr. Secondary School Campus  
Jamia Millia Islamia  
011 – 26983909**



## **From The Project Director's Desk...**

***“Service to humanity is service to God!”***



Child Guidance Centre has been striving hard since its inception to educate society at large and to inculcate the social acceptance of special children among us. Operating under the umbrella of Dr. Zakir Husain Memorial Welfare Society, the school believes in the holistic physical and mental development of the special children. The school aims to develop confidence among these students, making them self-reliant. Various activities, events and competitions conducted here on a regular basis instill a sense of normalcy into their life's routine.

Apart from their studies which are taken care of by special educators, this school caters to various mental, physical and motor requirements by providing a host of services like physio and speech therapy, vocational training and counselling to them. Students are registered at National Institute of Mentally Handicapped which entitles them to avail various benefits floated by the Govt. of India from time to time.

**Child Guidance Center**  
**Dr. Zakir Husain Memorial Welfare Society,**  
**New Delhi- 25.**

- Introduction
- Vision
- National Institute of Mentally Handicapped (NIMH)
- Aims and Objectives
- Programs / Courses
- Activities and Events
- Services offered
- Staff profile
- Contact Us

## Introduction

Child Guidance Centre has been running under the umbrella of Dr. Zakir Husain Memorial Welfare Society since its establishment in 2003. The school for special children is located in the Jamia Senior Secondary School campus having the present strength of 53 students. This Special School caters to the needs of children with 'different' abilities and helps them to be more confident and live a life of normalcy, instilling a sense of social acceptance.

Child Guidance Centre receives its funding from the Ministry of Social Justice and Empowerment under Deen Dayal Disabled Rehabilitation Scheme.

The students are assessed based on their I.Q. levels and are divided among various categories and each category is catered by specialized and trained experts in the field of special education, physiotherapy, psychology, speech therapy and counseling.

The different groups for assessment purposes are:

### **1. Mild Retardation Group:**

(I.Q. 50-69)

These children are educable. Different strategies, methods are adopted to teach these children.

Physical strengths are developed by special coaches and yoga teachers.

### **2. Moderate Retardation Group:**

(I.Q. 35-49)

These children are trainable as they are not educable.

We provide them pre vocational training, like: crafts (jute bag, paper bags, pen holder making), painting, cooking etc.



### **Vision**

*“Dream is not what you see in sleep. It is something that does not let you sleep.”*

Realizing the above immortal lines by Dr. Kalam, our vision is to help all the special children to realize their dreams to live a perfectly cheerful life at par with any independent individual, to enjoy all the blessings of nature and to be self-reliant with their heads held high.

### **National Institute for Mentally Handicapped (NIMH):**

All the enrolled students are facilitated in obtaining the NIMH Certificate which helps them to avail various concessions floated by the Government of India.

### **Aims and Objectives:**

The special school is established with the objectives to provide schooling and counseling services to differently abled children. It tries to relate the mainstreams to the special children belonging to society and economically weaker section of the community, especially lower income group. Child Guidance Center (C.G.C) also provides diagnostic, therapeutic facilities to special children with developmental, behavioral, mental and language problems along with adjustment issues.

Child Guidance Center also counsels their families to understand and accept these children with their disabilities and to make them aware of the methodologies and therapies according to their child's problem. It also counsels the children to be self-reliant and independent.

## **Programs / Courses**

### **For non-educable group / Trainable group:**

#### **1. Good Manners:**

Greet others  
Listen to teachers  
Don't disturb others etc.

#### **2. Self Help Skill:**

Brushing  
Washing hands  
Dressing / undressing etc.

#### **3. Pre- Vocational Activities:**

To follow commands  
To take care of belongings etc.

### **For educable group:**

#### **1. Language Development:**

Expressive and receptive language

#### **2. Reading skills:**

Naming the picture  
Recite the poem  
Reading simple words  
Reading complex words  
Reading sentences  
Reading paragraphs  
Identifying the numbers etc.

#### **3. Pre- writing skills:**

Free hand coloring  
Clay modeling  
Paper tearing and pasting  
Paper folding etc.

#### **4. Writing skills:**

Write alphabets in English and Hindi

Write numbers

Write two/ three letter words

Write simple sentences

#### **5. Pre- Mathematical skills:**

Identify the shapes, size and numbers

Concept of more / less, day /night etc.

#### **6. Mathematical skills:**

Addition

Subtraction

Simple multiplication & division etc.

### **Activities and Events**

Apart from academics, regular events, sports activities, painting competitions, picnics and plethora of other celebrations make these children live every moment of their life. Regular goody-bag picnics at India Gate are organized which are a fun-filled event for these children. Celebrations of Gandhi Jayanti, Independence-cum-Republic Days along with festivals like Christmas rejuvenate these souls.

#### **Various activities at CGC are:**

- 1- Yoga and Exercises to keep the students physically fit.





## 2- Teaching through Audio-Visual aids through T.V, C.D. and Music System



## 3- Play activities (Indoor-cum-outdoor):

Child Guidance Centre has always endeavored to initiate activities in diverse fields that foster and strengthen the abilities of special children. One such endeavor is the Inter School Sports Meet.

Sports meets are always a healthy athlete program. It is a comprehensive physical therapy in which a therapist assesses flexibility of hamstring, calf, shoulder rotator and hip flexor muscles, single leg stance and functional reach. These competitions provide information to the children's families and coaches about the importance as well as methods to improve flexibility, functional strength and balance in sports performance and activities of daily living.

The Athletic and Sports meet is designed to:

1. Assess and improve flexibility, functional strength and balance.
2. Educated participants, families and coaches about the importance of flexibility strength and balance.
3. Provide an opportunity for participants to learn about physical therapy.



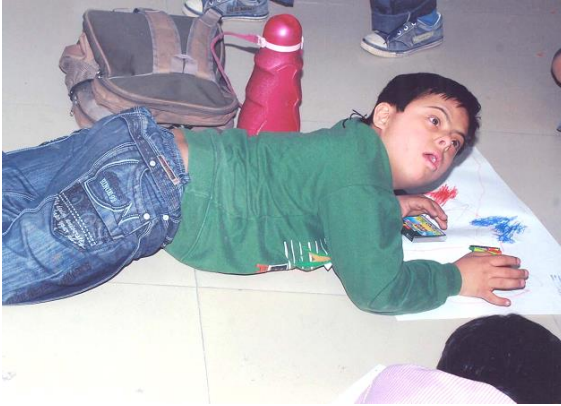


### List of Games:

- 1- Banana Race
- 2- Balloon Race
- 3- Musical Chair
- 4- Flat Race
- 5- Frog Race
- 6- Walk Race
- 7- Bocce
- 8- Bucketing the Ball
- 10- Hopping Race



4 - Painting competitions provide a platform to portray thoughts and ideas on canvas. The masterpieces by these special children are a perfect amalgamation of various colors of life.



5- Vocational training program (bag making, pen holder, cooking etc) to highlight the creativity embedded deep inside the soul.



6- Picnic: To provide the most enjoyable and beneficial time in the life of children with special needs and helping them to bring into the social mainstream under conditions in which they are accepted, respected and given a chance to become more productive citizens, “Society For Child Development- Ministry of Social Justice and Empowerment” has been organizing an annual Goody Bag Picnic for the past eleven years. We are happy to see students having a wonderful time, making friends, sharing food, playing games and winning prizes.





#### 7- Joy of Giving Week:

The Joy of giving week is India's "Festival of Giving" launched in 2009. The festival is celebrated every year in the week including Gandhi Jayanti, i.e. 2<sup>nd</sup> to 8<sup>th</sup> October and brings Indians together all across the country and abroad to celebrate the pleasure of "GIVING".

Joy of Giving Week brings smiles on the faces of hundreds of underprivileged children as celebrities spend quality time with them. It is a "Festival of Philanthropy" celebrated every year by engaging people through "acts of giving" money, time, resources and skills, spanning corporate, N.G.O. s, schools, colleges and the general public.



#### 8- Festival celebrations and Cultural activities

A host of festivals are celebrated on school campus to make the children aware of the concepts of freedom and independence; to share the joy of Christmas and the glamor of Diwali; to enjoy the delicacies of Eid and to walk on the paths trodden by great leaders.



#### Services offered

Child Guidance Center offers a host of services like

- ♦ I.Q. Assessment: Students are assessed by a trained psychologist and are enrolled either under the Mild or the Moderate category depending upon the status of mental retardation.



- ◆ Behavior Modification Programs: Several behavioral issues of special children are addressed by classroom and home-based programs.

- ◆ Special Education: Academic classes for these children are conducted by special educators who are qualified and trained professionals. They mold the curriculum and lesson plan according to the IQ level of each individual for a better understanding.



- ◆ Speech therapy: Several sessions for speech therapy are provided by special instruments that help the students to develop their vocal skills.



- ◆ Counseling sessions: Several sessions of counselling are conducted to analyze the overall physical, mental and behavioral development of the students.



- ◆ Psychotherapy: Various physio activities are conducted to improve the fine motor skills of students who suffer from muscle, bones and nerves disorders.



- ◆ Vocational Training Program: Vocational training is provided to children below 12 years to make them self-dependent and reliant.
- ◆ Play therapy: Play therapy enables the students to identify shapes, colors and helps them to count and understand and implement basic logical operations. This therapy is provided at initial stages when students are not able to academically sustain themselves.





### Staff profile

S. No:	Name & Designation
1	Dr. Nishat Bano Naqvi Project Director
2	Ms.Naseem Fatima Special Educator
3	Dr. Faran Shamsi Social Worker cum Counselor
4	Shabnam Special Educator
5	Mohd Mursalin (Siddiqi) Office Assistant
6	Mr. Iqubal Hasan Accountant
7	Mrs. Kritika Nanda Jr. Psychologist
8	Dr. Mohd Abid Ali Jr. Speech Therapist
9	Ms. Gaura Devi Sweeper cum Peon

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