

Anugrah is a program that improves the lives of children with developmental disadvantages by journeying with them and their families through friendship, and by providing education. Part of the Community Health and Development Project of Herbertpur Christian Hospital, the Anugrah centre emerged through one father's commitment to looking after his son, Anugrah, who was diagnosed with Cerebral Palsy.

Anugrah programs focus on all aspects of these children's lives by enhancing their developmental prospects, improving the well being of their families, creating specialised services to meet their specific needs and creating a responsive and responsible community.

Anugrah currently runs an Intervention Centre for 26 children that focuses on physical and occupational therapy, life skills and special education. Within a 20km radius of the centre are another 40 children enrolled in a Community Based Rehabilitation program where community members are trained to work with children in their homes, involve them in play groups plus engage them in ongoing physical and occupational therapy.

### Major Activities

Assessment of physical, social, learning abilities of children; planning customized, child specific intervention program; forming developmental groups in the communities; capacity building; awareness programs; and networking for advocacy.

### Key Accomplishments

A Disability camp was organized on 29 January 2008 and 80 disability certificates and 70 concession certificates were issued for transport facilities. Community play groups and developmental groups were held twice a month. An assessment of the home environment, safety needs, and a general survey was conducted. Feedback was given to the parents regarding the ADL activities that were introduced in the centre and the changes that were observed. Regular prevocational trainings were conducted for 15 children of AIC and new activities like making newspaper envelopes, designer envelopes, and greeting cards were identified for them.

### Focus on the Poor

The aim of the program is to bring children with developmental disadvantages together, within the context of their community, to learn from each other and to provide support for their parents. The children have opportunities to learn social skills and improve their understanding of the world. The program also helps improve parents' awareness and enables them to support and learn from one another.



Anugrah and HCH are part of the Emmanuel Hospital Association (EHA). EHA exists to transform communities through caring, with a primary focus on the poor and marginalized. With a catchment population of nearly seven million, EHA treats more than 500,000 patients each year in some of India's most needy areas. EHA was founded in 1970 as an indigenous Christian health and development agency serving the people of North India.





<b>Friday Day 1</b>	Depart Australia for Singapore. Arrive Singapore. Depart for New Delhi, India. Arrive New Delhi - customs and immigration. Stay in New Delhi.
<b>Saturday Day 2</b>	Orientation in New Delhi. Explore Indian historic sights. Begin to unpack Moghul/Muslim history and their impact on the indigenous Indian population. Rest and acclimatize from jet lag.
<b>Sunday Day 3</b>	Take the iconic Indian train trip from Delhi to Haridwar - a key Hindu Holy City on the Ganges River.
<b>Monday Day 4</b>	Explore Haridwar's sights and begin to unpack Hindu world view. Visit a number of Ashrams and see the pilgrim's routine.
<b>Tuesday Day 5</b>	Train to Dehradun. Private bus to Herbertpur. Orientation at Herbertpur Christian Hospital (HCH).
<b>Option 1 Day 6 - Day 8</b>	Meet and begin to build a relationship with staff and managers at HCH. See the hospital in action and develop further understanding of the vision and extension plans.
<b>Option 2 Day 6 - 8</b>	Meet and begin to build a relationship with Anugrah staff and children. Visit the sites where Anugrah works with disabled children as they seek to re-integrate these children into their own community and support parents in managing their various disabilities.
<b>Saturday Day 9</b>	Train back to Delhi. Final evening in India spent at famous Indian Restaurant.
<b>Saturday Day 9</b>	Travel to Delhi Airport. Depart for Singapore. Arrive Singapore. Depart for Australia.
<b>Sunday Day 10</b>	Arrive back in Australia.



Location	Distance (km)	Travel
Melbourne, Australia	0	
Singapore	6076	Plane
New Delhi	4149	Plane
Haridwar	200	Train
Dehradun	35	Train
Haridwar	35	Train
New Delhi	200	Train
Singapore	4149	Plane
Melbourne, Australia	6076	Plane

\*The information in this itinerary is to be used only as a sample guide. Each company participating in a Leadership Journey can tailor their itinerary to suit their needs.