

paraSpara

REHABILITATION INITIATIVE FOR PARAPLEGIC VICTIMS

மீண்டும் வாழ வேண்டும்

Nature of Illness and condition of living

Paraplegia is a post traumatic physical condition that makes human lives stock-still. Yes, it is almost like living dead for the rest of the life. Technically, it is a state of breakdown of the nervous system which paralyses the functioning of the body below the bust. , They can never recover, they cannot move and they are totally dependent for everything yes, even for nature's call.

No one would expect this to happen in their life. It brings a sudden change of situation in their family environment. In the initial days with the hope to improve their condition they spend all the money including their savings for medical cure. Some even borrow lakhs and lakhs of money and ultimately find them wasted. One fine day they realize that they can never recover, at which point of time they are penniless with lots of loans to be repaid and lose their earning capacity due to the disability. Life then comes to a full stop and they exists in the process of slow death.

Apart from this suffering, the bitter part starts with their dependency, helplessness, lack of support and betrayal by their own family and the society at large. They are pushed to a corner where their cries are unheard and they reach a point of no return.

Initiative of Udavum Karangal towards Paraplegic patients

Udavum Karangal has identified 150 such persons in and around Chennai viz., Tiruvallur, Kanchipuram, Thiruvannamalai and Chengalpet Districts who are fighting a losing battle. We all need to understand that they too are human beings and are part of our family who require our utmost attention and care, as given to infants.



What we do to bring solace

This can happen to anyone, the rich the poor, the young the old, etc. Udavum Karangal, considering their plight, have started this initiative called “paraSpara”. This has been designed to habilitate the paraplegic victims to provide at least a ray of hope, if not their original active life. Of course, darkness exists only if there is light.

The objectives of paraSpara are:

- Provide Pain free life
- Ensure Basic amenities
- Get them Nutritious food
- Teach Livelihood skills
- Supply prescribed Medicines

Team for operating the paraSpara Project:

The following dedicated team under the leadership of Mr. S. Vidyaakar, Founder & Social Worker has been formed for the Project:

Sl.No.	Team	Activity
1.	Social Worker	Documentation
2.	Health Supervisor	Assessing and organizing handling over of relief materials.
3.	Para medical staff	For dressing
4.	Nurse	For medication
5.	Driver	For providing logistics
6.	Helper	For general assistance

**All the above staffs are unpaid volunteers who attend to the Paraplegic patients in their spare time*

Our Team visits the Paraplegic persons in frequent intervals in their houses, finds out their need and provides them the same at the earliest possible time. We have projected a sum of Rs.20, 000/- worth of items that will be given to each patient.



A rare opportunity for Well Wishers & Donors

Your act of kindness can make a huge difference.....

1. You can opt to **Volunteer** to assist these Paraplegic persons during spare time on Holidays/Sundays under the guidance of Udavum Karangal Team. A few hours of volunteering can transform their lives and bring happiness.
2. If you can identify such patients who are in need of the above items, can co-ordinate with Udavum Karangal Team for rendering necessary help to the patient.
3. You may contribute towards the supply of the above mentioned items worth Rs.20, 000/- each or even buy us the above items and donate in kind.

Items needed by the Paraplegic patients are:

SI.No.	Items needed	Cost (For Donation)
1.	Medicines prescribed by their doctors for a month	Rs. 1000
2.	Diapers and medical accessories like bed pan, walker set, catheter, lose dresses like Pyjamas/lungis	Rs. 2000
3.	Hospital Air bed with air pump fillers	Rs. 3000
4.	Essential kit including rice and provisions	Rs. 5000
5.	Medical Cot, with mattress, pillows(2), bed sheet and bed cover - one set	Rs.10,000
6.	Cost of providing full relief materials (SI.No. 1 to 5 above) to one Paraplegic person	Rs. 20,000

Well Wishers who would like to Volunteer may contact Mr. Vidyaakar, Founder Secretary, Udavum Karangal, in Phone No. 9940188011 or 9841035511

Well Wishers who would like to contribute towards the above mentioned items required for Paraplegic persons can pay through our Website <https://www.myhelpinghands.org/donate/> . Click on Donate link and then login and select General from **Purpose** and select the **Scheme** as per your wish.



After payment, send us a mail to udavumkarangal@gmail.com, indicating the details of payment with PAN No. and Phone number.

All donations towards the above Project is exempt u/s 80 G of IT Act.

SPREAD THE MESSAGE

Well Wishers are requested to share this message with their friends and relatives to Volunteer/ Donate to help the paraplegic patients.



Mr. Mohan, Health Supervisor, handing over essentials to a paraplegic person