

M A N U A L

COMMUNITY BASED REHABILITATION

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Dedicated to

*To the Loving Memory
of*



Late Prof. Tirath Gupta

Birth : 6th March, 1935 *Demise* : 14th February, 1990

A Life of Devotion & Dedication

Courtesy :

Sneh Gupta

Ashwani Gupta

Abbreviations

ADL	: Activities of Daily Living
BPA	: Blind People's Association, Ahmedabad
CBR	: Community Based Rehabilitation
IE	: Integrated Education
MSJ&E	: Ministry of Social Justice & Empowerment
NAB	: National Association for the Blind (India)
NAB RAC	: NAB Rural Activities Committee
O&M	: Orientation & Mobility
Project	: CBR Project
PWD Act	: Persons with Disabilities Act, 1995
CAHD	: Community Approaches to Handicap in Development

Glossary

Prevalence Rate: It means the number of persons having disability per 1,00,000 population at point in time.

Incidence Rate: It means the number of persons who became disabled during 365 days preceding the date of survey per 1,00,000 population.

Blindness: It refers to a condition where a person suffers from any of the following conditions, namely-

- total absence of sight; or
- visual acuity not exceeding 6/60 or 20/200 (Snellen) in the better eye with correcting lenses; or
- limitation of the field of vision subtending an angle of 20 degree or worse.

Mobility: It is defined as "movement" not just a particular technique or device; it is the aim of obtaining freedom of movement safety in travelling as well as minimizing the level of stress placed upon the visually handicapped person.

Orientation: It is the ability to locate oneself in one's environment. It is a skill that is related to the use of the remaining senses of a person to establish one's position in, and in relation to significant objects in the environment.

Activities of Daily Living: It comprises everything entailed in human life and relationships. These are the basic activities necessary during an ordinary day.

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Foreword

It gives me great pleasure and a tremendous sense of satisfaction that a small Community Based Rehabilitation Project, which was initiated almost 19 year ago, has replicated itself in several states of India. It was nearly 42 years ago in the year 1959 that India saw her first rural rehabilitation project for the blind. Capt. H.J.M. Desai (Recipient of Padmashri Award) the founder Honorary Secretary General of NAB India had visited Sambha Training Centres for the Rural Blind in Africa in the mid fifties under the auspices of the Royal Commonwealth Society for the Blind now "Sight Savers International". The Late Sir John Wilson, Founder Director of Royal Commonwealth Society for the Blind mentioned to him that like Africa, India was also mainly rural and so was its blind population. Hence it was necessary to devise programmes and projects for the rural blind living in India's almost 600,000 villages.

Sir Doraji Tata Trust was approached, a grant of Rs. 200,000 was sanctioned and a property of almost 200 acres at the village Phansa in South Gujarat was purchased. Thus were sown the seeds for developing services for the rural blind in India through the Tata Agricultural Centre for the Blind (TACEB) under the auspices of NAB, India. The rural blind from several states were admitted to undergo training at this center in agriculture, horticulture, animals' husbandry and rural pursuits.

The First Prime Minister of India, Mr. Jawaharlal Nehru accompanied by the then Finance Minister, Mr. Morarji Desai, Vice Chairman of the Planning Commission and the Chief Ministers of Maharashtra and Gujarat landed at a specially constructed heli-pad and spent a day observing the training of the rural blind.

The Centre attracted blind welfare workers from Malaysia, Sri Lanka, Egypt as also experts from the United Kingdom and United States of America to study its working. It can be truly said that training of the rural blind in agricultural and rural pursuits began at Phansa and was a precursor of CBR programmes, which were then in the conceptual stage.

19 years have gone by since the first CBR project became operational at Dholka in Gujarat. As of now 128 projects in 15 States have been successfully accomplished under the guidance and supervision of the NAB RAC. One cannot but laud the tremendous zeal and enthusiasm of Dr. Bhushan Punani and Ms. Nandini Rawal in nursing, nurturing and spreading the concept of CBR and spreading it in different parts of India. Under their leadership, the NAB RAC is regularly organizing training courses in the philosophy and mechanisms of CBR for the honorary and professional worker from different parts of country.

The pages that follow come out of rich experience gathered almost over two decades in conceiving, formulating and implementing CBR projects. I am sure the wealth of information, with which this volume will provide, will be of tremendous help to those voluntary and professional personnel interested in the rural rehabilitation of the visually impaired. The present line of thinking is now to have multifaceted CBR combining all categories of persons with disabilities. Several such programmes have already been initiated and we hope the experience derived in operating such multi-category programmes will prove of great value in the development of these services.

Dr. Rajendra T. Vyas
(Recipient of Padmashri Award)
Chairman NAB RAC
Honorary Secretary General : NAB, India

Preface

I am delighted that Bhushan Punani, Nandini Rawal and Jasmine Sajit have brought out the much awaited and updated third edition of Manual. I have personally witnessed the of the concept of CBR across the country and especially under the auspices of the National Association for the Blind as well as the Blind People's Association. I am delighted to know that this concept is no more just a pilot project or a programme; it is emerging as a national movement. A lot of initiatives at the national and international level have been taken for promoting this concept in many developing countries.

The major national level initiatives include implementation of the National Programme for the Rehabilitation of the Persons with Disabilities as well as District Rehabilitation Programme under the auspices of the Ministry of Social Justice & Empowerment. I am proud to inform that the Department of Social Justice & Empowerment, Govt. of Gujarat has initiated and supported a statewide programme, popularly known as Maharishi Ashthavakar Yojna. The target for this scheme is to cover each and every person with a disability across the State of Gujarat. Similarly, expansion of the concept of integrated education under the auspices of the Gujarat Council for Educational Research and Training would enable thousands of children with disabilities to have access to neighbourhood schools. I am sure this Manual will be extremely useful to all the persons promoting and implementing all these very ambitious programmes.

As all these initiatives are likely to involve a large number of functionaries across the country, I think the Authors should now publish this Manual in Hindi, and all regional languages. I am confident that leading Developmental Agencies, State Governments and proponents of the CBR would come forward to support publication of this Manual in different languages.

I am confident that the concept of CBR will enable each and every

person with a disability in the country and also in other developing countries to have access to appropriate services on comprehensive rehabilitation and social integration. The National Association for the Blind as well as Blind People's Association would always be pleased to extend fullest cooperation to any organization or individual willing to promote the concept of CBR.

I am honoured that this Manual has been dedicated to Late Prof. Tirath Gupta. Last, but not the least, I congratulate Bhushan Punani, Nandini Rawal and Jasmine Sajit, for their untiring efforts of keeping the flame of CBR burning for ever, and ever stronger.

Arvind Narottam Lalbhai
President

Blind People's Association (India)
Ahmedabad

Acknowledgments

We are pleased to present the third and much richer version of our earlier CBR Manual, popularly known as the Green Book or the Bible on CBR. The present Manual contains our updated philosophy and methodology of operation of our community based rehabilitation projects for the rural visually impaired. Our first volume of Manual was published in 1987, followed by the second edition during 1997. The second edition of the Manual was distributed around the world, especially in countries in the Africa region. Considering the ever increasing demand for the Manual, we have updated and improved the same. This Manual now presents a more comprehensive and practical approach for the promotion of comprehensive CBR programmes in the developing countries for the persons with all categories of disability.

To late Jagdish K. Patel, our guiding spirit, ever-lasting source of inspiration and our mentor, who encouraged and guided us to promote the concept of CBR, we very respectfully dedicate third Manual as a memorial. We present this Manual to Mrs. Bhadra Satia, lifetime partner of Jagdish Patel and General Secretary of the Blind People's Association as our appreciation for her devotion to the cause. Similarly, credit for the publication of third edition of the Manual goes to Dr. Rajendra T. Vyas, General Secretary, National Association for the Blind for extending his fullest cooperation and for sanctioning the grant for meeting cost of printing.

We thank Mr. Arvind Narottam Lalbhai, President; Mr. Jahangir Cama, Vice President; Mrs. Nandini Munshaw, Secretary; Mr. Nanalal Kanabar, Secretary; F. J. Porwal, Treasure; Harish Panchal, Director (Training) and Executive Committee Members of the Blind People's Association for their support and guidance from time to time.

Mrs. Vimal Thawani, Vocational Counsellor and Mrs. Brahada Shankar, Coordinator, Low Vision Centre contributed to the text of the Manual by giving their valuable suggestions.

We thank Mr. Zakir Sipai for the pains he has taken in so beautiful

setting the Manual. We are also grateful to Mr. Sajit S. for designing the cover page, Mr. Pankaj Shah, Mr. Damji Tank, Naranbhai Patel and Prashant for printing the Manual in a record time at most reasonable cost. We are grateful to Capt. H.J.M. Desai, Vimal Thawani, Akhil Paul, Bhaskar Upadhaya, Late Madhukar Suryavanshi, Dr. B. K. Panchal, Jasmine Sajit, Kinnari Desai, Rambhai Jadav and Bharatbhai Macwana, and field functionaries of CBR all of them true architects of the concept of CBR presented in the Manual.

Leelamma Thomas and Lalitha Nair deserves special thanks for their back breaking efforts in typing and retyping so patiently and tirelessly. Last but not the least, we thank the Members of the NAB RAC for their valued support and guidance.

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About the Authors

Dr. Bhushan Punani is the Executive Director of Blind People's Association (India) - BPA - for over two and a half decades, a recipient of Helen Keller Award sponsored by the National Centre for Promotion of Disabled People (1999) and R. M. Alpaiwala Award by National Association for the Blind, Mumbai (2001).

Recently he is elected as Chairperson for ICEVI (International Council for Education of People with Visual Impairment) West Asia Region.

He is Advisor (E&R) to the Christoffel Blindenmission and Rehabilitation Consultant to the Sight Savers International of England.

Being member of the World Council of the Deafblind International, Chairperson of the Sense International Governing Body, invitee member of the Working Group on Empowerment of Disabled constituted by the Planning Commission GOI, for the 10th Five Year Plan (2002-07), member of the Rehabilitation Council of India Committee of Professionals in the field of Visual Impairment and member of the General Council of the National Institute for the Visually Handicapped, Dehradun he is quite well versed with the state-of-the-situation trends regarding management of disability and disability development in India as well as over the globe.

He has published many technical articles in National and International Journals on the subject of Disability, Handbook and a Manual among other books useful for the functionaries in the field of managing persons with disabilities. He has presented papers at a large number of National and International Workshops, Seminars, Forums, Conferences and Conventions.

He is PGDBM of the Indian Institute of Management, Ahmedabad. At Haiffa University, Israel he successfully completed Advanced Vocational Rehabilitation Course in 1984. He has been awarded Ph.D. by the Gujarat University for his thesis on the Administration of Special Education.

Mrs. Nandini Rawal is the Project Director of BPA for over two decades and at present she is the Secretary of the ICEVI (International Council for Education of People with Visual Impairment). She is invitee member of the Evaluation and Monitoring Committee Constituted by the Board under the National Trust Act, 1999, member of the Community Based Rehabilitation Forum, and the of the Board of Governors, Eklavya Education Foundation as well as India Renal Foundation of Ahmedabad. She has co-authored number of books and has contributed thought provoking articles on CBR and Disability Management in national and international journals of high esteem. She has also presented papers at the regional, national and international workshops, seminars, forums and conferences.

She is MBA from the Gujarat University and has majored in Economics at B.A.

Jasmine Sajit started her career at BPA for CBR Project and headed the State Funded Maharshi Ashtavakra Yojana - a CBR Programme as Chief Coordinator. Here she was instrumental in training a cadre of CBR field functionaries in different locations of India. Moreover, she happened to develop a concept paper on implementation of CBR Project for the People with Psychiatric Disabilities. Presently she is Project Officer (Public Health) with Handicapped International an INGO. As a part of her career development she has undergone rigorous training in Developing Social Communication Tools at the Centre for Disability Development, Dhaka, Bangladesh.

She has participated in deliberations and presented papers at the number of Workshops and Seminars on CBR.

She holds Post Graduate Degree in Applied Psychology from Mumbai University.