

## OUTPATIENT DEPARTMENT (OPD)

### Purpose

Our second pillar focuses on strengthening the overall well-being of every individual who walks through our doors. The Outpatient Department (OPD), now operating under the name **Pratyasha**, offers a comprehensive range of therapies, medical support, and clinical interventions that cater to the unique needs of individuals with special needs. Many children and adults with neurodevelopmental disabilities struggle to access quality healthcare because medical environments often overwhelm or frighten them. At Pratyasha, we bridge this gap with a sensitive, specialised, and inclusive approach where doctors, therapists, and counsellors are trained to work with individuals who require gentler handling, more patience, and a deeper understanding of their challenges.

Alongside client care, we recognise the emotional strain carried by families, and therefore offer counselling and guidance for caregivers—ensuring the entire support system receives care, relief, and clarity.

**This service line directly supports both the individual and their caregivers/families.**

### Target group

Pratyasha is open to:

- Individuals with special needs across **all age groups** (children, adolescents, adults)
- The neurotypical population requiring medical or therapeutic support

### Services

Our OPD provides a wide range of therapies and consultations under one roof:

- **Occupational Therapy (OT):** Enhances motor, sensory, and functional skills
- **Speech Therapy:** Improves speech, communication, and language development
- **Counselling & Psychotherapy:** Supports emotional, behavioural, and psychological well-being
- **Psychiatry**
- **Orthopaedics**
- **Gynaecology**
- **General Medicine & Physician Consultations**
- **Paediatrics**
- **Internal Medicine**
- **Gastrointestinal Specialist**
- **Physiotherapy**
- **Special Education Support**

*...and more, ensuring holistic care across multiple medical and therapeutic domains.*

### Method

For individuals with special needs, the process begins with a thorough assessment conducted by the concerned doctor or therapist. Based on the evaluation, a personalised report and

therapy plan is created, outlining the number of sessions, frequency, and long-term goals. The plan is explained to the caregivers, implemented systematically, monitored regularly, and modified as required. This continuous feedback loop supports steady developmental progress.

## Outcomes

- Behaviour regulation
- Emotional stability
- Communication abilities
- Social participation
- Reduced aggression and frustration
- Ability to manage daily activities and live a healthier, more balanced life

## Infrastructure

All OPD facilities are available under one inclusive roof with accessible, special needs-friendly infrastructure. Therapy rooms, medical consulting areas, sensory tools, and equipment are designed to ensure comfort, safety, and ease for individuals who may require modified environments.

## Who can collaborate

Pratyasha works closely with external partners and invites:

- **CSR health programs** to support subsidised therapy
- **Hospitals** to refer special needs cases requiring specialised handling
- **Doctors and therapists** looking to work in a well-equipped, inclusive facility
- **Schools and organisations** to participate in joint camps
- **Corporates and NGOs** to run awareness programs on lesser-known therapies (OT, speech, counselling, etc.)

## Impact stories

Pratyasha has already touched countless lives. Parents and caregivers consistently express trust and relief, noting genuine care, respect, and visible improvement in their children. Renowned doctors are associated with us, strengthening the credibility of our services. We have successfully organised **10 health camps** and, in collaboration with Rotary, have hosted **2 additional specialised health camps**. Individuals who receive therapy through Pratyasha show measurable progress in behaviour, emotional well-being, and daily functioning.