

SUNRISE LEARNING FOUNDATION

Cherishes Childhood, Salutes Motherhood

Sunrise Learning Foundation is a not-for-profit Non-Government Organization, registered under the Indian Trusts Act, 1882. The NGO is dedicated to working for children on the autism spectrum, providing educational and para-educational services to these children, and support services to their families (at an all India level).

Founder's Note:

As a parent of a child with special needs, I thank God for giving me the beautiful opportunity to start and nurture Sunrise Learning, with a clear aim to create acceptance and inclusion for these children.

Sunrise Learning has come a long way, in the last 4 years. Continuing the efforts ahead, I aspire to take the educational and parent support services of this school, to amazingly new heights of excellence.

- Dr Sonali Kataria



With the blessings and support from the senior members of the Foundation, Sunrise Learning has moved to its new big premises that is providing for several possible facilities for the children.

A dream coming true..!!

VOCATIONAL TRAINING COURSES, for providing good learning and earning opportunities for young adults on the autism spectrum are commencing in October 2018

SUNRISE LEARNING Centre for Autism & Special Needs

(A unit of Sunrise Learning Foundation)

SD- 01, Sector 116, next to sector 77, Noida

W: www.sunriselearning.in

F: www.facebook.com/sunriselearningnoida122;

F: www.facebook.com/sunriselearningfoundation

E: sunriselearningnoida@gmail.com

Ph: 858592038, 7042979118



Donation details: SUNRISE LEARNING FOUNDATION

Acc No 50200019669011; IFSC: HDFC0004263;

All donations are exempt u/s 80G and 12A of Income Tax Act

Email: sunriselearningfoundation@gmail.com

About autism: understanding the mystery

Autism is a neuro-developmental condition, usually reported between 1 and 3 years, with most common symptoms being: “no speech yet” or “still in diapers” or “doesn’t look at me” or “doesn’t respond to his name”.

- The child may have some or more of the following presenting features:

- Poor eye contact
- Difficulty to communicate his needs by pointing or gestures or small words,
- Difficulty to interact or play with peers, or toys in a meaningful way,
- Fixation/ obsession with certain things/ activities
- Repetitive activities (can do the same activity for hours alone)
- Withdrawal and disconnect from the environment
- Hardly any sense of danger / body awareness (may not get bothered by toilet accidents)
- Difficulty to express emotions and feelings effectively (may laugh/ cry inappropriately)
- Rigidity of routines, people and things (difficulty in flexibility of plans)
- Discord of senses (gets extremely disturbed with noise or lights or crowds or touching, or seeks excessive pressure or jumping, finds it difficult to focus, concentrate and follow instructions)



- On March 27, 2014, the Centers for Disease Control and Prevention (CDC) released new data on the **prevalence of autism** in the United States. This surveillance study identified **1 in 68 children** (1 in 42 boys and 1 in 189 girls) as having autism spectrum disorder (ASD).
- The current prevalence of autism in 2017 is perhaps 1 in 45.
- ***Since there is no cure yet, the parents of these children tend to either fall into denial mode, or depression, or false traps of “magical remedies”. There is a heartbreaking number of autism parents who resort to desperate measures including suicide, due to lack of support system and direction.***

How do Sunrise programs help parents?

- **Sunrise provides a great support system for these parents**, through all of these: forming parent networks, groups and forums for keeping in touch with each other, sharing their experiences, good and bad, and sharing relevant information, initiating team work for organizing parents and children events etc. We organize “autism mela”, frequent picnics, crazy fun events, art & dance competitions and sports events for children and their parents together.



- Most importantly, **we empower parents**, by providing them with adequate information about their children’s condition, their strengths and challenges, to bring about **complete acceptance**. Once the parents accept their children, exactly as they are, they are far more willing and motivated to help them in better ways.
- **Dermatoglyphics Multiple Intelligence Test (DMIT)** is an innovative technology, available with Sunrise to identify the strengths and interests of a child who is yet not able to express his/ her inclinations. Parents feel empowered once they are informed about their children's inherent abilities.
- Then we teach and train parents in every possible aspect of autism management, that is well established as of now.

How do Sunrise programs help children with ASD?

Principles:

1. Autistic children learn best through structured teaching methods, with visual supports. Therefore pictures and visuals form an important part of our learning programs.
2. Children with autism indulge in stimming/ isming (repetitive “weird” behaviors that children do, to satisfy their sensory needs). Therefore “joining” them in such “peculiar” activities and entering their bubble to play with them, **inside their world**, is a way of accepting these children, with a non-judgmental attitude. And this approach helps to develop a bonding and connectivity between the teachers and the children, that facilitates better learning.

At present, Sunrise Learning proudly conducts the following programs :

- Early Learning Center for junior children (3-6 years) on the autism spectrum for early intervention and ***inclusion with the preschoolers***
- Early Learning Center for senior children (6-12 years) on the autism spectrum for school readiness programs
- Pre-Vocational program “ican” for senior children (12-18 years) on the autism spectrum for teaching them skills for vocation
- Vocational Training Courses for young adults (18-22 yrs) on the autism spectrum, for helping them to specialize in specific fields of interest or strength.
- Sports Academy (registered with Special Olympics Bharat) for conducting sports activities, specifically for autistic children
- **All these school and extra-curricular programs are directed towards achieving 4 fundamental goals for autistic children: *Independence, communication skills, social skills and sensory integration***

Apart from regular school programs, we also conduct and organize the following:

- Annual picnic (first Saturday of February)
- Annual Function (last Saturday of February)
- Annual Special Sports Meet (around World disAbility Day, 3rd December)
- World Autism Awareness Day (first week of April)
- Graduation Day (last Saturday of March)
- Founders Day and Children’s Day (on 14th November)
- Several competitive events for children and parents, Mothers dance parties
- Festival celebrations

Our approach and reach



- Our efforts are directed towards helping the parents to help their children in turn, so that the parents can identify the strengths and understand the special needs of their children, and then teach their children the skills needed to overcome the challenges associated with autism (the key skills being communication & independence).
- Till now, our NGO has helped **more than 200 autistic children in the school & pre-vocational programs together** (Sunrise provides a unique social environment for autistic children with group play activities and all relevant therapies under one roof: special education, occupational therapy, speech therapy, art, music and dance therapy, play therapy, yoga and sports). Providing an inclusive atmosphere to autistic children, with neuro-typical preschoolers is the key element for early intervention, that Sunrise Learning is proud of.
- We have also been providing once a week/ once a month (or once in two months) **home-programs for more than 65 children** of different states of India, who come to visit us for assessments, counseling, detailed discussion sessions as well as workshops/ training programs, to help them deal with the challenges of their children better, as according to these parents, such training programs are not available in their cities. Parents who come from very far off places are provided accommodation at nearby premises, with their children.
- One child comes to us from Saudi Arabia, once every 6 months, to get assessments and detailed home programs. He has benefitted immensely from these programs, and is enrolled in a mainstream school in Saudi.
- Also, so far, more than **100 mothers have been trained through our Mom & Child Programs**. Mothers come with their children from as far as Gauhati, Patna and Gorakhpur, to stay close to our premises and attend the 6-8 weeks Mom & Child training programs. It's a great opportunity to be a part of their learning journey.
- In the last 3.5 years, we have conducted more than **12 major workshops for parents**, several monthly & quarterly seminars, many Autism awareness programs, theater plays and stage shows in schools and near-by societies.
- More than **800 children have participated in our sports activities/ events**, through the Sunrise Learning Sports Academy, for various games & sports that are specifically tailored for autistic children as per the Special Olympics curriculum.

Our Founder members



Dr Sonali Kataria

Founder, Sunrise Learning Foundation:
MBBS, MD (AIIMS), DNB, MNAMS
Certified Autism Specialist (IBCCES)
Visiting Faculty (University of
Melbourne, AUS)
Son-Rise Program (Autism Treatment
Center of America, Massachusetts, USA)
Post Graduate Diploma in Education
Administration (Symbiosis)
Teachers Training in Special Education
for Autism (American Tesol Institute)
Center-Head, Sunrise Learning, Noida



Dr Ajay Sirohi

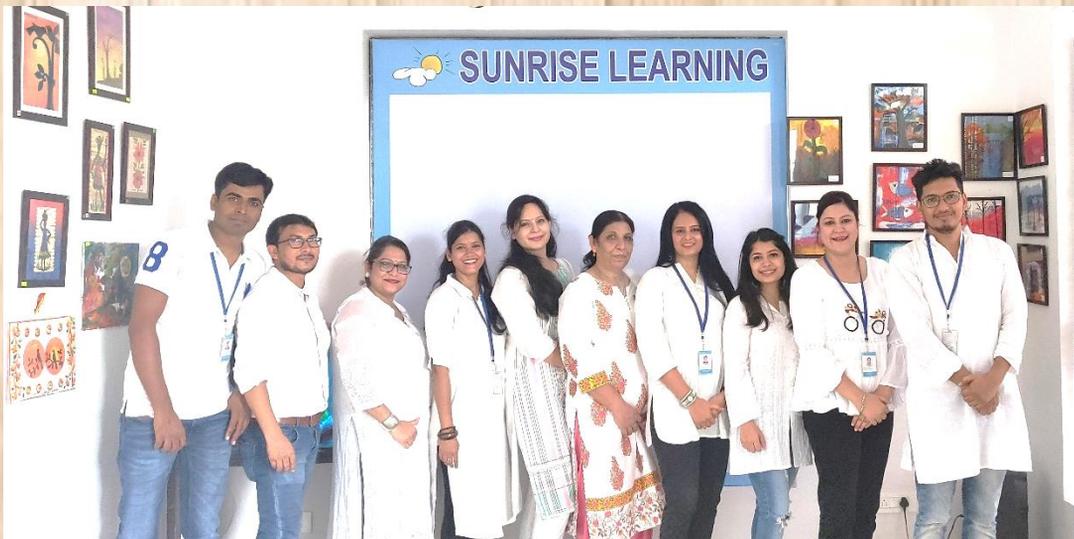
Co-Founder and Treasurer,
Sunrise Learning Foundation:
MBBS, DNB, MNAMS
Consultant Anesthesiologist
Emergency & Pain Specialist
Sir Ganga Ram Hospital, New Delhi



Dr VP Kataria

Vice-President,
Sunrise Learning Foundation:
MBBS, DA
Consultant Anesthesiologist
Emergency Management
Meerut
Senior Executive member
and ex-President, IMA Meerut

SUNRISE LEARNING TEAM



Sunrise Learning Team:

Doctors, Certified Autism Specialist, Special Educators, Occupational Therapist, Clinical Psychologist,
Speech therapist, Vocational Teacher, Special Sports teacher, Yoga teacher, Art & Dance teachers.
Sunrise mothers form the strongest support system.

LITTLE RAYS OF “JOY” AND LOVE



Sunrise proudly provides education to 21 under-privileged children, named as “Joy” students. These children belong to the Sunrise staff and the neighboring laborers. Sunrise either pays for the tuition fees of these children who are enrolled in close-by schools, or provides them with evening classes in Sunrise premises.

Besides, Sunrise Learning Foundation also provides special education facilities to under-privileged students with special needs, by fund-raising for them in various ways. Our “joy” students are a part of Sunrise family.

In the last 4 years, we have successfully conducted 5 major donation drives for laborers working in nearby construction sites, where the Sunrise students gift clothes, food, utensils, toys and other things to these poor people, and experience the “joy of giving”.



About Mom & Child Programs

*People will walk in and walk out of a child's life. But a mother will stay.
Therefore, a mother is the **BEST RESOURCE PERSON** for a child with autism.*



And so at Sunrise, we endeavor to empower the mothers by teaching and training them in every possible aspect of management.

During the 1.5 month long program, the mother works with the child, along with all the teachers, to bring about a **REAL MEANINGFUL** change in her child's life, by helping him/her to become independent and communicative. The mothers are provided certification for this training.



We conduct 2-4 Mom & Child Programs in a year.

Pre-vocational skills programs "ican" for ASD children aged 6-18 years

Autistic children can learn to be independent and to communicate through various means, if they are provided with consistent training in a structured environment. Their challenges can be transformed into their strengths, if they are given the RIGHT kind of training, started at the RIGHT time. The training includes Occupational therapy & sports along with teaching all kinds of life skills. Our pre-vocational training program called "ican" does just that.

Computer & Cooking classes



Mall visits, Indoor sports & games



Life skills & Money concepts



"ican" products will be available w.e.f. May 2018.

Kindly write to sunriselearningfoundation@gmail.com to request for product catalogues and book your orders.

SUNRISE LEARNING SPORTS ACADEMY

(Registered with Special Olympics Bharat)

Sponsored by Vicky Sports



Yoga, sports, aerobics, sensory motor games, movement therapy, dance and all forms of physical exercise are an integral part of healthy childhood, as well as of autism management. At Sunrise sports academy, children get an opportunity to play every possible game/ sport, with the help of specialized faculty. Sports increase happiness levels, confidence, and the motivation to participate and WIN.



Specialized Sensory Integration autism therapies at Sunrise Learning

Sensory Processing difficulties are commonly associated with autism. Children find it difficult to filter out excessive sensory inputs or to process information effectively, and exhibit “peculiar” mannerisms or “behaviors”. To help them in sensory processing, these therapies are done to integrate all 7 senses: touch, vision, hearing, smell, taste, proprioception (body awareness) and vestibular (balance). Music therapy is incorporated into almost all class activities to help the children stay calm & relaxed.



VOCATIONAL TRAINING COURSES

(1 year & 2 year courses)

For age groups 16-18 years and young adults with special needs

A very large population of people on the autism spectrum, are adults. And most of the adults with such special needs are either unemployed or under employed and under-paid, despite their unique abilities and strengths.

Objective of the Vocational Training Course: Tapping the assets of the people with autism, utilizing their strengths and training them to live an independent life, with dignity. The course will involve tie-ups with companies for helping getting placements for these students.

Strengths of people with ASD: the very challenges of ASD people can be their biggest strengths:

1. They can focus on their favorite task, and continue to do it, for a long time, repeatedly, without getting bored.
2. They can focus on details
3. They are extremely rule-oriented

Approach: Sunrise Learning conducts a detailed skills assessment, taking into account the INTEREST of the student, and utilizes DMIT to identify the strengths of the people, who find it difficult to express their interests/ strengths.

The training of these students would be done in the following courses:

1. Retail Shop management Course & Courier service
2. Basic Computer Skills Course
3. Creative Production Skills Course
4. Tailoring Skills Course (bags, cushion covers, napkins, towels)
5. Office Skills Course
6. Hospitality & House keeping Skills Course



Eligibility: Assessment based (the students will appear for an assessment), the students should be able to follow instructions, respect time, workplace & authority and read and write upto class 2nd.

Apart from the regular Vocational Training, the students will get an access to Career assessment & Counselling through DMIT, Behavior management, Sports Classes, Hobby classes (Music & dance), Yoga classes, Academics (NIOS), Skill classes, speech & Language Development Classes, Fun trips, night camps, Social skill training.



Glimpses of the Vocational Training Course



Time concepts



Completing targets



Shop management



Creative art



Washing clothes



Cooking skills

GREEN INITIATIVES



Green Plantation Drive July 2018



Each student has adopted one plant and is learning to nurture it.

Sunrise Learning Students Nursery started on 20th July 2018



Technical Education, a strength @ Sunrise



Many of our students have exhibited incredible technical skills, and are using Avaz as a communication app, for helping them to communicate and develop speech & language. They are also learning to use the computer for various basic programs like MS Office.



OUR RECENT ACHIEVEMENTS



Sunrise Learning Foundation awarded PNI Achiever's Award, for empowerment of parents of special needs children.

Sunrise Learning Foundation awarded by Shri Sunil Shastri, Son of Late Shri Lal Bahadur Shastri, for empowerment of parents of special needs children.



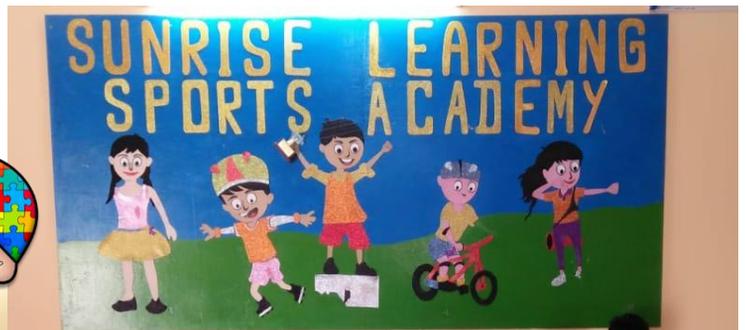
Inauguration of the Sunrise Shoppe on 18th Aug for Vocational Training of students



OUR ACTIVITIES



Sunrise Learning Foundation proudly supports the education of 21 JOY students, who belong to under-privileged families. These Joy children form an important part of the Sunrise family.



PAST ACHIEVEMENTS

Opening Ceremony of Sports Academy August 2016



Annual Special Sports Meet 2016



Parents Workshop Sept 2016



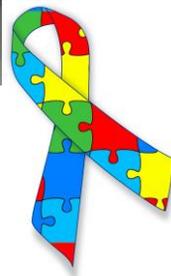
NOMINATION FOR INDIAN WOMEN AWARDS 2016 BY ZEE TV



Donation Drive Christmas 2016



Special Olympics Event 2016 at Vasant Valley School, New Delhi





RECENT ACHIEVEMENTS 2017 & 2018

Autism Awareness talk at Dr Subhash Chandra show Zee TV 2017



Chandra Show | 5th August 2017

‘कोणत्याही परिस्थितीत ध्येयापासून विचलीत होऊ नका’

Annual function 2017



Graduation Day March 2018



Providing Avaz to the students of Sunrise Learning. Avaz is an app for facilitating communication for children with speech challenges.

ican Mom & Child Oct 2017



Inclusion at neighboring schools



Annual Function 2018

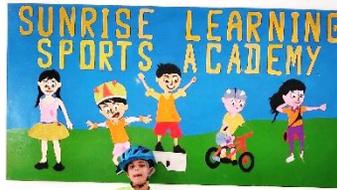
Durga Puja stage performance 2017



OUR SPORTS ACHIEVEMENTS



Sunrizers won medals at Cornerstone School Sports Meet 2017



Roller Skating at Sunrise



Sports Academy registered with Special Olympics Bharat



Sunrise Learning hosted second annual special sports meet on World Disability Day

3rd Annual Special Sports Meet 2017



Raftar Today, Sunrise Learning (A Unit of Sunrise Learning Foundation) hosted second annual special sports meet on World Disability Day for children with special needs at Korbari International School, Noida. Children in the age group of 3 years to 16 years participated in competitive event on the sports meet. Winners were crowned with special prizes and certificates and medals were awarded to all the participants to boost their confidence and learning skill. Sunrise Learning is non profit NGO that has been established with the prime objective of promoting the advancement of education, art, science and health in the society and to promote cultural, sports, entertainments and youth activities. The main objective of Sunrise Learning is to create and provide opportunities to autistic children for learning, playing, growing, performing, competing and winning together with their peers.



Welcome to Sunrise Learning 4th Annual Special Sports Meet on 1st December 2018.

Write an email at sunriselearningnoida@gmail.com to participate, Volunteer and support the cause.

Sunrise Learning Foundation has been offered the opportunity to host the **State Level Championship for the Special Olympics World Games 2021**. The State level games would be conducted under the aegis of National Federation for the Development of Sports for People with Intellectual Disabilities, Under Ministry of Sports & Youth Affairs, Government of India. The opportunity has been extended by Special Olympics Bharat. The 3 day mega event is being organized by the entire team of Sunrise Learning, and is a benchmark in creating a pathway for young adults with special needs in UP to participate in sports at an international level.

SOME video LINKS AS A GLIMPSE of our journey

YouTube links for few important awareness events covered by press & media:

- Autism awareness talk at TEDx 2016 by Dr Sonali <https://www.youtube.com/watch?v=YpGxte51q8U>
- Autism awareness talk: Dr Sonali invited as guest for a talk about Positive Thinking at Dr Subhash Chandra Show August 2017 <https://www.youtube.com/watch?v=fd-rwN4Y5w>
- Children on the autism spectrum can excel if given the right kind of training, a story on Zee News <https://youtu.be/sSjqzDVNvY8> April 2016
- Beauty of autism, narrated by Dr Sonali, on Autism Awareness Day 2016 <https://www.youtu.be/-6oV8Cx9PW0>
- An autism sports event organized by Sunrise team on Zee news March 2016 <https://youtu.be/1hosl18zehl>
- A zumba event organized by our team in April 2017 for autism awareness in the elite society <https://youtu.be/2dbANQAjAHk>
- Dr Sonali invited to participate in The Great Debate Show “Kya Kehta Hai India” on Zee News about Women Empowerment November 2017 <https://youtu.be/-6PBW66QQbY>
- 3rd Annual Special sports meet 2017, conducted by Sunrise Learning Foundation was covered extensively by the media. Here’s a Zee news channel glimpse <https://www.youtube.com/watch?v=HksJInixusY>

Story/ article links

- <http://ipositive.in/fighting-autism-a-mother-turns-odds-into-opportunity>
- <http://healthlive.co.in/2016/09/19/from-medical-practitioner-to-teacher-a-noble-journey-to-build-a-world-of-acceptance/>
- https://drive.google.com/file/d/1iiQ7FkUxzgQthlvhyTjSvp_kBZtU3NPv/view?usp=sharing

2018: the transformational year..!!

PAST AND UPCOMING EVENTS OF SESSION APRIL 2018 TO MARCH 2019

- Mom & Child Program April 2018 (2nd April to 4th May 2018)
- Autism awareness workshop for professionals & parents: AUTISM SPECTRUM NEW HORIZONS 2018 (20th and 21st April 2018)
- Kids Sports Carnival in association with Decathlon in Autism Awareness month.
- Autism awareness campaign with 12 schools in Noida
- 26th May 2018: Avaz Introductory workshop for parents (APP FOR COMMUNICATION)
- 28th July 2018 MOM'S BELIEF WORKSHOP
- 4th August 2018: AVAZ communication app workshop and demonstration
- 11th August 2018: NUTRITION CAMP FOR AUTISM with Dietician & Nutrition Consultant
- 18th August 2018: SUNRISE ART EXHIBITION for children with special needs (and RAKHI, ART COMPETITION , CLAY ART & PRIZE DISTRIBUTION)
- 1st September 2018: UNIQUE WAY TO FIND STRENGTHS of children & adults with special needs
- 24th September to 2nd November 2018: MOM & CHILD PROGRAM October 2018
- 11th to 13th October: 3-day workshop: BEHAVIOR & SENSORY MANAGEMENT OF ASD
- 27th October 2018: Diwali Art Exhibition and Mela
- 16th November 2018: Day and Night Camp for students
- 1st December 2018: 4th Annual Special Sports Meet 2018
- 2nd March 2019: Annual Function 2019
- 30th March 2019: Graduation Day 2019

FUN and GROWTH in 2018

1. We have collaborated with 6 near-by schools for "inclusion interaction" opportunities for Sunrise students. Weekly activities for our children with mainstream students have been planned for various age groups.
2. Day and night fun camps for children have been planned, which can provide respite for parents for one full weekend.
3. Active music therapy is being incorporated into the curriculum of the school. A new set of musical instruments is proposed.
4. Computer class has been included in the Early Learning and "ican" curriculum. New computers are proposed.
5. AVAZ app for communication is being incorporated into the Sunrise curriculum. More Ipads are proposed for AVAZ training.

NEW BEGINNINGS

1. One Year Certificate course (12 months) and a 6 months Distance Learning Course in autism management, for parents and professionals is commencing in October 2018.
2. Vocational Training Courses for young adults with autism and special needs are commencing from October 2018.



Our associations, affiliations and ventures

In the last 2 years, we have developed some very fruitful partnerships with schools like Kothari International School Noida, Cornerstone Special School Greater Noida, Taal Dance Academy to name a few, that have been providing platforms for our students for participation in all spheres of development.

In 2018, we are in the process for getting accreditation from NIOS (National Institute of Open Schooling) for Open Basic Education for our students, as well as collaborations with major main-stream schools for inclusive education opportunities for our students.



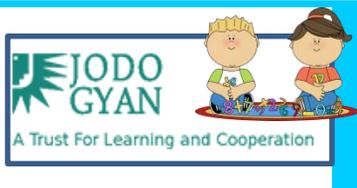
Special Olympics
Bharat

SUNRISE LEARNING
SPORTS ACADEMY

Nelco™



Creative Streaks



DECATHLON

INDRAPURAM

SPORT FOR ALL - ALL FOR SPORT



HOBBY CLUB



Studio 16

सिद्धि

IBCCES

International Board of Credentialing and Continuing Education Standards

Recognizing Professionals Dedicated to Promoting Quality Care

Provision of Services for Preschool, Early Learning Center, Pre-Vocational Center, Parents Training Center & Sports Academy for Autism



Autism
TREATMENT CENTER
OF AMERICA™

HOME OF THE SON-RISE PROGRAM® 1974

EN ISO 9001:2015



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SYMBIOSIS
Centre for Distance Learning (SCDL)



American TESOL
Institute



ATHENS, 29/12/2017

CERTIFICATION MANAGER

MS Certification
No. of Certificate 548

Come, be a part of this beautiful movement called Sunrise Learning Foundation

You are welcome to visit our school premises at SD 01, sector 116 (next to sector 77) Noida, UP from Monday to Friday, or working Saturdays any time between 9 am to 3 pm. It will be an honor to have your presence.



SUNRISE LEARNING FOUNDATION



NGO registered under The Indian Trusts Act, 1882

NGO registered under section 80G and 12A of the Income Tax Act, 1961

Donation category	Approximate amount
Donate a school building/ land in Noida	
Donate funds for a school building/ land	
Make a donation through a cheque/ online transfer as one-time or monthly basis	Rs 500 upto any amount one time or per month
Contribute towards a child's special education programs	Rs 5,000 per month
Sponsor an Autism Awareness Campaign/ event	Rs 2-4 lakhs
Donate a Vocational unit for adults with autism	Rs 10 lakhs
Donate a silent generator/ photocopier machine/ ipads/ treadmills/ LED TVs/ color laser printers/ laptops/ desktop PCs/ microwave/ bakery unit/ projector system/ paper plate making machine/ coffee vending machines/ atta chakki machine/ color laser printers/ washing machine etc	

To associate with us in any of these ways, kindly write an email at sunriselearningfoundation@gmail.com or call at 9873749118 or 9873149118

Donation details: For online transfer:

SUNRISE LEARNING FOUNDATION:

Acc no: 50200019669011, IFS code HDFC0004263

Cheques in favour of SUNRISE LEARNING FOUNDATION

Donations are exempted u/s 80G of the Income Tax Act 1961

Help us help them..!!

Lend a helping hand !

