“A DROP OF YOUR LOVE CAN TRANSFORM THEIR LIVES”

– LIVELIHOOD & REHABILITATION PROGRAMME

For recovered mentally challenged persons of Coimbatore and Coonoor.

UDA VUM KARANGAL, (Registered, Non-profit, Non-governmental & Social Welfare Organisation) a Unit of which is operating from Coimbatore has been serving the rural Community through Parivarthan Health Care Services, by undertaking to identify, make aware, give treatment and ensure rehabilitation of mentally challenged persons, while they are with their family.

Under its Community Health Care services scheme, a team consisting of Psychiatrist, Psycologist, Social Workers, Psychiatric Nurses and allied Para medical staff, visit the villages and survey the families in and around Coimbatore and the Hills of Coonoor and provide psychiatric treatment through their Camps held on a monthly basis.

Most of the patients under treatment are from a poor socio economic background. Providing them free treatment for mental illness is the 1st phase of our Community Health Care Services scheme. Phase 2 is the rehabilitation Programme involving livelihood engagement of the patients to make them productive persons to the family.
As an extension of this, UK has proposed for a Livelihood Rehabilitation Programme for these recovered mentally challenged persons in Coimbatore and Coonoor. The Parivarthan team has identified around 500 persons from their Camp Centre viz., Rural Coimbatore and Tribal areas of Coonoor who deserve support for income generation for their sustenance.

From out of the discussions with the family members of patients the following livelihood schemes have been evolved under the surmise – “Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime”, which are simple and achievable –

- Providing a pair of goats (male & female);
- Installing a petty shop;
- Providing sewing machine with accessories.

The above will be provided free of cost, to each of the identified rehabilitated psychiatric patients who are residing with their family and are following up with the regular medical treatment without dropout.

**The Purpose** of the Project is to enhance the occupational skills and socio-economic status of the rehabilitated patients under the Parivarthan Scheme.

**The objective** of the project is to serve and treat the mentally ill persons who are economically backward, by providing occupational opportunities and support themselves and their families.

**The expected impact** of the Project are:

- Undertaking such activities like rearing of Goats, having a petty shop or engaging in tailoring, involves interaction with the people in the society which gives them exposure and also is seen as an occupational therapy which improves the patients wellness and also their economical status.
- Will be a motivation for the patients to take up similar other activities with the support of the family members that will make them economically stronger.

This project will take the treatment to the next level by providing therapeutic treatment, and also improve their confidence level to face the society.
The following are the Programme wise cost break up for the 1st Phase:

<table>
<thead>
<tr>
<th>No.</th>
<th>Proposed rehab programmes</th>
<th>Cost for one person</th>
<th>Maximum persons to be enrolled in each programme</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>One pair of Goats (one male Bucks and one female Does) ***</td>
<td>Rs.10,000 / $150</td>
<td>300 persons</td>
</tr>
<tr>
<td>2</td>
<td>One Tailoring machine with all accessories, like thread, scissors, cover, tool kit, etc.</td>
<td>Rs.7,000/ $100</td>
<td>25 persons</td>
</tr>
<tr>
<td>3</td>
<td>Saree Shop</td>
<td>Rs.5000/$ 75</td>
<td>10 persons</td>
</tr>
<tr>
<td>4</td>
<td>Petty shop</td>
<td>Rs.2000/$ 30</td>
<td>10 persons</td>
</tr>
<tr>
<td>5</td>
<td>Dry Fish Unit</td>
<td>Rs.1000/$ 15</td>
<td>10 persons</td>
</tr>
</tbody>
</table>

*** As regards goat rearing there will not be any expenditure for the recipients as they live in rural areas where grass and other plants are freely available for feeding of the goats and even maintenance, like place of housing these goats will be freely available.

In the 1st phase we have already distributed 50 pairs of goats to the rehabilitated patients utilizing our resources.

Donors may come forward to contribute towards any of the schemes for support of the rehabilitated persons of the community.

Donations can be made as follows:

Contributions may be sent in the name of “Udavum Karangal” either through Cheque or DD and posted to Udavum Karangal, 460 NSK Nagar, Arumbakkam, Chennai 600 106, Ph: +91-044-26222161.

or else you can donate online thru our website link https://www.myhelpinghands.org/donate/
Once you login, Select under Group “Parivartan Community Services” and then select your preferred scheme and donate.

Donations are tax exempted under 80-G of the IT Act in India and under 501c in USA.